



Terraza
of Cheviot Hills
Assisted Living

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October 2020

Management Team

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Community Relations Director

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Activities Director

Salvador Almanza

Maintenance Director

Veronica Hernandez

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Delightful Days

"In the entire circle of the year there are no days so delightful as those of a fine October." —Alexander Smith

Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin. Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.



Moon Over October

This year, October's night skies will light up with two full moons. The first day of the month brings the full harvest moon, and on the 31st, the full hunter's moon will rise. The second of two full moons in one month is called a blue moon.

Soothing Scents

Using a scent you love can calm your mind and help you relax. The smell of jasmine, lavender, lemon, pine and vanilla are all linked to relieving stress, but any fragrance that is pleasing to you will do the trick.

Blood Pressure and Weight Clinic

Our monthly blood pressure and weight check clinic will be temporarily cancelled due to the COVID-19 virus. Residents will be updated when the clinic resumes. Thank you for your patience.

Friendly Reminder

Ask Greg/Resident Council Meeting and Food Council Meeting are canceled until further notice.

'Drew' Is One

How many words can you come up with using the letters in "spiderweb"?

Tai Chi With Ralph

Due to the COVID-19 Guidelines set by LA County health and the CDC, our Tai Chi classes with Ralph will be temporarily cancelled. Residents will be updated on any changes. Thank you for your patience.



Trivia Whiz

Get Wise About Owls

Mysterious and a little spooky, owls have features that may make your head spin!

An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.

They're known for their hooting calls, but some owls hiss, whistle, growl or bark.

Thanks to their broad wings and thick feathers that muffle noise, the birds barely make a sound when flying.

Most owls are active at night, giving us the expression "night owl."

Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.

A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also

contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Remember that many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes should be indulged in as an occasional treat.



Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

Door décor. Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid

fabric for a cozy, rustic look.

Pumpkin planter. Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

Festive foliage. Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

Artsy acorns. Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

Movies by the Master of Suspense

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.

"*Rebecca*" (1940). This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.

"*Notorious*" (1946). Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

"*Rear Window*" (1954). Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

"*Vertigo*" (1958). This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

"*North by Northwest*" (1959). Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.

"*Psycho*" (1960). This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

"*The Birds*" (1963). Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.

The Tradition of Corn Husk Dolls

In America's early days, children played with corn husk dolls, toys that were lovingly crafted and cherished for their simplicity and resourcefulness.

Making corn husk dolls originated with Native American tribes in the Northeast, where corn was a vital crop used for food, clothing and tools. The vegetable's dried husks were weaved into baskets, moccasins and other items, including dolls.

After soaking the papery husks in water to soften them, they could be folded into body shapes, which were stuffed with leaves, then tied with husks that were cut or braided into strips.

Creating the dolls helped children learn needed hand skills such as tying and wrapping. Playing with the figures prepared them for adulthood, since they could mimic everyday activities with accessories for the dolls, such as baby cradleboards and canoes.

Native Americans passed on this craft to the children of European settlers, who took the dolls with them as their families pioneered the West, introducing the dolls to more people throughout the country.

A corn husk doll usually has no face, a feature that comes from a legend passed down by many Northeastern tribes. In the story, the original corn husk doll saw her reflection in a stream, admired her beauty and became vain, so her face was taken away to teach her the value of humility.



BIRTHDAYS

October Birthdays

Be sure to wish a happy and healthy birthday to the following residents.

Residents:

- Anita Turkel- 10/2
- Jerry Brown- 10/4
- Ellie Keyser- 10/9
- William Sywak- 10/18
- Geraldine Harris- 10/27
- Dean Kataoka- 10/29

Famous Faces Born in October

Oct. 4, 1979:

Caitriona Balfe

Oct. 5, 1972: Grant Hill

Oct. 7, 1959: Simon Cowell

Oct. 12, 1992: Josh Hutcherson

Oct. 18, 1951: Terry McMillan

Oct. 21, 1980: Kim Kardashian

Oct. 28, 1972: Brad Paisley

Oct. 31, 1993: Letitia Wright

Oct. 29, 1993: Letitia Wright

Celebrate Right Meow!

National Cat Day is Oct. 29.

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>OCTOBER</h1>				1	2	3
4	5	6	7	8	9 	10
11	12	13	14	15	16	17
18	19	20 	21	22	23	24
25	26	27	28	29 National Cat Day	30	31

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1949: American novelist William Faulkner wins the Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

2006: The U.S. population reaches 300 million.

2015: "Spectre," the 24th film in the James Bond series, premieres in London.