

Leafy Legend



Kale is no ordinary leafy green. It’s one of the healthiest foods on the planet. It’s so dense with nutrients that one cup, at only 33 calories, has vitamins A, K, C, B1, B2, B3, and B6, as well as minerals calcium, manganese, potassium, magnesium, copper, and more iron per ounce than beef. With all this good news about vegetables, it’s no wonder kale has its own holiday, Kale Day, which falls on October 1 this year.

Why else is kale hailed as a superfood? It’s high in antioxidants, which provide powerful anti-inflammatory benefits and can lower blood pressure. Kale has also been studied for its effects on lowering cholesterol and is loaded with substances known to fight cancer. Perhaps this is why kale is taking kitchens by storm. People have even taken to putting “Eat More Kale” bumper stickers on their cars and wearing kale T-shirts.



But kale is no passing fad. The healthiest way to enjoy kale is raw—in a salad or as a wrap for hot foods. But for those who may not like the slight bitterness of the greens, there

are other ways to enjoy kale’s many benefits. Steaming it softens the leaves. Baking the leaves in the oven with olive oil and spices produces kale chips. Or you can hide the kale. Blend it with fruit for a nutritious smoothie. Mince it finely and add it to hamburgers or meat loaf. Do you like pesto with your pasta? Substitute kale for half of the basil.

Kale is also easy to grow in the fall, since it thrives in cool temperatures. It became a staple in Britain during World War II as a supplement to rationed diets. Today, kale enjoys its place as the centerpiece of many dinner tables.

October Birthdays

Rae L. 10/3

Fran K. 10/21

Marie B. 10/25

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they’d rather avoid conflict, they are excellent team players, tactful and polite at soothing those embroiled in an argument. If you’re born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success. Celebrities born in October include:

- Groucho Marx (comedian) – Oct. 2, 1890
- Margaret Thatcher (PM) – Oct. 13, 1925
- Roger Moore (actor) – Oct. 14, 1927
- Evel Knievel (daredevil) – Oct. 17, 1938
- Jennifer Holliday (performer) – Oct. 19, 1960
- Joyce Brothers (doctor) – Oct. 20, 1927
- Mickey Mantle (ballplayer) – Oct. 20, 1931
- Annette Funicello (performer) – Oct. 22, 1942
- Jonas Salk (scientist) – Oct. 28, 1914

Reminder

Vaccine Clinic

Tuesday

October 21st

1pm-3pm

Lakeside Room 3rd Floor

The Pines Times

Mount Royal Pines III | 50 E St. Marie St. | 218-724-5500



Celebrating October

Ergonomics Month

Organize Your Medical Information Month

Cookbook Month

Balloons Around the World Day
October 1

James Bond Day
October 5

World Day of Architecture
October 6

Pet Peeve Week
October 12–18

Train Your Brain Day
October 13

Chemistry Week
October 19–25

Count Your Buttons Day
October 21

International Artists Day
October 25

Halloween
October 31

The Bright Side of October

Orange is one of the most iconic colors of the fall season. From the changing leaves to ripe pumpkins and Halloween decorations, it’s everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round.

The word *orange* didn’t appear in English until around the 1300s, borrowed from the Old French *orenge*, which came from Arabic *nāranj*—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as “yellow-red.” It wasn’t until fruit became common in Europe that the word was used to describe the hue. In many cultures today, it represents creativity, change, and enthusiasm.

In nature, orange often signals warmth and energy. It’s the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o’-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday’s spooky glow. Orange also pairs well with black, Halloween’s other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo.

Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy.

While orange is not everyone’s favorite color year-round—only five percent of people choose it as their favorite—it has certainly carved out a place in October’s spotlight. Whether you’re admiring the leaves, carving a pumpkin, or just sipping something cinnamon-spiced, you’re likely soaking in a little bit of orange this season.

Happy Fall Y'all!

Did you know that it was National Assisted Living Week in September?

The theme for the week was "Ageless Adventure".

We started our week off with live music and ice cream bars!

We enjoyed animal visits from a therapy dog and the Lake Superior Zoo! The zoo mobile transported three animals for us to enjoy and learn about.

- Cricket a 43-year-old Dessert Tortoise.
- Rosie an 18-year-old Rose Hair Tarantula.
- Ozzie a Black Headed Caiques, a bird from the Amazon Rain Forest.

We had ice cream on site from the local Crank & Dasher! They brought in three different flavors, and all are made with only natural ingredients! Fun Fact: The flavor "Summer Strawberry" was made with hand-picked berries from Carlton's "The Berry Farm". This was a first for bringing in a food vendor to Pines 3! My thought was it would be a nice experience for the residents, while supporting a local Duluth business. Please let me know your thoughts on it if you enjoyed it! Crank and Dasher would like to come back to do another event!

Other highlights of the month was a fun visit from Rocky Run Stables! Spirit, a miniature horse, was the center of attention on a beautiful 82-degree Tuesday. This little 14-year-old mini stole our hearts by playing the piano, dancing, bowling and playing ball with the residents!

As we found ourselves closer to the end of September, we recognized Autumn and enjoyed being together with hot apple cider and freshly made pumpkin bars from our talented kitchen staff!

Please don't be a stranger and come see me with ideas for activities!

-Cindy Koecher



🎨 Resident Art Show Announcement 🖼️

We are thrilled to invite you to our upcoming **Resident Art Show**, a celebration of creativity, community, and the incredible talent living right here among us!

Wednesday

October 29th

2pm

Bring your friends, family, and your love for art!

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared that this title was too similar to a comic strip called *Little Folks*.



Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show's* "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.