

October 2026



Cottonwood Villa

450 S Main St

Ainsworth, NE

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Celebrating October

Popcorn Poppin' Month

**Computer Learning
Month**

**International Frugal
Fun Day**
October 3

Do Something Nice Day
October 5

**Random Acts of
Poetry Day**
October 7

International Skeptics Day
October 13

Dictionary Day
October 16

Back to the Future Day
October 21

Halloween
October 31

Happy Birthday
Mary Lou
October 31

Autumn

by
Helen Keller
(An Excerpt)

Oh, what a glory doth the world put on
These peerless, perfect autumn days
There is a beautiful spirit of gladness everywhere.
The wooded waysides are luminous with brightly painted leaves;
The forest-trees with royal grace have donned
Their gorgeous autumn tapestries;
And even the rocks and fences are brodered
With ferns, sumachs and brilliantly tinted ivies.
But so exquisitely blended are the lights and shades,
The golds, scarlets and purples, that no sense is wearied;
For God himself hath painted the landscape.

The hillsides gleam with golden corn;
Apple and peach-trees bend beneath their burdens of golden fruit.
The golden-rods, too, are here, whole armies of them,
With waving plumes, resplendent with gold;
And about the wild grapes, purple and fair and full of sunshine,
The little birds southward going
Linger, like travelers at an Inn,
And sip the perfumed wine.
And far away the mountains against the blue sky stand
Calm and mysterious, like prophets of God,
Wrapped in purple mist.

Every September we spend a week honoring the staff AND the residents who are part of an Assisted Living community. This year our theme, Shining through the Years, made us remember the roaring 20's, 50's western wear, flared jeans of the 70's, and the radical 80's. The staff of Cottonwood brought those decades to life; dressing in the attire from each of the eras. The residents' activities for the week were created to relive or revisit the events of those decades. National Assisted Living week is meant to raise awareness about the benefits and high quality of care provided in assisted living communities. The people of Brown, Keya Paha, and Rock Counties are fortunate to have a community like Cottonwood Villa as an option for senior living.

During the month of October, the residents at Cottonwood will enjoy all the regular activities of daily devotions, 3x/wk exercise, twice monthly Bible Study, etc. Our Activities Director always has fun seasonal things planned as well. Check the activities calendar posted at Cottonwood Villa or visit our website: cottonwoodvilla.com

Fun facts about October:

- ♦ **Original Jack-o'-lanterns:** The first jack-o'-lanterns were carved from turnips and potatoes, not pumpkins, in Ireland and Scotland.
- ♦ **More United States Presidents have been born in October than any other month.** U.S. Presidents include - Jimmy Carter (October 1) - Rutherford B. Hayes (October 4) - Chester A. Arthur (October 5) - Dwight D. Eisenhower (October 14) - Theodore Roosevelt (October 27) - John Adams (October 30)
- ♦ **The first full moon after the Harvest Moon quite often falls in October** and even has its own name. Known as the Hunter's Moon, it's one of the only two full moons (along with the Harvest Moon) that aren't connected to a specific month. Depending on the year the Hunter's Moon either falls in October or November.

A note from our nurse's desk:

Flu season is approaching. We are hoping to have the flu shot available in house for Cottonwood residents. Please consider this preventative measure. Stay tuned for date and time...

- Amy Salzman

Cottonwood Villa will host a Flu Clinic

Friday, October 23rd
Flu shots will be available
for all residents and staff
from 9am-11am.

Satisfaction Surveys will be sent out during the month of October. Please help us serve you better by completing the questionnaire and returning to Cottonwood Villa. We appreciate your participation in this matter.

Say It Silly

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it's Silly Saying Day. "When pigs fly" is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to "chew the fat" with a friend? This means to chat or gossip, but it's a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You've likely never used the expression "enough to cobble dogs with," which means that you have a lot of something, as though a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, "Bob's your uncle." Don't know that one? It means everything is all right, done, and successful, sort of like saying, "And that's that." No word, though, on who Bob was or why things always worked out so well for him.

