

OCTOBER 2026

LAUREL VIEW VILLAGE NEIGHBORHOOD NEWS



CELEBRATING OCTOBER BIRTHDAYS

Daryl Wagner (TH) 10-1
Linda Hayes (PC) 10-2
Carol Green (CP) 10-3
Dawn Allshouse (TH) 10-4
Bob Yoder (V) 10-6
Bob Frazer (V) 10-8
Janice Kaltenbaugh (CP) 10-8
Doug Cober (V) 10-11
Judith Mosholder (TH) 10-11
Bill Smith (TH) 10-12
Sharon Slezak (TH) 10-13
Margaret Mitchell (PC) 10-13
Bob Jeschonek (HC) 10-15
Janet Young (V) 10-16
Colleen Bender (TH) 10-16
David McGee (TH) 10-17
Doretta Sellers (CP) 10-17
Dorothy Kedves (PC) 10-18
Ronald Burkey (CP) 10-21
Susan Gregory (TH) 10-24
Harriet Barkman (HC) 10-24
Caram Abood (PC) 10-25
Margaret Keller (TH) 10-26
Deb Larkin (TH) 10-29
Bob Munhall (CP) 10-30
Mary Lou Oyler (V) 10-31
John Cupps (TH) 10-31
Sarah Gindlesperger (PC) 10-31

TH = Townhome V = Vista CP =
Cambridge Place PC = Personal
Care HC = Healthcare



Tim Mock,
CEO

Greetings Residents,

I cannot believe summer is over, and Fall season is upon us and holidays will quickly follow. Labor Day weekend has been viewed as the unofficial end to summer. Our Labor Day weekend started with a storm and some excitement. Thankfully we were able to weather the storm and power outage. This is another situation where I get to promote the wonderful team that we have here at Laurel View Village. Some team members put in a lot of extra hours to keep residents supported. Some worked their regularly scheduled shifts, but they experienced anything but a normal day with regular tasks. The building was dark, hot, and humid at times. Coffee was lacking, and temporary air handlers were noisy and disruptive. Through all the inconveniences our team all stepped up and did what they could to keep all our residents safe and well cared for. The feedback we have heard from you all has been extremely positive. Thank you for sharing your positive feedback with us. I am so grateful and blessed to lead a team that is truly here to serve. We are also asking for input of what went well and what we could do better in the unlikely event we have another extended outage. As I asked at resident council, can you please let us know if there are any significant ways in which we could have done better. If you have significant needs, with which we could help more, we want to know so that we can improve. Please let us know.

Continually Grateful,
Tim



WELCOMES & TRIBUTES, & THIS MONTH'S

WELCOME TO OUR COMMUNITY

Susan Shank (V)
Joan Lizambri (V)
Larry & Susan Pearce (CP)

GIVING TRIBUTE TO

Norman "Bud" Penrod
John Griffin
JoAnn Duray

THIS MONTH'S HOLIDAYS

Thurs, October 1 - International Older Persons Day

Sun, October 4 - Simchat Torah

Sat, October 10 - World Mental Health Day

Mon, October 11 - Columbus Day

Sat, October 17 - National Pasta Day

Mon, October 26 - National Pumpkin Day

Thurs, October 29 - National Cat Day

Sat, October 31 - Halloween



THIS MONTH'S OBSERVANCES & FUN FACTS

October is observed as:

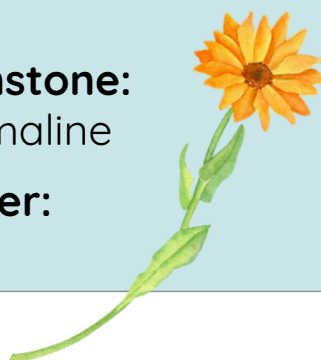
- Breast Cancer Awareness Month
- Domestic Violence Awareness Month

October's birthstone:

Opal and Tourmaline

October's flower:

Calendula



October Astrological Sign:

- Libra (9/23 - 10/22)
- Scorpio (10/23 - 11/21)

Fruit & Veggies for the Month of October:

- Pears
- Apples
- Persimmons
- Pumpkin
- Ginger
- Galangal
- Tumeric



CHAPLAIN'S CORNER



Eric Lasure,
Chaplain

For everything there is a season, a time for every activity under heaven. - Ecclesiastes 3:1

Looking to God through a Season of Change

The summer's heat begins to slowly fade. Cold beverages are replaced with warm pumpkin spice lattes and sweet apple cider. Tank tops and shorts are traded in for jackets and jeans. Thick green leaves dress in vibrant hues in preparation for their graceful descent. As the days grow shorter and a gentle crispness fills the air, we find ourselves once again in the embrace of autumn, the season of change. The change in season may also mean a change in the pace of life as well. You might be eating breakfast on the run, rushing your kids to the bus stop, sitting in long carpool lines, or

packing up your college student for the start of the school year. And maybe, just as you're catching your breath, your mind starts to wander to the family holidays lurking around the corner. If we aren't careful, in the busyness of all the activities, we may miss some of the wonders and lessons God has for us. Let's consider some of God's wisdom that will benefit our lives through this season of change.

Wisdom to Consider When Experiencing Change

1. **Slow Down.** Psalm 46:10 says, "Be still and know I am God!" Just as God created the natural seasons of spring, summer, fall, and winter, He also takes us through different seasons of life. The fall season invites us to pause, consider the state of our hearts, and align our lives with God's will. It's a time to evaluate our priorities that may have shifted, the distractions that have crept in, and the areas where we need to surrender to God's transforming power. Just as the trees clear their branches, we must strip away anything that hinders our walk with Jesus.
2. **Let Go.** 1 Peter 5:7 says, "Give all your worries and cares to God, for He cares about you." The falling leaves serve as a visual representation of the process of releasing our cares to God. Autumn's lesson of letting go encourages us to release our worries, fears, and pains from the past. It's also time to consider what we can let go of when we feel overwhelmed. Feel free to simplify your life by reviewing your calendar and minimizing your commitments. Learn to say "no" so you don't overcommit yourself and learn the value of being less busy. The act of letting go is a powerful way to experience God's freedom and move forward with a lighter heart.
3. **Embrace Change.** Isaiah 43:19 says, "For I am about to do something new." Autumn vividly demonstrates to us that change is not just inevitable, but also beautiful. Perhaps God has allowed changes in your life that you don't yet understand but be assured that He will navigate you through all the adjustments. Or maybe the question to ask in this season is, "What change is God calling me to make in my life?" Do you need to spend more time in prayer or reading through Scripture? Perhaps you need to change your schedule and build more time for loved ones or friends. The beauty of autumn lies in its subtle reminder that change is an ongoing part of God's design.

Learning to Slow Down- In the grand symphony of the seasons, autumn stands out as a great teacher of God's lessons for life and change. As we explore this season of change, let's learn from the wisdom it offers. We can learn to slow down, let go, and embrace change. So, as you step outside and feel the crispness in the air, remember the profound lessons this season brings, and carry them throughout your life.

1. Reflect on the changes you have recently experienced in your life. How did you react to those changes? Did you see them as a part of God's bigger plan or simply as a frustrating nuisance?
2. Review the past year of your life. As you move into the new year, what changes do you need to make to develop a closer walk with God?



WORSHIP SERVICES

Mass/Communion Services for Oct

Monday, October 5, 10:30 AM

Catholic Mass with Father Larry

Monday, October 12, 10:30 AM

Communion Service with Threse Baywood

Monday, October 19, 10:30 AM

Catholic Mass with Father Larry

Monday, October 26, 10:30 AM

Communion Service with Threse Baywood

Rosary is at 1:15 PM

every Thursday in the Chapel.

Services subject to change

Pastor Schedule for October

Sunday, October 4, 2:30 PM

Julie DiBuono, Healthcare Activities

Sunday, October 11, 2:30 PM

Pastor John Shaffer, Sipesville COB

Sunday, October 18, 2:30 PM

Pastor Gary Anderson, Laurel Hill Gospel
Tabernacle

Sunday, October 25, 2:30 PM

Pastor Pat Walsh, Parkview Alliance Church

Services subject to change

Upcoming Communion Service

**Non-denominational Communion
Service**

Please note there will be no Communion
in October

Communion occurs on the
**Fourth Wednesday of every other
month at 2 PM in the Chapel.**



COMMUNITY SUPPORT RESOURCES



Greif and Loss of a Loved One Support Group

Tuesday, October 6

Chapel at 5 PM



Parkinson's Support Group Boxing with Donnie

Thursday, October 8 and 22

Second & Fourth Thursday of every month!

Chapel at 2 PM

\$10 fee to be paid at the door to Donnie.



Low Vision Support Group

Tuesday, October 6

Vista Library at 1 PM



Caregiver Support Group

Thursday, October 15

Third Thursday of every month!

Chapel at 3 PM



Parkinson's Support Group

Tuesday, October 27

Last Tuesday of every month!

Chapel at 2 PM

COMMUNITY HEALTH RESOURCES

PODIATRY

Dr. Izzo, Foot & Ankle Specialist, is available for scheduling podiatry appointments for **Friday, October 23 & November 20**. Dr. Izzo visits our campus once a month and operates out of the treatment room in the Davidsville Care Center. To schedule an appointment please contact the front desk at (814) 288-2724.



LIFELINE MEDICAL CENTER (LLMC) (814) 915-4539

Lifeline Medical Center, located in the Davidsville Care Center, is available by appointment on **Monday: 7AM-7PM, Tuesday: 7AM-7PM, Wednesday 7AM-4PM, Thursday: 7AM-3PM, and Friday: 7AM-3PM**. They provide a large array of services such as: Primary Care Services for all ages, Acute Care Services (such as: Urinary Tract Infections, Sutures, Ear Pain, Sore Throat), Community Blood Draw Center, and much more!

LLMC is open to residents, staff, family members, friends, and the general public. **To schedule an appointment today, please call (814) 915-4539.**

Please bring your ID, insurance card, and a complete medication list.

BENCHMARK THERAPIES

Benchmark Therapies is committed to delivering high-quality rehabilitation therapy services. Their programs in Physical, Occupational, and Speech therapy are tailored to meet the specific needs of each individual. For additional information **please call (814) 205-6762.**

MOBILE X-RAY

Residents must have a doctors script for an X-ray and must contact **Doug Croyle to coordinate (814) 205-6702.**

MASSAGE THERAPIST

There is a masseuse that visits campus twice a month. To schedule an appointment residents must coordinate with **Angela Rizzo at (814) 205-6289 or arizzo@lvv1.com**

COMMUNITY HEALTH RESOURCES

LABORATORY SERVICES

Windber Labs

- **1st and 3rd Tuesday** of each month, they will be in the **Cambridge Place Activity Room** from **8 - 9 AM**.
- **2nd and 4th Tuesday** of each month, they will be in the **treatment room** within the Davidsville Care Center **8 - 9 AM**.

Life Line Medical Center also provides these services during their office hours listed prior.

TRANSPORTATION SERVICES

Laurel View Village provides free, medical transportation to local services. To take advantage of this service, just complete a form available outside the Vista or Cambridge mailboxes. Once filled out, return the slip to the secure box located in the Cambridge mail room or outside Randy's office, across from the Village Café. Questions contact **Randy Yoder, Transportation Coordinator, at (814) 205-6487**.

HOME CARE SERVICES

Laurel View Village provides in-home assistance services, known as Home Care Services, to help residents age comfortably in their Townhomes, Vista, and Cambridge Place apartments. Our certified home care team offers support to individuals requiring help with daily activities. These services can be tailored to meet your evolving needs, ranging from daily visits to once-a-month check-ins!

For more information, please reach out to **Doug Croyle, Independent Living Health Services, at (814) 205-6702 or via email at dcroyle@lvv1.com**.

MEDICAL DIRECTOR

Dr. Patrick Gray is Laurel View Village's medical director. Under his direction, his CRNP can do scheduled house visits that **MUST BE SCHEDULED BY DOUG ONLY** at (814) 205-6702.

Dr. Gray's doctor office is located in Windber, for his primary care services contact (814) 467-5600.

Please ensure that your Health Information Form is always up to date! If you have any questions, concerns, or need further information, please reach out to Doug Croyle at (814) 205-6702.

TIME TO REVIEW YOUR PLANS



Barbara Cotchen,
Development
Director and
Executive Assistant
to the CEO

October is National Estate Planning Month: Take time to review your plans.

October is National Estate Planning Month, making it a great time to review the plans you have made for yourself, your family, and your legacy.

For older adults' estate planning is much more than deciding who will receive their belongings. It is about making sure your wishes are respected and the people you have put in trust are prepared to help when needed.

I learned the hard way just how important this can be when my 92-year-old Mom unexpectedly fell at her home and broke her hip in January. As her POA (power of Attorney,) I found myself in a position where I needed to make decisions quickly. Even though I work in long-term care, it was overwhelming to suddenly become the person who has to make all the decisions, communicate with health care professionals and insurance companies, and advocate for the best care. The experience taught me that I needed to know more than where her important documents were, I needed to understand what to do and what her wishes really were.

Here are some lessons I learned as a POA.

- **Make sure all documents are current.** When a medical emergency happens, there is no time to wonder whether documents are up to date. Review with your POA where your healthcare directives, will, insurance cards (all of them!), driver's license and other information is kept or better yet give copies to your POA to have on hand. Make sure you let them know if anything changes.
- **Have difficult conversations before there is a crisis.** My Mothers fall reminded me that knowing what someone wants is incredibly valuable. Talk with your POA about healthcare wishes, living arrangements, finances and who should make decisions if you are unable to speak for yourself. These conversations are difficult but communicating ahead of time makes sure everyone is on the same page, especially when you have several adult children.

This brings me to my final point:

- **Choose your POA carefully.** Being a POA is a tremendous responsibility. Choose someone you trust and is willing to advocate for you and make decisions based on your wishes-not theirs. For those living in retirement communities, advanced planning can be especially important because it can help address decisions about moving to other care areas that may arise if your health changes.

October is also a good time to begin thinking about year-end financial and charitable giving. For those who are required to take Required Minimum Distributions from retirement accounts, the end of year can be an important deadline to keep in mind. Depending on your circumstances, you may also want to consider whether a Qualified Charitable Distribution (QCD) could be part of your charitable giving strategy. A QCD allows eligible individuals to make a charitable contribution directly from certain retirement accounts to a qualified non-profit organization. There are specific eligibility requirements and tax rules, so it is important to discuss this option with your financial advisor or tax professions.

Keeping all this in mind October is a great time to:

- Review your financial or health care power of attorney.
- Make sure your chosen decision makers are still the people you trust.
- Talk with your family about your wishes.
- Review your year-end giving plans and make an appointment to talk with your financial advisor or tax professional, if applicable.

Your future and the people and causes you love are worth the time.



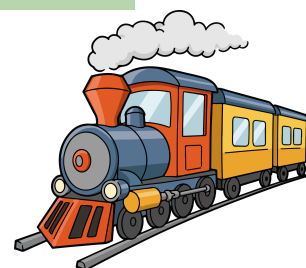
LIFE ENRICHMENT & WELLNESS

Railroad Talk with Brian Lehman

Friday, October 2, at 1 PM

Chapel

Brian will share history and his knowledge of railroads. All are welcome to come learn something new and enjoy an afternoon of railroad history!



Hospice True or False with Laurel Highlands Hospice Care

Friday, October 2, at 2 PM

Vista Multipurpose Room

Join us for an informative and engaging afternoon with Laurel Highlands Hospice Care! We'll explore common questions and misconceptions about hospice through a fun "True or False" activity. Come learn, ask questions, and discover the facts!



Lunch & Learn

Wednesday, October 7th, at noon

Vista Multipurpose Room

This presentation is full of very important information that you will not want to miss. Your name will be automatically entered into a drawing to win a \$10 gift card for attending this lunch & learn presentation.



Joe Shetler,
Life Enrichment and
Wellness Manager

Centerpiece Prep

Tuesday, October 6, at 1 PM

Vista Activity Room

Help Emily prepare the centerpieces for the Murder Mystery Dinner! We will be turning empty beer, wine, and liquor bottles into Apothecary bottles!



Ghost Town Trail Walk & Lunch

Friday, October 9th

Departing at 9:15am

The Ghost Town Trail is one of the most popular and beautiful trails in our region. We will be starting at the Dilltown section where there are pavilions and bathrooms available. There is a 1, 2, or 3 mile option you can choose based on much you would like to walk. This will be an enjoyable trip regardless of how much walking you would like to do. We will stop for lunch in Johnstown following the walk. Please signup if you would like to go on this trip.

UPCOMING EVENTS

Steeler Game Day Party

Sunday, October 11th, at 12:30 PM

Cambridge Banquet Room

Join us for another Village Steeler game day tailgate and party on Sunday, October 12th at 12:30pm! Pizza will be provided and we are asking for you to bring a covered dish or dessert to share but not required. Please signup if you would like to come watch the game.



Village Movie Night

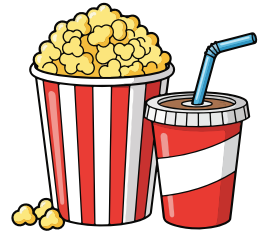
Wednesday, October 14th, at 6 PM

Cambridge Banquet Room

Featuring: We Bought A Zoo

Following his wife's untimely death, Los Angeles journalist Benjamin Mee decides to make a fresh start by quitting his job and moving his children to an 18-acre property containing the Rosemoor Wildlife Park. Though closed for years, Rosemoor is still home to many animals, cared for by Kelly Foster and her small staff. Mee opens his heart and his checkbook as he, Kelly and the others work to renovate and reopen the zoo.

Rated: PG



Pickin' & Grinnin' W/ Linda & April

Tuesday, October 13, at 2 PM

Personal Care Activity Room

Join Linda and April sing and tell jokes or funny short stories with our Personal Care friends!



Fall Fest

Saturday, October 17, at Noon

Vista Pavilion

Come and enjoy fresh pressed apple cider, hot dogs, saurkraut, hot pretzel bites with cheese, donuts, and pie! Joe will be providing wagon rides during this time as well! family and friends welcome!

Apple Fest

Thursday, October 22, at 1 PM

Cambridge Activity Room

Linda will be using the apples left over from our Fall Fest to make some homemade goodies like applesauce and/or apple butter!



UPCOMING EVENTS

Trick-or-Treat

Monday, October 26, at 6:00 PM
All Campus



Join us in passing out candy to the children in our community! Setup will begin at 5:45 PM in the Cambridge Fireplace Room and Vista Multipurpose Room, so please be sure to be ready by that time. If you know kids that want to participate, they must be signed up by October 12. Sign-up sheets are available outside April Coval's Office near the Village Cafe and outside Emily Fuska's Office. You can also sign up digitally by scanning the QR code provided. We look forward to a fun, festive evening for everyone!



Dirty Soda Cart
Tuesday, October 27, at 1:00 PM (CAR)
and 2:30 PM (VAR)

See Emily in either activity room for a trending treat, Dirty Sodas! Dirty sodas are customizable flavored sodas, often made with a base like Sprite and ingredients such as fruit syrup and cream to create sweet, tangy, and creamy drinks

Murder Mystery Dinner

Wednesday, October 28, at 4:00 PM
Cambridge Banquet Rooms

Join us for the 2nd Annual Murder Mystery Dinner. Employees will take on the roles of actors in an engaging whodunit storyline, while you enjoy trying to solve the mystery. The event includes a full meal for \$20, exact cash or checks can be given to Emily Fuska, or either front desk.



Indoor Golf League

The Tom Krise 19th hole golf simulator will be hosting indoor leagues starting in November. If you would like to participate, please see Joe.

Reminder

All sign ups need to be made on the Uniguest App through your personal device or kiosk.

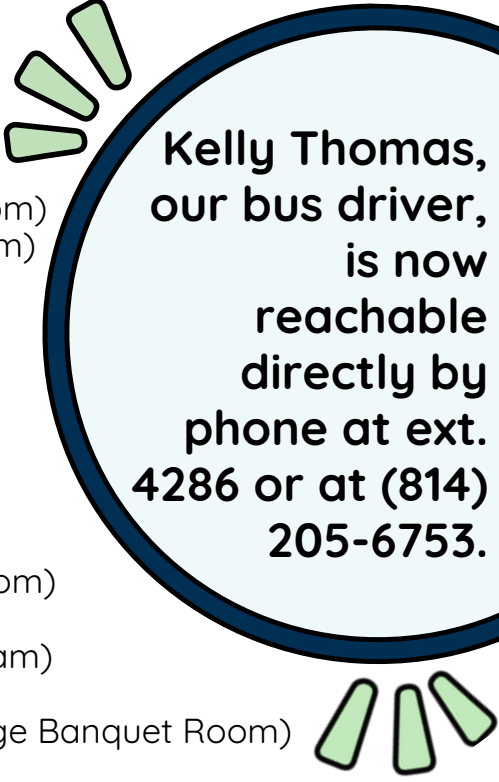


ACTIVITIES, EXCURSIONS, ENTERTAINMENT

Activities & Excursions Requiring Sign Ups

Here's what we have going on that requires you to signup through Uniguest if you would like to participate:

- Ladies Day Out (10/1 departing at 9:30am)
- Market Basket Shopping (10/6 departing at 10:30am)
- Ghost Town Trail Walk & Lunch (10/9 departing at 9:15am)
- Men's Breakfast (10/13 at 8:30am in the Fresh Harvest Restaurant)
- Walmart Shopping (10/13 departing at 10:00am)
- Village Movie Night (10/14 at 6:00pm in the Cambridge Banquet Room)
- Ghost Garland Craft (10/16 at 1:00pm in the Cambridge Activity Room)
- Fall Fest (10/17 at Noon in the Vista Pavilion)
- Dollar General Shopping (10/20 departing at 10:30am)
- Boscov's Sale Day (10/20 departing at 9:00am)
- Bedford Day Out (10/22 departing at 10:00am)
- Ghost Garland Craft (10/23 at 1:00pm in the Vista Activity Room)
- Country Ride & Ice Cream with Ralph (10/23 departing at 1:00pm)
- Neil Diamond Concert (10/24 departing at 6:30pm)
- Trick or Treat (10/26 at 6:00pm in Cambridge & Vista)
- Ladies Breakfast (10/27 at 8:30am in the Fresh Harvest Banquet Room)
- Giant Eagle Shopping (10/27 departing at 10:30am)
- Westmoreland Mall, Casino, & Red Lobster (10/28 departing at 9:30am)
- Ladies Mystery Lunch (10/29 departing at 11:00am)
- Murder Mystery Halloween Dinner (10/28 at 4:00pm in the Cambridge Banquet Room)



**Kelly Thomas,
our bus driver,
is now
reachable
directly by
phone at ext.
4286 or at (814)
205-6753.**

Musical Talents:

We have many great entertainers coming to campus to perform:

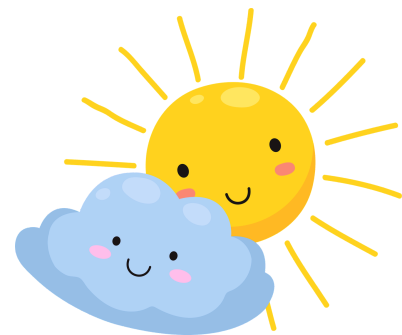
- Music with Doc's Boys (10/6 at 2 PM in the Chapel)
- Music with Bond Turner (10/9 at 2 PM in the Chapel)
- Music with Ed Cominsky (10/16 at 2 PM in the Chapel)
- Music with Jackie Kopco (10/20 at 2 PM in the Chapel)
- Music with Glory Guys (8/22 at 6:30 PM in the Chapel)



Weather Recap at Laurel View Village

by John Cupps, TH Resident

August 2026 gave us 5.14 inches of rain with 15 rain days. The rain this August was 4.29 inches more than our August 2025 rain! Our Maximum High Average Temperature was 79.1 with 16 days in the 80's. Our Minimum Average Low Temperature was 59.4 degrees with the lowest temperature being 49. Our Maximum Wind Speed for the month was 23 mph.





LAUREL VIEW VILLAGE NOMINATION FORM 2027

Please consider nominating someone whose life and contributions represent the true spirit of our community. We are seeking individuals whose quiet acts of kindness have truly made a difference.

Nominations should include background information about the nominee, while highlighting their greatest accomplishments.

***All nominations must be submitted by December 31, 2026.
Winners will be announced at the January resident council meeting. The gala awards dinner will be held on April 15, 2027.**

Nominee Name _____

RESIDENT
IMPACT

☐

EMPLOYEE
IMPACT

☐

COMMUNITY
IMPACT

☐

Your name _____

Your email _____

Your phone _____

In your words, please explain why this person should receive an IMPACT award. Please include examples of what sets this person apart from the others.

GET TO KNOW ADRIENNE MOHR!

We're excited to introduce Adrienne Mohr, our new Community Relations Coordinator! She's stepping into the role previously held by Emily Smith, who is now enjoying her new adventure as a mom. Adrienne brings a lot of enthusiasm and fresh ideas to our community, and she's eager to connect with residents and help make our neighborhood even better. Here are some fun facts about her!



Q: What's your name and what's your position?

A: Adrienne Mohr - Community Relations

Q: What inspired you to pursue this career?

A: I'm passionate about being creative on the fly.

Q: What's one fun fact about yourself that most people don't know?

A: I love unearthing tangible pieces of the past that haven't seen the light of day in centuries—like metal detecting and antiques.

Q: If you could have dinner with any famous person, who would it be and why?

A: Nikola Tesla—I'd love to ask him, "How do you design a global system for wireless energy transmission that respects the true nature of the Earth's resonance without relying on commercial exploitation."

Q: What's your favorite way to spend a weekend?

A: Oil painting, sculpting, or hiking.

Q: Do you have a hidden talent or hobby?

A: I love baking beautiful and unique pastries and pies.

Q: What's one thing you're looking forward to in your new role?

A: Solving creative tasks.

Q: If you could travel anywhere in the world, where would you go?

A: The Uffizi Gallery in Florence, Italy.

Q: Where did you grow up/what's your hometown?

A: I was born in Johnstown but moved to Bucks County, PA, as a young adult. I think I did more of my "growing" in Philadelphia.

Q: Which schools did you attend, and what did you study?

A: The Art Institute of Philadelphia—Fashion Design.

Q: Who is your biggest inspiration/role model?

A: My daughter, Mia—she's everything I wish I could've been at her age.

Q: Do you have a life motto?

A: "If you want something you've never had, you've got to do something you've never done."



IT'S THE MOST WONDERFUL TIME OF THE YEAR!



Emily Fuska,
Independent
Living Life
Enrichment
Coordinator

This year for my birthday, I've decided to do something truly extraordinary and a little bit spooky—a paranormal tour of the Cresson Sanitorium in Cresson, Pennsylvania. I've always been fascinated by ghost stories and the mysterious history of old buildings, so what better way to celebrate than by exploring a site known for its haunted reputation? The Cresson Sanitorium, also known as the Western Pennsylvania Hospital for the Insane, has a long and complex history that makes it a perfect setting for a paranormal adventure.

The sanitorium was founded in the late 19th century, opening its doors in 1887.

Originally built to serve as a mental health facility, it was part of a broader movement during that era to provide treatment for those suffering from mental illnesses in more humane environments. The facility was designed as a sprawling

complex, with large, imposing buildings surrounded by expansive grounds intended to promote healing and recovery. Over the years, it expanded significantly, with new wings and buildings added to accommodate the growing number of patients. Its architecture, with Gothic Revival and Victorian influences, adds to the eerie atmosphere that lends itself well to ghost stories.

Throughout its operation, the sanitorium saw many changes. It was initially considered a progressive institution, offering treatments that ranged from therapy to more controversial methods. Unfortunately, like many mental health facilities of its time, it also experienced periods of neglect and controversy, including reports of poor conditions and mistreatment of patients. These dark chapters in its history have contributed to its reputation as a haunted site, with many former staff and visitors reporting strange noises, unexplained apparitions, and other paranormal phenomena. Over the decades, the sanitorium eventually closed its doors in the late 20th century, leaving behind a vast, abandoned complex that now draws paranormal enthusiasts and curious tourists alike.

Today, the Cresson Sanitorium stands as a haunting relic of the past. Its empty halls and decaying buildings evoke a sense of mystery and unease, making it a popular destination for ghost tours and paranormal investigations. Many who have visited claim to have experienced inexplicable sensations—cold spots, eerie voices, and the feeling of being watched. The history of suffering and secrecy that shrouds the sanitorium only adds to its haunted allure. For my birthday, I'm excited to step into this historic and haunted site, learn about its past, and perhaps even catch a glimpse of the spirits said to still linger there. It promises to be a memorable celebration filled with history, mystery, and a touch of the supernatural.



FALL INTO NUTRITION

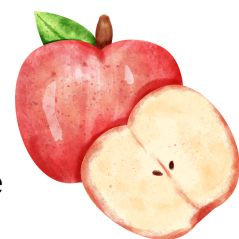


Megan Sensus,
Registered
Dietitian
Nutritionist

Fall season is officially in full swing! The leaves are changing, our cozy sweaters are on, and our coffee is warm! Fall season is also the time where we think about some of our fall favorites to eat such as apples, pumpkins, squash, and sweet potatoes. These foods can be defined as superfoods. Superfoods are different types of foods that are nutritionally dense and provide various health benefits such as increased levels of vitamins, minerals, antioxidants, fiber, and/or healthy fats. Listed below are nutritional highlights of some of the common foods seen during the fall. Look for these items as they are featured throughout our fall/winter menu!

Apples-

- Fiber rich-helps to promote bowel regularity.
- Heart health-contains antioxidants that help reduced inflammation and lower heart disease risk.
- Antioxidant power-contains vitamin C which helps to protect cells from damage caused by free radicals which helps to reduce the risk of chronic disease.



Pumpkins-

- Vitamin rich-high in beta-carotene, which body turns into vitamin A which helps to boost our immune system.
- Nutrient dense-low in calories but packed with nutrition such as vitamin C, iron, potassium, magnesium, fiber etc.
- Versatile- sweet flavor is easy to prepare in a variety of different ways such as casseroles, vegetables, soups, baked goods, etc.



Squash-

- Helps to keep blood healthy-good source of iron.
- Protects eye health- contains a variety of vitamins such as vitamins A and C.
- Fiber rich- helps to promote overall healthy digestion.



Sweet potatoes-

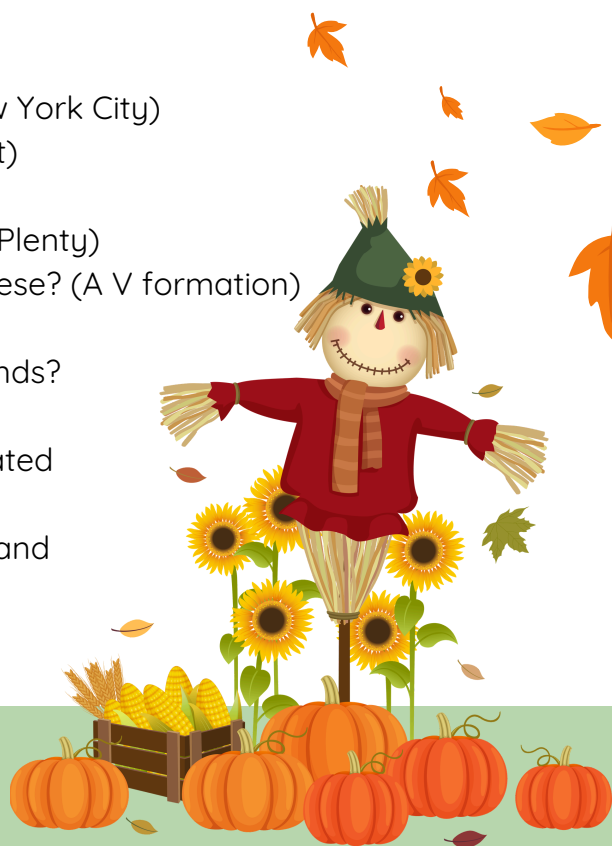
- Nutrient powerhouse-contains vitamin C, fiber, potassium, vitamin E, iron, magnesium, etc.
- Supports immunity- contains phytochemicals which are plant compounds that help protect the body from infection and illness.
- Supports eye health-rich in Vitamin A.



OCTOBER TRIVIA



1. Which pigment gives healthy leaves their green color? (Chlorophyll)
2. Which type of tree produces acorns? (Oak trees)
3. What is the full moon closest to the autumnal equinox traditionally called? (The Harvest Moon)
4. Which astronomical event marks the beginning of fall in the Northern Hemisphere? (The autumnal equinox)
5. When it's autumn in the Northern Hemisphere, which season is occurring in the Southern Hemisphere? (Spring)
6. What informal term is commonly used for traveling somewhere specifically to see colorful autumn leaves? (Leaf peeping)
7. What do people in most U.S. places that observe Daylight Saving Time do to their clocks when they "fall back"? (Set them back one hour)
8. Which crop is most commonly used to create large farm mazes in the United States during fall? (Corn)
9. What traditional figure is placed in fields to discourage birds from feeding on crops? (A scarecrow)
10. Which sport ends its Major League season with the World Series each fall? (Baseball)
11. Which sport is played in the NFL, whose regular season begins around the start of fall? (American football)
12. Which German city hosts Oktoberfest? (Munich)
13. In which month is Thanksgiving celebrated in the United States? (November)
14. On which Thursday of November is U.S. Thanksgiving celebrated? (The fourth Thursday)
15. In which month is Canadian Thanksgiving celebrated? (October)
16. On what date is Halloween celebrated? (October 31)
17. Which U.S. city hosts the Macy's Thanksgiving Day Parade? (New York City)
18. Botanically speaking, is a pumpkin a fruit or a vegetable? (A fruit)
19. What is a pepita? (A pumpkin seed)
20. What is another common name for a cornucopia? (The Horn of Plenty)
21. What letter-shaped formation is famously used by migrating geese? (A V formation)
22. Which fruit is pressed to make traditional apple cider? (Apples)
23. Which four spices are commonly found in pumpkin pie spice blends? (Cinnamon, ginger, nutmeg, and cloves)
24. What is an area where fruit trees such as apple trees are cultivated called? (An orchard)
25. What do people usually call a field where pumpkins are grown and visitors can often choose their own? (A pumpkin patch)



SUDOKU

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SUDOKU SOLUTION

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2	7	6	9	8	5	3	4	1
3	9	4	6	1	2	7	8	5
8	1	5	3	7	4	6	2	9