

The Friendly Times

Celebrating October With Busy, Seasonal Fun

Beginning with Active Aging Week and ending with the spooky fun of Halloween, October promises to be a busy, fun-filled month at Friends Home.

Fall flower arranging on Sunday afternoon, October 2 will create a beautiful setting for one of the most beautiful months of the year! Adding to the vibrant floral colors will be everyone's favorite pumpkins and gourds. And as the month progresses, we are sure to see some spooky surprises added to the décor.

Active Aging Week begins Monday, October 3 with a Walk-A-Thon for teams of residents and staff members. Staying physically active is an important building block to our overall well-being.

On Tuesday, October 4, we will be visiting the Delaware Museum of Nature and Science. Formerly the Delaware Museum of Natural History, this local treasure is a great way to discover how nature connects us all around the globe in fascinating and surprising ways. The visit will also remind us that each of us has a role to play in caring for our environment and the planet. A yoga class is planned for Tuesday afternoon. Yoga is a wonderful activity for maintaining flexibility and balance.

Everyone loves Bingo with Family & Friends, which returns on Wednesday October 5. A Club Fair is also being planned for that afternoon. Here, residents can sign up for existing clubs or even start a new club!

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**So many ways to enjoy
October!**

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On Thursday, October 6, we welcome volunteers who will be exercising with us and providing manicures. In addition, we will have a sing-along and dance party.

Friday we will wrap up the week with Fall Fest, featuring a seasonal luncheon, special games and other activities.

Other highlighted activities this month include a Scarecrow Social on October 10, the Great Pumpkin Find on Sunday October 16, a trip to Highland Orchards on October 20 and lots of spooky fun including Minute It To Win It on Halloween.

On Saturday, October 29, Friends Home in Kennett is sponsoring a team for the **Walk to End Alzheimer's**. The two mile event will take place at the Tubman Garrett Riverfront Park in Wilmington, Delaware. See Betsy Bryant for more information or to be part of the Friends Home in Kennett walking team.

Finally, for all our Eagles fans, most Sundays in October are an opportunity to pop on our jerseys and cheer on the Birds, whose season is off to an exciting start!



We sure did make a lot of happy memories in September: singing, dancing, Olympics fun, a trip to Ocean City and, of course, enjoying the beautiful weather on the porch!

Never Stop Learning:

In the education group we are currently studying "Designing the Mind" which was written by a self-development organization and led by Ryan A. Bush. The book is focused on providing wisdom education and expanding human potential behind the norm.

A bold and fascinating dive into the nuts and bolts of psychological evolution, *Designing the Mind: The Principles of Psychitecture* is part philosophical manifesto, part practical self-development guide, all based on the teachings of legendary thinkers like Marcus Aurelius, Lao Tzu, Friedrich Nietzsche, and Abraham Maslow. The ideas and techniques it offers are all integrated into a vital theory for helping individuals scale the heights of self-mastery and lead great lives.

This visionary guide argues that the mind can be compared to software, made up of many interwoven algorithms which were originally programmed by natural selection. Though most never learn to alter their default programming, it is possible to rewire cognitive biases, change ingrained habits, and transform emotional reactions.

Additionally, we are watching and discussing Dr. David Amen's Brain Health Library that focuses on overall well-being and care for our minds as we age.



Happy Birthday!

October 5 - Gloria Soto

October 7 - Larry Drumm

October 12 - Dirce (Dee) Taraboletti

October 24 - Daniel Stapleford



October

by Lottie Brown Allen

O, golden days! O, quiet, peaceful days!
October's winsome voice we now can hear,
While all around, her magic wand she plays,
To consummate the crowning of the year.

Behold her 'mid a wealth of golden sheaves,
Most glorious month of all the year, she stands,
Upon her brow a wreath of crimson leaves,
While purple clusters fill her outstretched
hands.

How could we know that when the flow-
er-strewn spring
And all the happy summer days were past,
October would this golden mantle fling
To warm our hearts e'er comes the winter's
blast.

Then linger on, fair days of golden light,
And grant to leave in us an after glow,



Table Talk

Topics for conversations

Did you go Trick or Treating when you were a child?

Do you have a favorite song about Autumn?

What was the worst thing you ever got into trouble with your parents for?

October Happenings

October 3-7 - Friends Home Wellness Week

October 3 - FHK Walk-A-Thon

October 4 - Del. Museum of Nature & Science

October 5 - Bingo with Family & Friends

October 7 - Active Aging Fall Festival and Games

October 29 - Walk to End Alzheimers

October 31 - Halloween



October Trivia

October 1, 1908- Henry Ford introduces the Model T car (costs \$825)

October 6, 1956- Dr Albert Sabin discovers oral polio vaccine.

October 9, 1986- "Phantom of the Opera" premieres in London, written by Andrew Lloyd Webber and starring Michael Crawford and Sarah Brightman. "Phantom of the Opera" which came to Broadway in 1988 and is Broadway's longest running musical, will make its final curtain call on February 18, 2023.

October 20, 1864- US President Abraham Lincoln formally establishes Thanksgiving as a national holiday.

October 26, 1492- Lead (graphite) pencils first used.

October 27, 1682- Philadelphia, Pennsylvania, is founded by Englishman William Penn.

In Memorium



Helen "Aunt Honey" B. Downing, age 98, of Kennett Square, PA, formerly of New London, PA, passed away on Wednesday, September 14, 2022, at Linden Hall, Kennett Square, PA. She was the wife of James Downing who passed away in 2003, and with

whom she share 62 years of marriage.

Born in New London, PA, she was the daughter of the late James P. Bush and the late Reba Buckalew Bush.

She was a seamstress and worked at the West Grove Knitting Mills in West Grove, PA for 20 years. She also owned and operated for over 30 years, Picture Pump Antiques in New London, PA.

Helen was a member of the New London Presbyterian Church and the West Grove Senior Center.

She enjoyed watching the Phillies on TV, going shopping, and being with her family and friends.

"Helen was a treasure," recalls Friends Home Social Worker Pattie Regan. "She loved when staff or family would come to her room to sit and talk, It was like she was holding court. She remembered that I have 3 kids, knew where they lived and frequently asked how they were doing. Helen had a very quick wit and fun sense of humor; often making me laugh at her reaction to current events! It was a blessing to know Helen."

Her family would like to thank the staff at Linden Hall for the excellent care given to her while she was there.

She is survived by many nieces and nephews and great nieces and great nephews.

Helen was predeceased by two sisters, Marge Johnson and Betty Ann Bush and four brothers, Paul Bush, John Bush, Frank Bush, Sr. and Charles "Chattie" Bush.