



PLUSH MILLS

A SAGE SENIOR LIVING COMMUNITY

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Languages of the World

United Nations Day is Oct. 24, recognizing the international organization's founding in 1945. Observe this day of unity and peace by learning a few phrases in one of the UN's official languages: Arabic, Chinese, English, French, Russian and Spanish.

Remember When: Magic Slate

This simple drawing toy may seem like child's play compared to today's electronic tablets. But the Magic Slate Paper Saver entertained bored kids for decades—and even had a double life helping diplomats communicate in secret! Made of cardboard, each Magic Slate had a section of dark-colored wax covered by a plastic sheet. Children used an attached plastic stylus to draw or write on the sheet, which stuck to the wax and allowed the markings to show. Lifting the sheet up magically erased the contents, providing endless hours of fun and creativity. The slates also had a chance to serve their country when U.S. Embassy workers in Moscow discovered their offices were bugged. The easily erasable, untraceable tablets allowed the workers to discuss confidential information undetected.

Wash Germs Away

Your hands become covered with germs every time you push an elevator button, open a door or flip a light switch—which is why washing your hands is the best way to keep from getting sick. Scrub with soap and hot water for 20 seconds. Use an alcohol-based hand sanitizer if you can't get to a sink.

October 2024



Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

Happy October!

"Autumn leaves are falling, filling up the streets;
Golden colors on the lawn, nature's trick or treat!"
—Rusty Fischer

A Full Deck of Facts

With games like bridge, poker, Go Fish and solitaire, decks of cards have provided hours of entertainment for thousands of years. Shuffle through this list of trivia tidbits:

- Playing cards were invented in China during the 9th century.
- The four suits used today— hearts, diamonds, clubs and spades—were developed in the 1500s by French card makers, who also divided the suits into red and black.
- Each king in a deck of cards is said to have originally represented a historical leader: Alexander the Great (clubs), Charlemagne (hearts), King David (spades) and Julius Caesar (diamonds).
- The symbols printed on a card, indicating the value and suit, are called pips.
- A standard deck of cards has many similarities to our calendar. The 52 cards equal 52 weeks in a year; the four suits can be used to symbolize the four seasons; and each suit has 13 values (ace through king), just like there are 13 lunar cycles in a year.
- The United States Playing Card Company, one of the world's largest producers of playing cards, manufactures over 100 million decks each year.



Entering 'The Twilight Zone'

On Oct. 2, 1959, television viewers were invited for the first time to step into the "dimension of imagination"—a dimension better known as "The Twilight Zone," one of the most influential shows of all time.

The series was created by Rod Serling, an Emmy-winning screenwriter who also served as host and narrator, showing up every week in his signature black suit and greeting audiences with his eerie voiceover intro. Blending elements of fantasy, horror, sci-fi and drama, "The Twilight Zone" explored thought-provoking topics and usually ended with an unexpected moral or lesson.

Since each episode told a different story with no recurring characters, "The Twilight Zone" became a playground for plenty of guest stars, ranging from established Hollywood royalty (such as Mickey Rooney and Burgess Meredith) to up-and-comers (including William Shatner, Burt Reynolds and Carol Burnett).

The original series ran for five seasons, winning two Emmys and a Golden Globe.

Halloween is around the corner and we will be celebrating here at Plush Mills on October 31st! Please join us for an afternoon of festivities which will include spooks, refreshment, music, games and more. The party will kick-off at 2pm in our 2nd floor Great Room before moving to the Main Lobby for Entertainment at 3pm. This year's theme is Traditional Transylvania Halloween! Bring out your Dracula, Frankenstein, witch and traditional costumes and we hope to see you there!



Brainteaser

Q: With pointed fangs I sit and wait; with piercing force I crunch out fate, grabbing victims, proclaiming might, and physically joining with a single bite. What am I?

A: A stapler.

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. Vitamin A also supports vision and eye health.

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.



A Rumble To Remember

This month marks the 50th anniversary of one of the biggest sporting events in history: the 1974 boxing match between George Foreman and Muhammad Ali, billed as "The Rumble in the Jungle."

The fight was arranged by boxing promoter Don King and businessman Jerry Masucci. The country of Zaire (now the Democratic Republic of Congo) hosted the contest.

The rumble took place on Oct. 30 at 4 a.m. local time, broadcasting live during American television's prime-time block. In addition to the 40,000 to 60,000 attendees, nearly a billion people around

the globe watched the fight live on TV.

As the current heavyweight champion, the 25-year-old Foreman was favored to win. Ali, at 32, was the underdog, with boxing fans questioning whether his speed and precision could possibly defeat Foreman. But Ali had a new technique to show off—the "rope-a-dope," during which he leaned against the ropes, blocking hits with his arms, as Foreman wore himself out throwing punches. The maneuver worked, and Ali defeated Foreman in the eighth round, becoming the world heavyweight champion for the second time in his career.

Wit & Wisdom

"In October, any wonderful unexpected thing might be possible."

—Elizabeth George Speare

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures."

—Sarah Guillory

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"

—Humbert Wolfe

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

—Alexander Smith

"What the light looks like in the pear trees, in October, is a hundred teardrops of gold, the whole orchard weeping."

—Carole Maso

"October is the opal month of the year. It is the month of glory, of ripeness."

—Henry Ward Beecher

"This Month In History"

OCTOBER

1925: The National Life and Accident Insurance Company introduces its own radio station, WSM. A little over a month later, the station airs the Barn Dance program, and the Grand Ole Opry is born.

1945: The United Nations is established to maintain international peace and security. The UN took the place of the League of Nations after World War II, going into effect on Oct. 24.

1957: The Brooklyn Dodgers announce that the team is moving to Los Angeles. Although this left many New

Yorkers with broken hearts, the move brought the MLB to the Pacific Coast for the first time.

1968: NASA's Apollo 7 launches humans into space. It was the agency's first manned flight in over a year.

1975: "Live from New York, it's Saturday Night!" George Carlin hosts the first episode of "NBC's Saturday Night." Still on air, the sketch comedy show is now known as "Saturday Night Live" or simply "SNL."

1989: Wayne Gretzky becomes the all-time leading point scorer in the NHL. Surpassing Gordie Howe on Oct. 15, Gretzky still holds this record today with 2,857 points.

1993: Beloved novelist Toni Morrison wins the Nobel Prize in Literature. Receiving the prize for her "visionary force and poetic import," she was the first Black woman to earn this honor.

2014: The podcast boom begins with the debut of "Serial." After only a month, the true-crime series had been downloaded and streamed a record 5 million times.



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