

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

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.

Happy birthday to our fantastic Waterford residents!

Jim G – 10/5

Connie C – 10/11

Karen F – 10/18

Bob S – 10/26

Bud Abbott (comedian) – October 2, 1895

Jackie Collins (author) – October 4, 1937

John Lennon (musician) – October 9, 1940

Annette Funicello (actress) – October 22, 1942

Minnie Pearl (comedian) – October 25, 1912

Julia Roberts (actress) – October 28, 1967



HELP, HOPE, AND HEALING THROUGH GRIEF

These sessions are facilitated by Brighton Bereavement Coordinators, April Oristano and Petros Savva.

Join us for our 8-week support group facilitated by trained bereavement care coordinators. This group is a space to share your grief and be heard with compassion, empathy, and no judgment. This group is open to all those who have lost a loved one in the last year.

Waterford Grand
600 Waterford Way
Eugene, OR 97401

EVERY WEDNESDAY
September 11 - October 30
4:00pm - 5:00pm

PLEASE REGISTER HERE:



<https://brightonhospice.info/griefsupportgroup>

Questions?
Contact April Oristano
(541) 505-9715



<https://brightonhospice.com/>

Waterford Grand

Waterford Grand Assisted Living and Memory Care | 600 Waterford Way, Eugene, OR 97401 | 541-636-3329

Celebrating October

Halloween Safety Month

Talk About Prescriptions Month

Roller Skating Month

Spinning and Weaving Week
October 7–13

Free Speech Week
October 21–27

Balloons Around the World Day
October 1

Blessings of the Fishing Fleet Day
October 6

Handbag Day
October 10

World Origami Days
October 24–November 11

National Mule Day
October 26

Checklist Day
October 30

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.





Memory Care
SUPPORT GROUP
AT WATERFORD GRAND

THE GUIDANCE AND UNDERSTANDING YOU DESERVE
4th Thursday of Every Month | 5 p.m.

Whether you or your loved one is a resident at Waterford Grand or not, you are welcome to join us for support, resources, and education to help you on this journey. Delivered with a caring approach, we'll discuss issues important to you, including strategies for learning more about dementia, coping with the diagnosis, addressing related challenges, and exploring resources and ideas. This is a place to feel comfortable, uplifted, and understood among those who share similar challenges and professionals dedicated to helping you and your family.

Waterford Grand
Assisted Living and Memory Care
The Difference Between Living and Living Well

Please contact
Waterford Grand to RSVP.
541-636-3329

ASSISTED LIVING | MEMORY CARE
600 WATERFORD WAY | EUGENE, OR 97401 | WWW.WATERFORDGRAND.COM

Chattering Charm



Blatherskites rejoice, for October 21 is Babbling Day, a day to let your mouth chatter on and on about anything and everything. Babbling is an important stage in child development, when infants experiment with language.

Glossolalia is a different type of babbling, also known as speaking in tongues. Christians who spontaneously speak in strange syllables are thought to have been granted a spiritual gift from God or are said to speak the language of angels. Perhaps the word *babble* comes from the story of the Tower of Babel from the Bible's Old Testament, in which God made all the humans speak different languages so that they could not understand each other. We could go on, but perhaps we've babbled on too much about babbling already....

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!



Good Friends Make
Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credits applied toward their rent.

How It Works
When a 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 must not already be on our contact list. To make a referral and to 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 Director of Sales and Marketing prior to the inquiry or tour.

Waterford Grand
Assisted Living and Memory Care

For more information, please call
541-636-3329
600 Waterford Way | Eugene, OR 97401
www.WaterfordGrand.com

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