

# MUSTANG ARBOR HOUSE TIMES

October

## October 2021

10/11 Columbus Day

10/National Boss Day

10/24 United Nations Day

10/31 Halloween Day



# Interesting Facts about October

## Pasta Noodles

October is National Pasta Month, since traveling to Italy is out of the question for most of us, we have the next best thing. Carb-lovers across the country have something big to celebrate. If nothing completes you more than a plateful of warm, saucy, cheese-coated, perfectly cooked pasta, then October could be the happiest month of the year. It is estimated that Italians eat more than 60 pounds of pasta per person annually, with Americans eating about 20 pounds per person. Pasta dishes enjoyed in European and Mediterranean countries outside of Italy include: Orzo- a small rice-shaped pasta that's common in Greek cuisine; Pierogi- which is a dumpling-like stuffed pasta pocket, from Poland; & Spaetzle- a side dish resembling very condensed egg noodles, served with gravy in Germany, Austria, Switzerland, and Hungary. In Latin countries, pasta is typically combined with spicy foods such as chili poblano and chipotle, but they also use some of the more traditional ingredients like tomatoes, onion, garlic, and basil.

## Salem Witches

The Salem witch trials began November of 1688. 19 people were convicted to be witches- but did you know that 6 of those people were men? All died by hanging except 1 man who stood mute at trial. A person that stood mute refused to plead guilty or not guilty. The punishment for it was "Peine forte et dure" which is a method of torture known as a pressed death. Any defendant who refused to plead was subjected to having heavier and heavier stones placed upon his or her chest until a plea was entered, or death resulted.

## A brief bit of history which may have started the fear over Friday the 13th

Twelve is considered to be in many cultures as complete. Mathematically it can be divided into half, thirds, and quarters. A few examples of this are the 12 tribes of Israel, 12 days of Christmas, 12 hours a day, 12 months in a year, 12 zodiac signs & the 12 Gods of Olympus & Norse mythology. The 13th disciple at the Last Supper, Judas, is who betrayed Jesus Christ. This led to Christ's crucifixion that was held on a Friday. Some biblical scholars also believe it was a Friday when Eve convinced Adam to eat the forbidden fruit, & it was Friday the 13th when Abel committed the first murder, killing his brother Cain. Fridays were dubbed the "hangman's day" since many public executions also occurred on them in the Middle Ages. The criminals would have to walk 13 steps up the gallows before meeting their fate. It's not often to find hospitals that skip the 13th floor, 80% of American hotels skip it as well. Winston Churchill refused to sit on the 13th row of a plane or theatre. Franklin D. Roosevelt never dined with 12 others & avoided travel on the 13th. What's interesting enough is that "Fewer accidents, reports of fire & theft occur when the 13th of the month falls on a Friday vs on other Fridays, because people are preventatively more careful or just stay home."

# HAPPY BIRTHDAY!!

10/3 Nina Adams

10/4 Maxine Bamberg

10/8 Laverna Watson

10/11 Leona "lee" Ely &  
Marie Phelps

10/13 Sue Smith &  
Kyara Matos

10/15 Brianna Rankin

10/17 Debbie Starks

10/18 Richard Crawford &  
Helen Bench

10/20 Delbert McCullough

10/21 Shawna Hilling

10/26 Otis "Ed" Webb

10/31 Wanda Baker



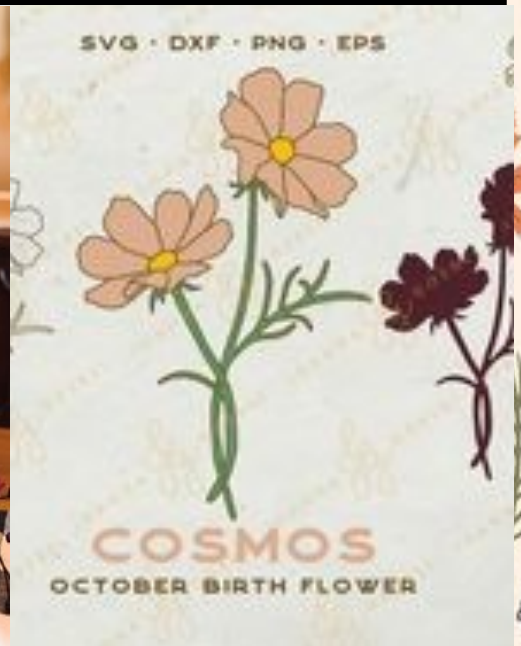
OCTOBER

## October Birthstone

Opal • Pink Tourmaline



Very few gems match tourmalines dazzling range of colors. From rich reds to pastel pinks and peach colors, intense emerald greens to vivid yellows and deep blues.

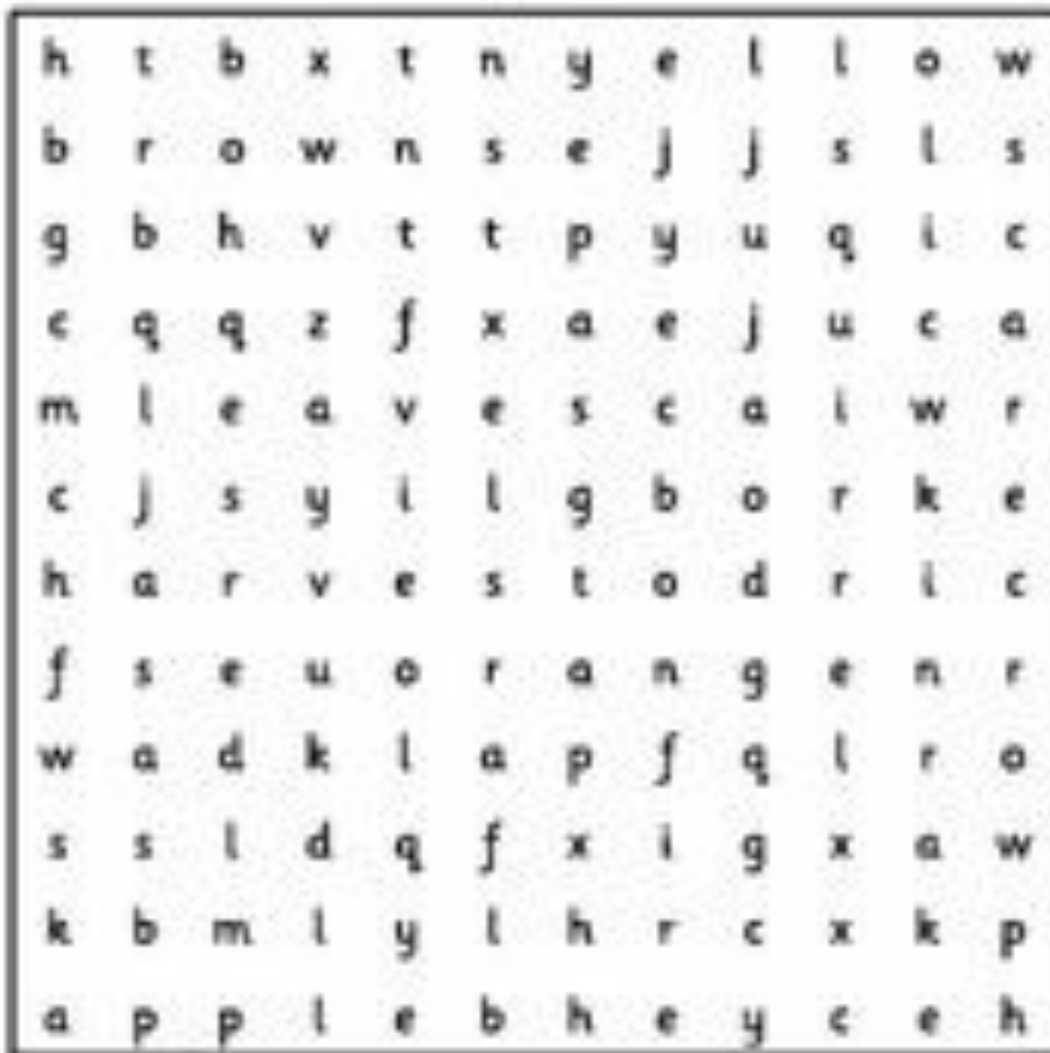




# Autumn Word Search



Can you find the Autumn words in the puzzle below?



rake

scarecrow

brown

yellow

squirrel

leaves

apple

red

bonfire

harvest

fall

pear

orange

acorn



The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote each individuals: independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



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Our Staff

- Executive Director.....Cristy Davis
- Director of Nursing.....Lynne Zepeda
- Rn Consultant.....Shelly Jones
- Wellness Coordinator.....Tonda Morris
- Executive Assistant.....Allison Shepherd
- Engagement Coordinator.....Douglas McCollough
- Dietary Manager.....Gwen Van Horn
- Maintenance.....Jamey Foote
- Housekeeping.....Esther Gomez/Shawwna Hilling
- Laundry Attendant.....Angie McGuire