



NorBella  
SENIOR LIVING

*Age Magnificently*



## Our Community Newsletter

*Discover what's going on in our community.*



***October has exciting changes to our culinary department. October 1st we start our new menus, and switch to in-house dietary staff. Additionally, we have new dining hours available for the residents.***

***Breakfast - 7:30 - 9:00 A.M.***

***Lunch - 11:30 - 1:00 P.M.***

***Dinner - 4:30 - 7:00 P.M.***

***We hope that these extended dining hours will allow for more choices as to when residents come out for meals. They also have a new rise & dine menu, that will have many of their favorites and offer new options. Please encourage your loved one to try it out. Please say hi to our new team members when you are in the building: Trey, Lila, Lily, and Ari.***

***A reminder for those of you that currently use our auto withdrawal on the 5th of the month, that it is now moving to the 3rd, and you will need to fill out a new auto withdrawal form. Please reach out for an electronic form.***

***Lastly, we have hired a new LPN nurse, Lillian that started with us on September 30th. We are excited to have her, and she will be training over the next 4 weeks. She will be in the office until 3:30 P.M. during the week.***

***Our next family council meeting will be Thursday October 9th at 5:30 P.M.***

***Deborah Ashamu***

***Executive Director***

***Hello all,***

***September went by so quickly, and now October is already here. I hope you are all enjoying the nice weather we've been having.***

***I really appreciate all the support and positive comments about our prom we had in***

***September. It was so much fun to see everyone enjoying the evening.***

***October will be a fun month, to watch some great Halloween movies. We will also be heading to the apple orchard on one of our trips, to get some yummy fall treats.***

***I hope you all have a wonderful month ahead, and get outside while it's still nice out. Before the cold weather comes knocking on the door.***

***Mindy La Clair***

***Community Life Director***









*Happy  
Birthday*

**Residents**

***Jim 10/1***

***Irene 10/2***

***Diane 10/5***

***Art 10/12***

***Nancy M. 10/12***

***Liz 10/22***

***Doug 10/22***

**Staff**

***Autumn M. 10/4***

***Denise H. 10/22***

***Trey J. 10/30***

## **Entertainment**

**Music by Charles - Friday  
10/17 @ 2:30**

**Ross McLeod - Friday  
10/24 @ 2:30**

**Jenni Thyng - Friday 10/31  
@ 2:30**

**Rockin' with Tony in  
Memory Care on Tuesday  
10/7 & Tuesday 10/21**

## **Midweek Matinee's**

**Practical Magic 10/1 @  
2:00**

**Ghost Busters 10/15 @  
2:00**

**Hocus Pocus 10/29 @ 2:00**

## **Outings**

**Pine Tree Apple Orchard  
Thursday 10/2 @ 2:15**

**Ross dress for Less  
Thursday 10/16 @ 2:15**

## **Special Events**

**Auction Time with Kim  
Friday 10/10 @ 2:30**

**Holly the Alpaca  
Wednesday 10/22 @ 2:00**

**NorBella's 3rd Birthday  
Celebration & Open House  
Friday 10/24 @ 2:30**

**Halloween Costume  
Contest  
Friday 10/31 @ 1:30**

## From Ancient Harvest Rites to Today's Community Celebration

Halloween has traveled a long road—from Celtic bonfires and medieval vigils to neighborhood parades and candy bowls. Explore how traditions blended and migrated to become the festive, family-friendly holiday we enjoy today.

### Ancient Roots: Samhain

Many historians trace Halloween to *Samhain* (pronounced "SOW-in"), the Celtic harvest festival marking summer's end and the new year. Bonfires were lit, food was shared, and people wore simple disguises to ward off mischief as the darker half of the year began.

#### Key Features of Samhain

- ◆ **Bonfires & feasts** to honor the harvest and prepare for winter.
- ◆ **Remembrance** of ancestors and loved ones who had died.
- ◆ **Protective customs**—carrying embers, wearing disguises, and sharing food.

### Christian Influence: All Hallows' Eve

As Christianity spread across Europe, the church established **All Saints' Day** (All Hallows) on November 1 and **All Souls' Day** on November 2. The evening before became **All Hallows' Eve**—later shortened to Halloween. Medieval practices like *souling* (going door-to-door for food in exchange for prayers) foreshadowed today's trick-or-treating.

#### Medieval Traditions

- **Souling:** offering prayers for the dead in return for "soul cakes."
- **Guising:** costumed visits and simple performances for treats or coins.
- **Church processions** and bell-ringing to honor saints and souls.

*"Old customs rarely disappear—they adapt."  
Halloween is a tapestry woven from harvest rites,  
church observances, and local community fun.*

### Crossing the Atlantic

Immigrants from Ireland and Scotland brought Halloween folkways to North America in the 19th century. Communities adapted the holiday with autumn socials, games, and neighborhood gatherings. By the early 1900s, newspapers promoted **family-friendly parties** to reduce rowdy pranks.

### Modern Traditions Take Shape

#### How We Got Today's Halloween

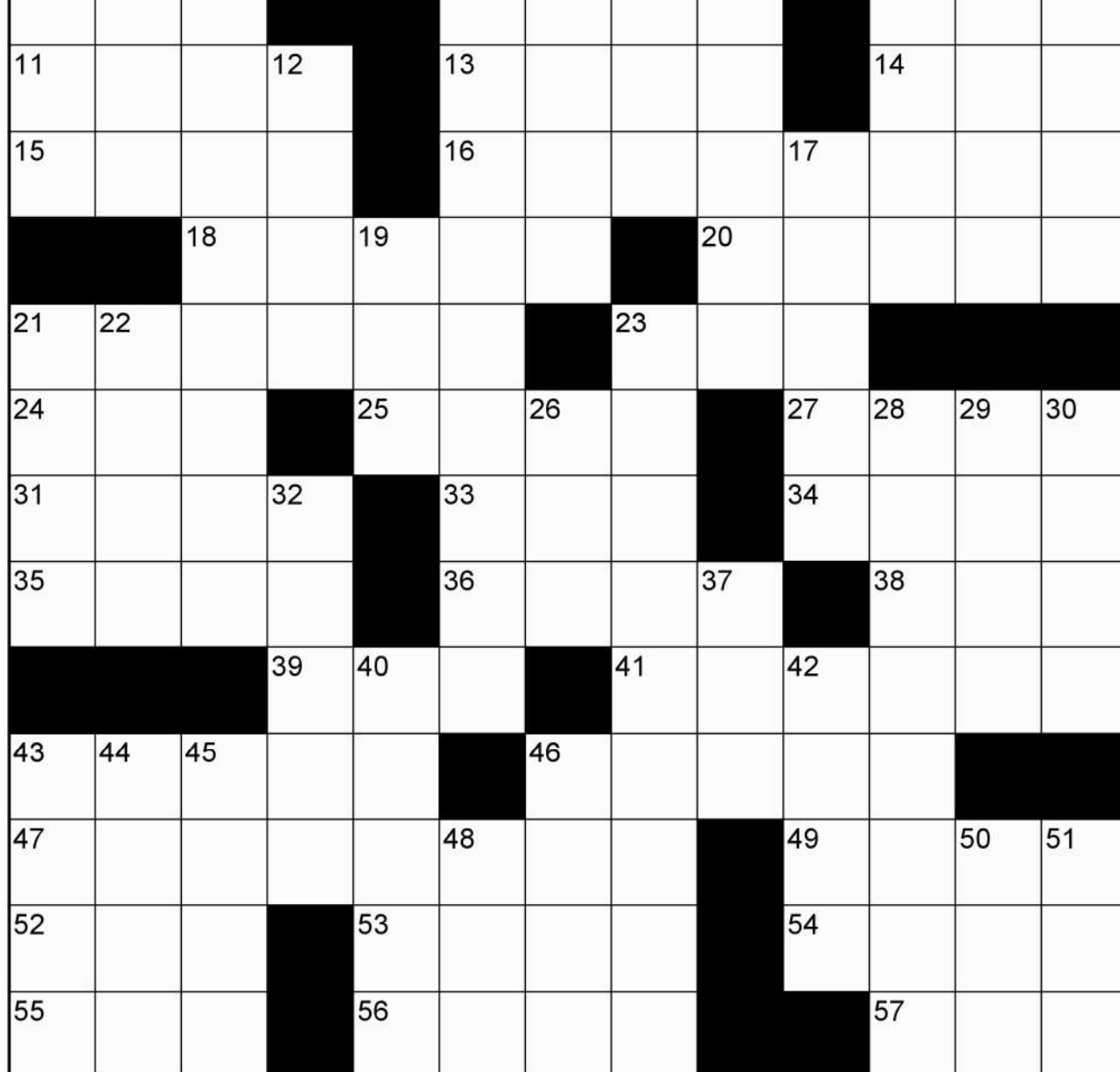
- ✓ **Trick-or-treating:** widespread by the 1930s–1950s with store-bought candy and costumes.
- ✓ **Jack-o'-lanterns:** Irish tales of "Stingy Jack"; pumpkins replaced turnips in America.
- ✓ **Costumes:** from homemade masks to pop-culture characters and themed parties.
- ✓ **Community events:** school parades, charity drives, and fall festivals.

### Symbols & Meanings

- **Pumpkins & lanterns** — guiding lights, harvest abundance, friendly "spooky."
- **Black & orange** — night and mystery paired with autumn leaves and warmth.
- **Cats, bats, moons** — folklore creatures tied to night, farms, and seasonal change.

### At-a-Glance Timeline

- **c. 2000+ years ago:** Celtic Samhain harvest festival.
- **7th–11th c.:** All Saints/All Souls formalized; "All Hallows' Eve."
- **1800s:** Irish & Scottish immigration spreads customs to North America.
- **Early 1900s:** Community parties and parades grow; pranks discouraged.
- **1930s–1950s:** Trick-or-treating and mass-market costumes popularized.
- **Today:** Inclusive, safety-minded celebrations for all ages and abilities.



## ACROSS

1. Female pig
4. Crook
8. Spread out for drying
11. Mimicked
13. Friend
14. Monetary unit of Vietnam
15. Abominable snowman
16. Pursuit of high principles
18. Metal spikes
20. Wens
21. Crypts
23. Snow runner
24. Go wrong
25. Submachine gun
27. Grandmother
31. Food
33. Eggs
34. Growl
35. Affectedly dainty
36. Devices for fishing

39. Reverential fear

41. Fondle
43. Wooden box
46. Shallow water
47. Capital of Finland
49. Pastry items
52. Writing fluid
53. Riding strap
54. Colour of unbleached linen
55. Bashful
56. Hit or punch (Colloq)
57. Egyptian serpent

## DOWN

1. Utter
2. Open
3. Woman hired to suckle another's infant
4. Pellet of hail
5. One's parents (Colloq)
6. Bullfight call
7. Type of packsack
8. Specific thing indicated

10. Benedictine monks' titles

12. Face
17. Fibbing
19. Sexless things
21. Air duct opening
22. In a line
23. Grabbing
26. First woman
28. Medicinal plant
29. Negative votes
30. 3 Weapons
32. Makes warmer
37. Cracker biscuit
40. Eerie
42. Take by force
43. Stylish
44. U.S. divorce city
45. An alcoholic
46. Pelt
48. Prefix, new
50. Bitter vetch
51. Dine