



## Bethel Estates

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[www.bethelestatesonline.com](http://www.bethelestatesonline.com)

## October 2021

### IMPORTANT NUMBERS

Maintenance Emerg.	648-6444
Leasing Office	648-6444
CSC Laundry	1-800 622-4729
Hair Salon (Vicky)	941-5574
HAMBURG POLICE	648-5111
Hamburg Senior Van	646-1666
Post Office	649-1631

### OFFICE HOURS

Mon.-Fri. .... 11 a.m.-4:30 p.m.

# Welcome Home

#243	Madeline
#264	Sandra
#403	Kathleen
#441	Sylvia



### The Fall Classic

It was 100 years ago this month that baseball fans first heard the World Series broadcast on the radio. Technology now lets us watch and stream the action and post and tweet about it. The 2021 World Series is scheduled to begin Oct. 26.

### Scary-Good Benefits

Settling in with a blanket, a bowl of popcorn and a spooky movie is a fun October tradition—and it can have startling health benefits! The adrenaline rush and emotional response associated with an onscreen thriller may help you cope with worries and anxiety in your real life. Along with releasing the body's "feel-good" chemicals dopamine and serotonin, the brain becomes more alert and active while watching a suspense flick. Even the immune system can get a boost: One study showed that people who watched a scary movie had a higher number of infection-fighting blood cells compared to those who just sat quietly in a room.



**BE SURE TO CHECK THE INSERT FOR MORE UPDATES AND NEWS.**

### Watch Out for Wet Leaves

Autumn's colorful leaves sure look pretty, but wet leaves on the ground can be slippery. Be sure to watch your step when you're outdoors, and wipe your feet well when you come back inside.

**BE THE REASON SOMEONE SMILES TODAY!**

### Fire Safety

National Fire Prevention Week 2021 is observed from October 3 through October 9. The date was chosen in commemoration of the Great Chicago Fire, which began Oct. 8, 1871. To help prevent fires:

- Don't overload electrical circuits with too many appliances.
- Don't run extension cords under rugs or carpets.
- Unplug hair dryers and other small appliances when not in use.
- Did you know that cooking is the #1 cause of home fires and home fire injuries?
- Stay in the kitchen when you are cooking.
- Keep a lid nearby. If a small grease fire starts, slide the lid over the pan and turn off the burner.
- Keep anything that can catch fire away from your stove.

### Celebrating Seniors

Worldwide, there are about 700 million people over the age of 60, and that age group is growing faster than any other, according to the United Nations. The annual celebration of International Day of Older Persons, Oct. 1, honors their contributions to the world.



## Trivia Whiz

### Reese's Cup Roundup

It's been advertised as "Two great tastes that taste great together." The combination of chocolate and peanut butter in Reese's Peanut Butter Cups is a candy favorite.

Harry B. Reese created his version of the treat in his home in Hershey, Pa.

First sold in 1928, they were called penny cups in their early days, since they cost 1 cent each.

Reese's recipe now makes about \$2 billion in sales each year.

There are over 60 different Reese's products, such as mini and king-sized cups, cups with dark chocolate or white crème, and cups that are stuffed with a mix of peanut butter and pretzels or cookie bits.

Peanut butter pumpkins, trees and eggs are among the brand's annual holiday shapes.

### Building a Book Club

Book clubs can add an element of fun to reading. Whether you are in a group, want to start one, or are looking for ways to enhance your solo experience, consider these pointers:

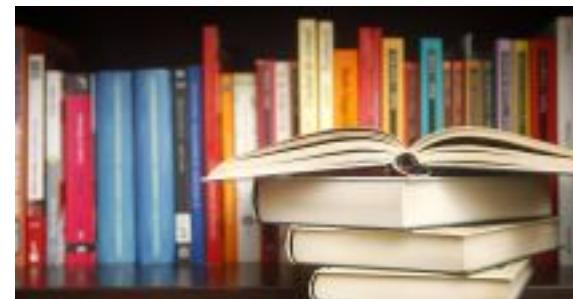
Most book clubs meet once a month, in person or virtually, to talk about their recent pick. Adjust the schedule to what works for the group. Allow for enough time for folks to get their reading done by choosing books that are about 300 pages.

Deciding on a book can be a challenge. One solution is to let members make selections until each has had a chance to choose a title. Mix up genres; reading different types of stories expands your knowledge and enhances brain function.

When it's time to meet, use the first few minutes for socializing, then dive in to the discussion. The person who picked the book may want to lead, but allow time for everyone to share

their thoughts. If you need ideas to get the conversation going, many books come with book club questions and guides.

If you're reading on your own, you may find it meaningful to reflect on a book's discussion questions and journal your answers. You can also track your reading in a journal or a mobile app that lets you post a rating and a review of the book.



### A Classic Detective Game

"Colonel Mustard, in the library, with a candlestick." That's a deduction you'd likely hear while playing the murder mystery board game Clue, in which players use their sleuthing skills to solve a whodunit.

Eliminating possible suspects, crime scenes and weapons has been popular entertainment since the game debuted in 1949 as Clue in the U.S. and

Cluedo in England. Inspired by murder mystery parlor games he'd seen played and the detective novels he enjoyed, Englishman Anthony Pratt and his wife, Elva, created a board game that used elements from both. The couple passed the time during World War II air raid blackouts designing and playing it.

Clue is set during a dinner party at Tudor Mansion, where host Mr. Boddy is found dead. Using the process of elimination, players try to figure out which of Boddy's six guests committed the crime, where and how. The mansion's nine rooms, six suspects and six weapons add up to over 300 possible crime scene combinations, so every game is different, making it fun to play again and again.



### Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower.

Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

Marigolds play an important role in the annual Mexican celebrations of *Día de los Muertos*, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.

### Healthy Cheese Choices

A flavorful snack and ingredient, cheese is full of protein, calcium and other vital nutrients. In moderation, these varieties can be "grate" for your health!

**Mozzarella.** This soft white cheese is a star of many Italian dishes. It's low in calories, and fresh mozzarella contains probiotics that boost gut health and immunity.

**Swiss.** One of the best cheeses to choose if you're watching your blood pressure, Swiss is very low in sodium.

**Cheddar.** When it comes to vitamin K content, cheddar is better! This semi-hard cheese, ranging in flavor from mild to extra-sharp, is a valuable source of this vitamin, which is essential for bone and heart health.

**Blue cheese.** Bold and tangy blue cheese is one of the cheeses highest in calcium—about a third of the daily recommended amount. It's higher in fat and sodium, but because of its robust flavor, a little goes a long way.

**Feta.** Made from sheep's or goat's milk, this soft Greek cheese is a good source of calcium and phosphorous, promoting strong bones and teeth.

**Cottage cheese.** This fresh, creamy cheese is low in calories yet high in protein, helping you stay full. Cottage cheese is also a great source of vitamin B12, a key element of healthy brain function.

**Parmesan.** Just a sprinkle of Parmesan is loaded with nutrients—a 1-ounce serving packs about 10 grams of protein and 25% of the daily needed amount of calcium.



### Wit & Wisdom

"A smile is like an instant face-lift and an instant mood lift."

—Christie Brinkley

"Use your smile to change the world; don't let the world change your smile."

—Chinese proverb

"Just smiling at someone walking down the street can make the person's day. It's all about paying it forward."

—Mariska Hargitay

"Let us always meet each other with a smile, for the smile is the beginning of love."

—Mother Teresa

"As long as you live, keep smiling because it brightens everybody's day."

—Vin Scully

"Nothing is more beautiful than a smile that has struggled through tears."

—Demi Lovato

October 2021

Sunday

Monday

Tuesday

# Wednesday

Thursday

Friday

## Saturday

# October

							1	RENT IS DUE INTERNATIONAL “CELEBRATE OLDER PERSONS DAY”					
								Happy Birthday #130 Joyce #255 Karen					
Services  9:00 a.m. Agape Catholic Fellowship  11:00 a.m. HOPE Fellowship	3	BIBLE STUDY 7 p.m.	4	Last Day to Pay Rent Before Late Fees Begin!  Shopping Bus Wal-Mart 10:30 a.m.	5	Gentle Senior YOGA 10 a.m. To 11 a.m.  Coloring Night 6 To 8 p.m.  Happy Birthday #249 Lorraine #319 Mary Ann	6		7		8		9
								Movie Night 6:00 p.m.		OKTOBERFEST 3 P.M.			
										Happy Birthday #447 Michael			
Services  9:00 a.m. Agape Catholic Fellowship  11:00 a.m. HOPE Fellowship	10	OFFICE CLOSED COLUMBUS DAY	11	Shopping Bus Wal-Mart 10:30 a.m.	12	Gentle Senior YOGA 10 a.m. To 11 a.m.	13		14		15		16
								Shopping Bus Wal-Mart 10:30 a.m.					
										Happy Birthday #124 Betty			
										You Can View This Newsletter on Our Website At: <a href="http://BethelEstatesOnline.com">BethelEstatesOnline.com</a>			
Services  9:00 a.m. Agape Catholic Fellowship  11:00 a.m. HOPE Fellowship  Happy Birthday #155 Tami	17	BIBLE STUDY 7 p.m.	18	Shopping Bus Town Hall Plaza 10:30 a.m.	19	Gentle Senior YOGA 10 a.m. To 11 a.m.	20		21		22		23
								Shopping Bus Town Hall Plaza 10:30 a.m.					
										Movie Night 6:00 p.m.			
										Happy Birthday #219 Alice			
31: Halloween  Services 24 & 31 9:00 a.m. Agape Catholic 11:00 a.m. HOPE Fellowship  24th Karaoke Halloween Night Taco in a Bag 6:30 p.m. Happy Birthday(24) #126 Dennis	24/31	BIBLE STUDY 7 p.m.	25	Shopping Bus Wal-Mart 10:30 a.m.	26	Gentle Senior YOGA 10 a.m. To 11 a.m.	27		28		29		30
								Shopping Bus Wal-Mart 10:30 a.m.					
										Happy Birthday #310 Maureen			
										HAPPY HALLOWEEN			