

October 2024

Eagle Pointe

Eagle Pointe Skilled Nursing and Rehab/87 Staley Rd Orwell Oh 44076/ (440)437-7171



Celebrating October

GROUP SUPPORT

BABY SHOWER

BLOCK PARTY

JEPORDY

KAROKE

ORDER IN CHINESE

CRAFT

GAMES

HALLOWEEN TRIVIA

HOT COCO SOCIAL

TRICK OR TREAT

BIRTHDAY PARTY

ENTERTAINMENT

PENNY AUCTION

HALLOWEEN GLOW STICK
DANCE PARTY

Greetings family, friends and residents,

It is hard to believe that October is already here. We have a lot of fun things planned this month. We will be selling keychains and desserts and the Sassy Shack Block Party on Oct. 5th from 1p.m. -5 p.m. Be sure to stop in and see us. The residents have been working extra hard on their keychains.All money raised will go toward us getting Jungle Terry to come visit Eagle Pointe.

**Important update:
As of October 1st 2024 Eagle Pointe will be going to all residents being supervised smokers. This is to ensure the safety of our residents. All residents who smoke or vape were notified last month and given a new smoking policy. If anyone has any questions on the new smoking policy,please give our administrator Kevin a call at 440-437-7171.**

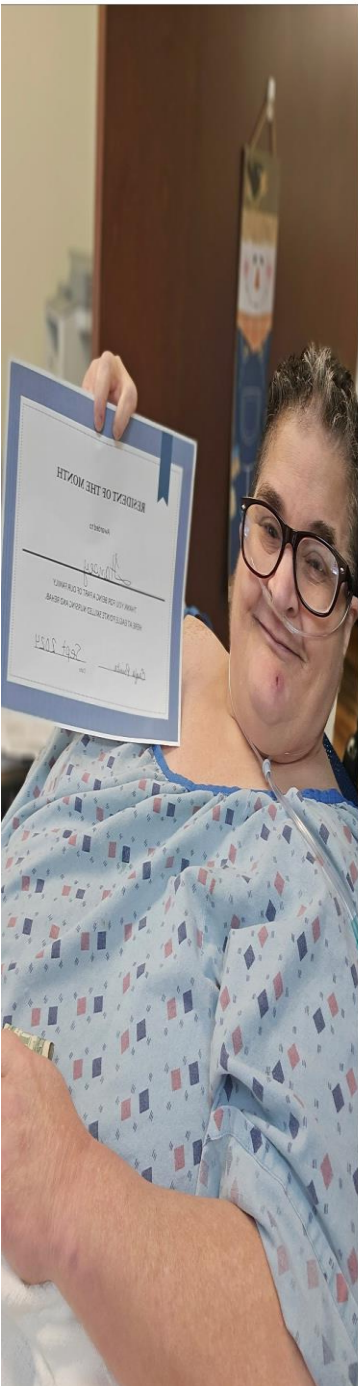
October Birthdays

Chistina (Sis) Oct. 4th

Betty Oct. 30th

Cliff Oct. 31st

Congratulations to Gerald our morning cook on winning Employee of the month for September and our resident of the month was Hansey. Thank you both for being so great.



Postcard Magic



World Postcard Day, celebrated on October 1, is a tribute to the humble postcard, a charming piece of communication that has been connecting people for well over a century. The first postcard was sent in 1840 by Theodore Hook, featuring a hand-painted design. However, it wasn't until 1869 that postcards became an official means of communication in Austria-Hungary, quickly gaining popularity worldwide.

Postcards were an instant hit due to their convenience and affordability. By the early 1900s, they had become a popular way to send quick messages, travel updates, and holiday greetings. This era, known as the "Golden Age of Postcards," saw millions of postcards sent and collected.

Postcards have played a significant role during wartime. Soldiers sent the cards to their families, providing brief but heartfelt updates from the front lines. These cards were often adorned with patriotic images and slogans, serving as both communication tools and morale boosters.

Postcard collecting, known as deltiology, is one of the world's most popular hobbies. Collectors cherish postcards for their historical value, artistic designs, and personal messages. Some rare postcards can even fetch high prices at auctions.

World Postcard Day encourages people to rediscover the joy of sending and receiving postcards. In an age dominated by digital communication, postcards offer a tangible, personal touch that emails and texts can't replicate.

Participating in World Postcard Day is simple. Find a postcard, jot down a message, and send it to a friend or family member. You can also join postcard exchange groups online to connect with people worldwide. By celebrating World Postcard Day, we honor a timeless tradition that continues to bring joy and connection to people everywhere.

Loving Lucy

On October 15, 1951, Lucille Ball brought her sitcom *I Love Lucy* to television audiences. The show's plot was relatively simple: the naïve and ambitious wife of a popular bandleader strives for attention despite her obvious lack of talent. Luckily, the actor who played this character, the inimitable Lucille Ball, had plenty of talent. Her comedic genius propelled the show to the top of the charts. *I Love Lucy* was America's most-watched show for four of its six seasons. It won five Emmy Awards and a George Foster Peabody Award for excellence.

I Love Lucy was the first television show to be filmed using multiple cameras in front of a live studio audience, though many said such a production could not be done. This live audience proved vital, as it provided a real-life laugh track for the sitcom. Most episodes were filmed in just 30 minutes. Production didn't stop for actors' mistakes. If an actor forgot a line, it was up to the other actors to bail them out. Just about the only time production did slow down was for Lucy's big costume changes. But the comedy kept on coming, and *I Love Lucy* became a sensation.

Thrifty Thrills



You don't need to spend a fortune to have a good time. Perfect the art of frugal fun on October 5, International Frugal Fun Day. Picnics, becoming a tourist in your hometown, flying a kite, planning the perfect nap, organizing a neighborhood talent show, attending a minor league ball game—all of these can cost five dollars or less to enjoy. You can also expand your idea of frugal fun by planning a frugal romantic dinner, learning something new on the cheap, or even crafting with inexpensive recycled materials. Frugality is a mindset. By embracing it, you can discover countless ways to have fun without breaking the bank.

Doubt It Day



Don't take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their

propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history's most famous events. For example, many doubt that humans first walked on the moon in 1969. They instead insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico's infamous Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working together to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? The key to healthy skepticism lies in discerning when to accept the truth, even if it challenges our expectations. While self-denial can serve as a natural defense mechanism, it's crucial to recognize and embrace the truth when it becomes evident.

Ultimately, being a good skeptic means balancing doubt with the willingness to accept credible evidence. On October 13, International Skeptics Day, feel free to question authority and scrutinize the opinions of others, but remember that trust is also essential. After all, what value is there in seeking the truth if we are unwilling to accept it?

October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Bud Abbott (comedian) – October 2, 1895
Jackie Collins (author) – October 4, 1937
Desmond Tutu (archbishop) – October 7, 1931
John Lennon (musician) – October 9, 1940
e. e. cummings (poet) – October 14, 1894
Bela Lugosi (actor) – October 20, 1882
Annette Funicello (actress) – October 22, 1942
Minnie Pearl (comedian) – October 25, 1912
Emily Post (author) – October 27, 1872
Julia Roberts (actress) – October 28, 1967

All Things Avocado



Avocados have a long and storied history in the Americas. When the Spanish explorer Hernán Cortés met Montezuma in 1519, the Aztec ruler presented Cortés with a mountain of treasure, including gold, silver, gems, and “alligator pears,” a fruit otherwise known as avocado. From October 4–6, California holds the avocado in similarly high esteem during the Avocado Festival.

Avocados are high in fat, but the fat is good for you! These fats act as anti-inflammatories and even fight heart disease. That's something to celebrate! Each year, the Avocado Festival smashes 25,000 avocados to create a giant bowl of guacamole to feed the 100,000 visitors in attendance. After the chips and dip, participants join in the Best Dressed Avocado competition, where avocados are displayed like Mr. Potato Heads.