

## 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](mailto: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
<p>1</p> <p>9:00 Room Visits 10:15 State Jackpot 11:00 Rosary - Chapel 1:00 Car Show - Outdoors (Weather Permitting)</p>	<p>2</p> <p>9:00 Room Visits 10:15 Coffee Social - All About October 11:00 Rosary - Chapel 2:00 Outdoor Visits (Weather Permitting)</p>	<p>3</p> <p>9:00 Room Visits 10:15 Candy Corn Ring Toss 11:00 Rosary - Chapel 2:00 Creative Crafts 3:00 <i>The Andy Grith Show</i> Anniversary - Video</p>	<p>4</p> <p>9:00 Room Visits 10:15 Ball Toss 11:00 Mass - Chapel 2:00 Ice Cream Social - Gathering Room 4:00 One-to-One Visits 6:15 BINGO</p>	<p>5</p> <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 12:00 BBQ Lunch - Gathering Room 2:00 Celebrate National Cookie Month - Baking In A Bag</p>	<p>6</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Pumpkin Painting - Gathering Room</p>	<p>7</p> <p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel</p>
<p>8</p> <p>9:00 Room Visits 10:15 Mun Morning - Baking In A Bag 11:00 Rosary - Chapel 2:00 Birthday BINGO</p>	<p>9</p> <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p> <p>Columbus Day (US)</p>	<p>10</p> <p>9:00 Room Visits 10:15 Coffee Social and Current Events 11:00 Rosary - Chapel 2:00 Word Games 3:00 Italian Heritage Month - Travel to Italy - Video</p>	<p>11</p> <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Fall Sensory Group 4:00 One-to-One Visits 6:15 BINGO</p>	<p>12</p> <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Magazine Hour - Cut and Collage - Halloween</p>	<p>13</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Happy Birthday To The Navy - "Anchors Aweigh" - Video</p>	<p>14</p> <p>9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass - Chapel</p>
<p>15</p> <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>16</p> <p>9:00 Room Visits 10:15 Outing - Chester Scarecrow Ride 11:00 Rosary - Chapel 2:00 Scarecrow Social</p>	<p>17</p> <p>9:00 Room Visits 10:15 Candy Corn Ring Toss 11:00 Rosary - Chapel 2:00 Birthday Party with Chris - Gathering Room</p>	<p>18</p> <p>9:00 Room Visits 10:15 Ball Toss 11:00 Mass - Chapel 2:00 Creative Crafts 4:00 One-to-One Visits 6:15 BINGO</p>	<p>19</p> <p>9:00 Room Visits 10:00 Irish Music with Kevin Farley 11:00 Rosary - Chapel 2:00 Resident Council</p>	<p>20</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Halloween Door Decorating</p>	<p>21</p> <p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 Sip and Color 4:00 Mass - Chapel</p>
<p>22</p> <p>9:00 Room Visits 10:15 Storytime with Seniors 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>23</p> <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p>	<p>24</p> <p>9:00 Room Visits 10:15 Sing Along 11:00 Rosary - Chapel 12:00 Pizza Party for National Pizza Month 2:00 Creative Crafts</p>	<p>25</p> <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Pumpkin Races 4:00 One-to-One Visits 6:15 BINGO</p>	<p>26</p> <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Roll A Pumpkin Table Game</p>	<p>27</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Halloween Happy Hour</p>	<p>28</p> <p>9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 BINGO 4:00 Mass - Chapel</p>
<p>29</p> <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 1:30 Trick Or Treat - Rooms</p>	<p>30</p> <p>9:00 Room Visits 10:15 Pumpkin Bowling 11:00 Rosary - Chapel 2:00 Celebrate Pumpkin Month</p>	<p>31</p> <p>9:00 Room Visits 10:15 Brews and Tattoos 11:00 Rosary - Chapel 2:00 Halloween Party with Adam - Gathering Room</p> <p>Halloween</p>	 <p><b>OCTOBER 2023</b> Warde Rehabilitation and Nursing</p>			

Activities subject to change; see daily chronicle.