

Greeting Continued:

As everyone knows, Halloween is the main holiday for the month of October. Do you know the spiritual meaning of Halloween? Halloween is considered a powerful turning point in the wheel of the year, signifying the cycle of life, death and rebirth. Halloween is the time when people release and let go of negative and lower energies that hold them back and celebrate the new energy that will eventually take its place. Wishing you a renewed energy this Halloween season!!

We wish everyone a fall season that is filled with warm & crisp family blessings!! As always, we, the associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us.

With Many Blessings,
Shari L. LaRoche, MS LNHA

Giving Thanks

Thanksgiving may fall on the fourth Thursday of November in America, but for Canadians, the second Monday in October will always be Thanksgiving. Canada's holiday commemorates Sir Martin Frobisher, who sailed from England to Canada in 1578 in search of the Northwest Passage. When Frobisher reached Nunavut in the eastern Arctic, he gave a "thanksgiving" for their safe arrival, eating a meal of salty beef, biscuits, and mushy peas. Luckily, most Canadians don't repeat this meager meal on Thanksgiving. As in America, most Canadians opt for turkey. Stuffing and pumpkin pie also grace the Thanksgiving table, but the stuffing is made of rice and bread crumbs, and the pie is chock full of ginger and other spices, like cloves, nutmeg, and cinnamon. As the holiday's name implies, it is still a day to give thanks for family and the fall harvest.



Trick or Treat!

On **Sunday October 29th**, come bring your little ones to Trick or Treat at Warde Senior Living! Kids are invited to go room to room in our Assisted Living & in our Nursing Home to Trick or Treat from our residents! Please RSVP to Elizabeth Hurst by emailing whc.activitydir@nh-cc.org or calling 603.890.1290 ext. 302.

We are also accepting donations for this fun event including: Halloween candy, snack packets such as pretzels, and other Halloween goodies!



The Lady with the Lamp

Would the "Florence Nightingale effect" exist if Florence Nightingale never left for Crimea on October 21, 1854? Nightingale and her nurses arrived at the Crimean War hospital in Scutari to find that conditions were so unsanitary that soldiers were dying ten times faster than they should have. Nightingale nearly single-handedly turned the hospital around, cleaning the rooms, providing laundered clothes and linens to patients, bringing fresher food, flushing out the sewers, and ventilating the rooms. She made her nightly rounds with a handheld light, earning her the nickname the "Lady with the Lamp." Some wonder, did Florence Nightingale fall in love with any of the patients under her care? Records show that Nightingale never married out of fear that it would interrupt her duties as a nurse. Perhaps we should be thankful for that decision, as Nightingale's efforts have earned her renown as the "Founder of Modern Nursing."



Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290



Celebrating October

Popcorn Poppin' Month

Italian American Heritage Month

Country Music Month

**International Day of Older Persons
 October 1**

**Spinning & Weaving Week
 October 2-8**

**World Teachers' Day
 October 5**

**Columbus Day and
 Indigenous Peoples' Day
 October 9**

**Farmer's Day
 October 12**

**Newspaper Comic Strip
 Appreciation Day
 October 18**

**International Artist Day
 October 25**

**Halloween
 October 31**

October Greetings to all of our Families & Friends:



We are now into the Fall swing of things here in New England. The trees are beginning to change, the nights are getting chillier, and apple & pumpkin picking are on the "to do" list for most of us this season. Pumpkin spice everything is now the theme for the month of October!

We had lots of fun events in the month of September. Our residents enjoyed many Life Enrichment programs and activities! Be sure to check out our Facebook page (Warde Senior Living) to see all of the great pictures from our September events. Our largest event that we had was celebrating National Assisted Living Week. Our residents had so much fun participating in these events and soaking up the last bits of sunshine and summertime!!

Unfortunately, as everyone is aware, COVID came back to visit us at Warde Senior Living. We did have positive cases, both for our long-term care residents and associates, but thankfully, those that were affected had minimal symptoms and recovered quickly. Warde Senior Living will continue to follow NH Department of Health & Human Service & CDC guidelines as it pertains to testing & prevention. Please be sure you are staying as healthy as you can with the upcoming Fall season ahead. Warde Senior Living offered the FLU vaccine to our community on Wednesday, September 20, 2023. The majority of our community has now been vaccinated against the flu, we hope you will be as well!! Warde will be offering the RSV vaccine and the new COVID-19 Monovalent vaccine as we move into October and November.

Special Days/Events in October: Please refer to the October Life Enrichment Calendar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Daily Chronicle 10:15 Independent Strolls 11:00 Rosary- Chapel 2:00 Cafe Activities	2 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	3 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel ** Gathering Room Activities All Day **	4 8:30 Daily Chronicle 10:00 Coffee & Chats- Foyer 11:00 Mass - Chapel 2:00 S'mores BINGO- G	5 8:30 Daily Chronicle 11:00 Rosary - Chapel 12:00 BBQ Lunch- G 2:00 Card Games- Cafe	6 8:30 Daily Chronicle 10:00 Outing: Gri n Park 11:00 Rosary - Chapel 2:00 Crafts: Painting Pumpkins- G	7 8:30 Daily Chronicle 10:15 Independent Strolls 11:00 Rosary- Chapel 2:00 Cafe Activities Simchat Torah Begins
8 8:30 Daily Chronicle 10:15 Independent Strolls 11:00 Rosary- Chapel 2:00 Cafe Activities	9 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G Columbus Day (US) Indigenous Peoples' Day	10 8:30 Daily Chronicle 11:00 Rosary - Chapel 11:30 Outing: Chinese Lunch Trip 2:00 Arts & Crafts- Cafe	11 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Mass - Chapel 2:00 Halloween Movie Matinee- Foyer	12 8:30 Daily Chronicle 10:00 Outing: Prescott Park 11:00 Rosary - Chapel 2:00 Cafe Activities	13 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Halloween Movie Matinee- Foyer	14 8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel
15 8:30 Daily Chronicle 10:15 Color & Chats- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	16 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	17 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 2:00 Birthday Party w/ Chris- G	18 8:30 Daily Chronicle 10:00 Coffee & Chats- Foyer 11:00 Mass - Chapel 2:00 Scrabble- Cafe	19 8:30 Daily Chronicle 10:00 Outing: Cider Hill Farm Lunch 11:00 Rosary - Chapel 2:00 Cafe Activities	20 8:30 Daily Chronicle 10:00 Outing: Gri n Park 11:00 Rosary - Chapel 2:00 Social Hour- Foyer	21 8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 Sip & Color- 2 4:00 Mass- Chapel
22 8:30 Daily Chronicle 10:15 Color & Chats- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	23 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	24 8:30 Daily Chronicle 9:30 Outing: Scarecrow Ride 11:00 Rosary - Chapel 12:00 Pizza Party for National Pizza Month 2:00 Arts & Crafts- Cafe	25 8:30 Daily Chronicle 9:15 Outing: Shopping 11:00 Mass - Chapel 2:00 Social Hour- Foyer	26 8:30 Daily Chronicle 10:00 Outing: Hay Ride 11:00 Rosary - Chapel 2:00 Cafe Activities	27 8:30 Daily Chronicle 10:00 TV Yoga 11:00 Rosary - Chapel 2:00 Halloween Movie Matinee- Foyer	28 8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2 4:00 Mass- Chapel
29 8:30 Daily Chronicle 10:15 Color & Chats- 2 11:00 Rosary - Chapel 2:00 Trick or Treat- Rooms	30 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	31 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 11:15 Costume Parade 2:00 Halloween Party w/ Adam- G Halloween				

Activities subject to change, please see daily chronicle.