



Good Life

NEWS

at Katella Senior Living Community

OCTOBER 2021

HAPPY HALLOWEEN

Halloween is a holiday celebrated each year on Oct. 31, and Halloween 2021 will occur on Sunday, Oct. 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated Nov. 1 as a time to honor all saints. Soon, All Saints' Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows' Eve and later, Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, having festive gatherings, donning costumes and eating treats.



Halloween

GOLDEN BLOOMS

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower.

Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.



Marigolds play an important role in the annual Mexican celebrations of Día de los Muertos, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.

EMPLOYEE BIRTHDAYS

- Jesus A., 4th
- Duane H., 8th
- Cristina L., 10th
- Hermelinda C., 18th
- Allison F., 19th
- Jocelyn C., 21st
- Mark N., 26th
- Shardai P., 26th
- Lorena D., 31st

SERVICE ANNIVERSARIES

- Ana V., 10/6/2010
- Allison F., 10/20/2020
- Nora W., 10/21/2016
- Liezel T., 10/21/2019
- Josette L., 10/25/2016
- Clarisa C., 10/29/2020

BUILDING A BOOK CLUB

Book clubs can add an element of fun to reading. Whether you are in a group, want to start one, or are looking for ways to enhance your solo experience, consider these pointers:

Most book clubs meet once a month, in person or virtually, to talk about their recent pick. Adjust the schedule to what works for the group. Allow for enough time for folks to get their reading done by choosing books that are about 300 pages.

Deciding on a book can be a challenge. One solution is to let members make selections until each has had a chance to choose a title. Mix up genres; reading different types of stories expands your knowledge and enhances brain function.

When it's time to meet, serve refreshments—bonus points if they tie in to the book! Use the first few minutes for socializing, then dive in to the discussion. The person who picked the book may want to lead, but allow time for everyone to share their thoughts. If you need ideas to get the conversation going, many books come with book club questions and guides.

If you're reading on your own, you may find it meaningful to reflect on a book's discussion questions and journal your answers. You can also track your reading in a journal or a mobile app that lets you post a rating and a review of the book. Finally, make your reading time special by sipping a favorite beverage and enjoying a snack.



HEALTHY CHEESE CHOICES

A flavorful snack and ingredient, cheese is full of protein, calcium and other vital nutrients. In moderation, these varieties can be “grate” for your health!

Mozzarella: This soft white cheese is a star of many Italian dishes. It's low in calories, and fresh mozzarella contains probiotics that boost gut health and immunity.

Swiss: One of the best cheeses to choose if you're watching your blood pressure, Swiss is very low in sodium.

Cheddar: When it comes to vitamin K content, cheddar is better! This semi-hard cheese, ranging in flavor from mild to extra-sharp, is a valuable source of this vitamin, which is essential for bone and heart health.

Blue cheese: Bold and tangy blue cheese is one of the cheeses highest in calcium—about a third of the daily recommended amount. It's higher in fat and sodium, but because of its robust flavor, a little goes a long way.

Feta: Made from sheep's or goat's milk, this soft Greek cheese is a good source of calcium and phosphorous, promoting strong bones and teeth.

Cottage cheese: This fresh, creamy cheese is low in calories yet high in protein, helping you stay full. Cottage cheese is also a great source of vitamin B12, a key element of healthy brain function.

Parmesan: Just a sprinkle of Parmesan is loaded with nutrients—a 1-ounce serving packs about 10 grams of protein and 25% of the daily needed amount of calcium.

LITTLE SEEDS, BIG FLAVOR

You may have seen them on a salad bar or in the snack aisle, or perhaps you've cooked with them. Pepitas, a type of pumpkin seed, are a food trend showing up year-round.

From the shortened Spanish phrase meaning “little seed of squash,” pepita refers to a pumpkin seed without a hull. When you carve a common field pumpkin, the seeds you scoop out of it have white shells. Inside the shells are small, green seeds, which technically are pepitas.

However, most packaged pepitas sold in stores come from pumpkins that are bred to produce seeds without a shell. Easier to harvest, these pepitas are also larger and have a more robust color and flavor.

Pepitas and all varieties of pumpkin seeds are edible, and they're good for you. They provide nutrients such as protein, iron, fiber and healthy fats. They also contain vitamin E, an antioxidant, as well as magnesium, which is needed to support muscles, bones and immunity.



A SPOT-ON BREED FOR SERVICE

With black spots dotting its white fur, the Dalmatian is a dog with a distinctive look. The breed also has a distinguished history of serving alongside firefighters.

Dalmatians' call to duty goes back to the 1700s, when they worked as carriage or coach dogs. Because of their endurance running long distances, guarding instinct, and calming effect on horses, the dogs were trained to run alongside passenger carriages to protect the horses and defend against thieves.

Since the breed had proven to be both brave and compatible with working horses, Dalmatians were then adopted by fire brigades. The dogs would bark loudly and run with horse-drawn fire wagons, alerting pedestrians and clearing a path for firefighters racing to a blaze. Once on scene, the canines kept the horses settled and guarded fire equipment.

Despite the invention of motorized fire engines, Dalmatians have remained a celebrated tradition in fire departments, providing loyal companionship at firehouses and working as mascots. They often accompany firefighters as they educate schoolchildren and community groups about fire safety.

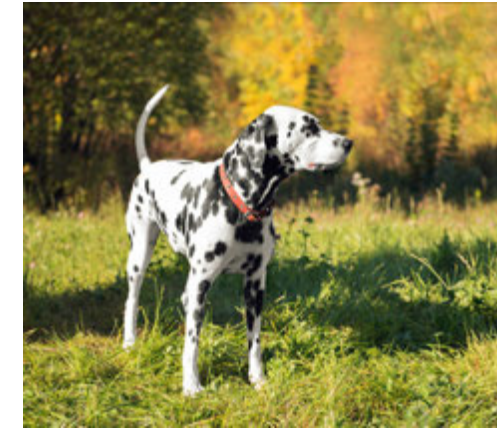
A CLASSIC DETECTIVE GAME

“Colonel Mustard, in the library, with a candlestick.” That's a deduction you'd likely hear while playing the murder mystery board game Clue, in which players use their sleuthing skills to solve a whodunit.

Eliminating possible suspects, crime scenes and weapons has been popular entertainment since the game debuted in 1949. Inspired by murder mystery parlor games he'd seen played and the detective novels he enjoyed, Englishman Anthony Pratt and his wife, Elva, created a board game that used elements from both. The couple passed the time during World War II air raid blackouts designing and playing it.

Clue is set during a dinner party at Tudor Mansion, where host Mr. Boddy is found dead. Using the process of elimination, players try to figure out which of Boddy's six guests committed the crime, where and how. The mansion's nine rooms, six suspects and six weapons add up to over 300 possible crime scene combinations, so every game is different, making it fun to play again and again.

Clue remains one of the top 10 bestselling games. Its enduring popularity over the decades earned it the honor of being inducted into the National Toy Hall of Fame in 2017.



FOOTBALL HELMET HIGHLIGHTS

Football helmets have evolved from simple leather caps to essential high-tech headwear thanks to a score of innovations over the decades. Here's a look at some highlights:

The earliest football headgear, which was worn only by a few pro players, was called a head harness. It was made of leather and had flaps to cover the ears.

Beginning in 1915, interior padding was added to the caps to help absorb the shock from tackles, and putting holes in the ear flaps made communicating on the field easier.

Plastic football helmets were introduced in 1939. John T. Riddell Sr. modernized the coverings with the new synthetic material and also invented the chin strap. The Riddell company still makes official NFL helmets today.

In 1948, the original Los Angeles Rams became the first pro team to put a logo on their helmets. To inspire his teammates, Rams player Fred Gehrke, who had an art degree, hand painted all 75 team helmets dark blue with yellow horns on the sides.

Face masks on helmets evolved from a single tubular bar to today's cage-like coverings. Attached visors became an option in the 1980s.

When it was first used, the radio helmet was quickly banned, but since 1994, they've been standard, allowing a coach to relay plays to the quarterback.

Manufacturers are now applying more technology to helmets, such as embedded warning sensors, in an effort to protect football players from on-field head injuries.



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REESE'S CUP ROUNDUP

It's been advertised as "Two great tastes that taste great together." The combination of chocolate and peanut butter in Reese's Peanut Butter Cups is a candy favorite.

- Harry B. Reese created the treat in his home in Hershey, Pa. Decades later, the Hershey Co. bought the brand.
- First sold in 1928, they were simply called penny cups in their early days, since they cost 1 cent each.
- Both fans and food scientists say the candy's appeal comes from its contrasting textures and tastes: the smooth, sweet chocolate paired with the slightly crunchy, salty peanut butter.
- Reese's recipe now makes about \$2 billion in sales each year.
- There are over 60 different Reese's products, such as mini and king-sized cups, cups with dark chocolate or white crème, and cups that are stuffed with a mix of peanut butter and pretzels or cookie bits.
- You can get that Reese's flavor in other foods, including ice cream, cereal, cupcakes and snack mix.
- Peanut butter pumpkins, trees, hearts, and eggs are among the brand's annual holiday shapes.

