

Doubt It Day



Don't take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their

propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history's most famous events. For example, many doubt that humans first walked on the moon in 1969. They instead insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico's infamous Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working together to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? The key to healthy skepticism lies in discerning when to accept the truth, even if it challenges our expectations. While self-denial can serve as a natural defense mechanism, it's crucial to recognize and embrace the truth when it becomes evident.

Ultimately, being a good skeptic means balancing doubt with the willingness to accept credible evidence. On October 13, International Skeptics Day, feel free to question authority and scrutinize the opinions of others, but remember that trust is also essential. After all, what value is there in seeking the truth if we are unwilling to accept it?

October Birthdays

Resident Birthdays

Sharon D. 10/3
Stephen S. 10/11
Margaret E. 10/19

Staff Birthdays

Veronica P. 10/11
Michelle D. 10/27
Vanessa V. 10/28

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Salon

Need a Haircut?

Women

Bang Trim \$5.00

Haircut \$25.00

Shampoo and Set: \$25.00

Shampoo, Haircut, Styling \$35.00

Hair Coloring \$55.00 and up

Perm \$75.00

Perm and Styling \$85.00

Men

Haircut \$20.00

Shave \$15.00



Book an Appointment today! Walk-In clients also welcomed. For

inquiries, please call Nancy @ (503) 656-7415

Deerfield Gazette

Deerfield Village | 5770 SE Kellogg Creek Drive | 503-653-4064

Meet Our Team

Executive Director

Milissa Wright

Community Relations

Director

Marci Thurman

Resident Service

Director

Stephanie Paxton

Wellness Director

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

Night Flyers

As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests. Let's explore some interesting facts, common myths, and the many benefits bats provide.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans.

Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face numerous threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.

Life Enrichment

Outings

October 4th @ 10AM Fred Meyers
 October 11th @ 10AM Hobby Lobby
 October 18th @ 11:00AM Imperial Garden (Chinese Cuisine)
 October 25th @ 10:00AM Dollar Tree

Please see the Outings binder in the front lobby to sign up.

Note* If we have less than 3 people signed up, the outing will be rescheduled.

Entertainment

October 10th @ 2:00PM Vocalist Barbara Cecil
 October 23rd @ 2:00PM Guitar and Vocals by Joseph Dane
 October 29th @ 2:00PM Storytelling w/ Ken Iverson

All performances will be held in the Dining Room

Activity Mentions

Movie Matinee

Join us every Sunday @ 1:30PM in the Fireplace Room for popcorn and soda while we watch favorite movies!

Family & Friends Event

Saturday October 26th we will be hosting a friends and family pumpkin painting party. We will begin at 1:30PM. We will paint our pumpkins into bats while we snack on refreshments and watch a fun Halloween movie. Please RSVP with Danielle if you would like to bring a guest.

Pen Pal Program

Starting this month we will start our pen pal program. We are partnering with local elementary schools to bridge the gap between generations. This will be a fun activity for everyone to get in on. We will start our card making Wednesday October 9th @ 2:00PM in the dining room. To make things easier, I will be typing up every one's letters.

Welcome to Deerfield



Please welcome your new neighbors!

Chuck J.

Move-In Anniversaries for the Month of October:

Don & Fern J. 1 year
 Kathy & John J. 3 years

We are so happy you are here!

Updates

Activity Planning Meeting

Join us on Friday October 11th @ 2:00PM in the dining room! Come be part of November's planning process.

Resident Meeting

Your Resident meeting will be held on Thursday October 3rd 2:00PM in the dining room.

Food Committee Meeting

New day and time for our monthly meeting. Food Committee Meeting will now be held on the first *Monday of each month* at 1:30PM in the dining room.

We encourage everyone to join us at these meetings. Your voice and opinions matter the most and we want to make sure we are providing the best for you!

Medical Transportation

Wednesday's & Thursdays are our medical transportation days. Appointments must be between the hours of **12:00PM-4:00PM**. If you need a ride to an appointment during these times, please see Robin at the front desk to get it scheduled.

Postcard Magic



World Postcard Day, celebrated on October 1, is a tribute to the humble postcard, a charming piece of communication that has been connecting people for well over a century. The first postcard was sent in 1840 by Theodore Hook, featuring a hand-painted design. However, it wasn't until 1869 that postcards became an official means of communication in Austria-Hungary, quickly gaining popularity worldwide.

Postcards were an instant hit due to their convenience and affordability. By the early 1900s, they had become a popular way to send quick messages, travel updates, and holiday greetings. This era, known as the "Golden Age of Postcards," saw millions of postcards sent and collected.

Postcards have played a significant role during wartime. Soldiers sent the cards to their families, providing brief but heartfelt updates from the front lines. These cards were often adorned with patriotic images and slogans, serving as both communication tools and morale boosters.

Postcard collecting, known as deltiology, is one of the world's most popular hobbies. Collectors cherish postcards for their historical value, artistic designs, and personal messages. Some rare postcards can even fetch high prices at auctions.

World Postcard Day encourages people to rediscover the joy of sending and receiving postcards. In an age dominated by digital communication, postcards offer a tangible, personal touch that emails and texts can't replicate.

Participating in World Postcard Day is simple. Find a postcard, jot down a message, and send it to a friend or family member. You can also join postcard exchange groups online to connect with people worldwide. By celebrating World Postcard Day, we honor a timeless tradition that continues to bring joy and connection to people everywhere.

Good Friends Make Good Neighbors Program

Residents love living at Deerfield Village and, since our residents are often our best spokespersons, we've created the Good Friends Make Good Neighbors Program to show our appreciation.

How it Works

When a Deerfield Village resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

*In order to qualify as a new potential resident, the person being referred may not already be in our contact list. To make a referral, and ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Community Relations Director prior to the inquiry or tour.

Thrifty Thrills



You don't need to spend a fortune to have a good time. Perfect the art of frugal fun on October 5, International Frugal Fun Day. Picnics, becoming a tourist in your hometown, flying

a kite, planning the perfect nap, organizing a neighborhood talent show, attending a minor league ball game—all of these can cost five dollars or less to enjoy. You can also expand your idea of frugal fun by planning a frugal romantic dinner, learning something new on the cheap, or even crafting with inexpensive recycled materials. Frugality is a mindset. By embracing it, you can discover countless ways to have fun without breaking the bank.