

October 2025

Caraton Commons De Pere

Arcadian Ln. De Pere WI 54115

Celebrating October

Ergonomics Month

**Organize Your Medical
Information Month**

Cookbook Month

National Homemade

Cookies Day

October 1

James Bond Day

October 5

National German

American Day

October 6

Pet Peeve Week

October 12–18

Train Your Brain Day

October 13

Live Music #2 “Fernando”

October 14

National I Love Lucy Day

October 15

Count Your Buttons Day

October 21

Halloween Party

October 31

Resident of the Month



Gretchen is a fun-loving 50's girl at heart who was always ready to dance, especially when “Let's Do the Twist” comes on! She enjoys many different kinds of food, though fish is definitely at the bottom of her list.

Born in Milwaukee, she later moved to Shawano and then Green Bay. Her childhood was filled with adventure and laughter—playing cowboys and Tarzan with her siblings and neighborhood friends. “It was a blast,” she recalls fondly.

In her dreams, Gretchen is a decorator, and she finds beauty in every season. If she could have one superpower, it would be to make kindness universal. Her life motto is simple yet powerful: *“To thine own self be true and be the best you can be.”*

Family is the center of Gretchen's world. She has one sister, two brothers, two daughters, and four beloved grandchildren. She treasures her sons-in-law and grandson's wife just the same. She shared 51 joyful years of laughter and love with her handsome, witty husband before his passing, and holds those memories close to her heart.

Today, Gretchen is happily part of the Caraton Commons community. “It feels like one big family,” she says. “The staff, caregivers, even the cook—they all do their best to make you feel at home.” And with her joyful spirit and deep love for others, Gretchen makes Caraton Commons feel even more like home for everyone around her.

The Quiet Crusader



On October 21, 1854, Florence Nightingale and her staff of trained female volunteer nurses set out for Crimea near Ukraine's Black Sea. Reports had reached Britain of injured soldiers still fighting in the Crimean War. When Nightingale arrived, she discovered medicine

was scant, infections were rampant, and food was in short supply. The hospital itself was overcrowded, poorly ventilated, and backed up with sewage, so Nightingale pleaded for government help in an article written to Britain's leading newspaper, *The Times*.

The response was overwhelming. The government would build a new hospital in Britain that could be transported to and reconstructed in Crimea. Six months after Nightingale's arrival, the British Sanitary Commission ventured to Crimea to fix the hospital's most pressing problems. Surgeon and biographer Stephen Paget believes Nightingale's actions were responsible for reducing the hospital death rate from 42% to 2%.

Florence Nightingale's persuasive tactics to improve hospital hygiene—with the government's help—are only part of her legacy. During the Crimean War she earned the nickname "The Lady with the Lamp." After the medical officers had left each night, Nightingale would visit all the wounded soldiers, one by one, with a lamp in her hands. This type of round-the-clock care, coupled with her insistence on sanitation, helped revolutionize modern nursing. She returned to Britain a heroine and promptly organized the Nightingale Fund to pay for the improvement of Britain's hospitals and the Nightingale Training School to become the first professional school for nurses. That legacy has endured through the ages. Indeed, the Florence Nightingale Museum in Britain hails its namesake as the most influential woman to have lived in Victorian Britain, Queen Victoria excepted.

Shining Star



Trinity has been a part of the Caraton Commons family for just over two years. What started as a new opportunity quickly became a job she never knew she could love so much. She enjoys chatting with residents, sharing laughs, and working alongside her wonderful coworkers.

Trinity grew up in Appleton in a lively household with five brothers and one sister. She now has a miniature poodle named Arlo, who brings her joy every day. Her journey into healthcare began with a big heart and a natural instinct to help others. As a child, she loved playing nurse when her stepmom had surgeries, and in college, a friend introduced her to assisted living, and the rest, as they say, is history.

Fun fact: Trinity practiced martial arts from age 5 to 17! In her free time, she enjoys being outdoors, reading, shopping, and spending time with friends and family.

Her favorite advice? *"Failure is the condiment that gives success its flavor."* And, *"Today may not be great, but tomorrow is a new day to try again."*

Looking ahead, Trinity hopes to graduate into her forever career, own her dream home, and one day have a little "mini me" of her own. With her drive and heart, there's no doubt she'll get there.

Paper Alchemy



World Origami Days run from October 24 to November 11—Origami Day in Japan. During these two and a half weeks, paper folders around the world will

share their enduring pastime with seminars, exhibits, folding classes, and more.

The art of paper folding, known as *origami*, was invented in China around AD 105. The practice soon spread to Japan and western Europe. Paper folding, over its 2,000-year history, seems not to have gone out of style. In the 1950s, a woman named Lillian Oppenheimer made *origami* a household word in America. Oppenheimer, an origami devotee, teacher, and advocate, would go on to become an origami celebrity on TV programs such as *The Jack Parr Tonight Show*. Her birthday became the first day of World Origami Days.

What is the allure of origami? For many, it's an art form. Simple sheets of paper are transformed into elaborate sculptures: animals, plants, boxes, and *orizuru* (paper cranes). Monks are credited with bringing origami to Japan, though some say origami didn't flourish in Japan until after the invention of paper known as *washi*. Washi is ultrathin and made from the fibers of gampi tree bark, the mitsumata shrub, or the paper mulberry; it's sometimes mixed with bamboo, hemp, rice, or wheat. Once washi became available to the masses, everyone was able to participate in origami. Another theory for origami's popularity in Japan is its "folding culture," where the Japanese wisely make use of limited space. After all, futons are folding beds. Perhaps folded paper is just another natural outlet of this wisdom.

Either way, the folding of exquisite shapes delights the soul and challenges the fingers. Try it for yourself. Start with a frog, fan, hat, or even the crane, Japan's symbol of peace. And if you really want to be wowed, view the work of origami grandmaster Akira Yoshizawa. You may never see a piece of paper the same again.

Street Eats Hit the Road

While Oscar Mayer's hot-dog-shaped Wienermobile may be the best-recognized food-themed truck around, it's the food made on trucks that brings customers to the curb. Rather than make a reservation at a fancy restaurant, hungry foodies visit parking lots to find open-sided trucks serving sushi, tacos, Brazilian barbecue, Jamaican chicken, brick-oven pizza, pancakes, cupcakes, cookies, and even vegan and gluten-free menus. October is a great time to visit your favorite food trucks before they close or reduce hours for the winter.

It's no wonder chefs have turned to restaurants on wheels. Even small restaurant spaces can cost millions of dollars to build and maintain, while a truck costs a mere fraction of the price. Even better, food trucks can go where the people are, sometimes making many stops over the course of a day. Food truck owners often post their locations and menus on social media to notify fans. Once you know a truck's location, just plan your lunch hour accordingly and step outside. Food trucks truly are a food revolution.

The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared



that this title was too similar to a comic strip called *Little Folks*. Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show*'s "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.

Leafy Legend



Kale is no ordinary leafy green. It's one of the healthiest foods on the planet. It's so dense with nutrients that one cup, at only 33 calories, has vitamins A, K, C, B1, B2, B3, and B6, as well as minerals calcium,

manganese, potassium, magnesium, copper, and more iron per ounce than beef. With all this good news about the vegetable, it's no wonder kale has its own holiday, Kale Day, which falls on October 1 this year.

Why else is kale hailed as a superfood? It's high in antioxidants, which provide powerful anti-inflammatory benefits and can lower blood pressure. Kale has also been studied for its effects on lowering cholesterol and is loaded with substances known to fight cancer. Perhaps this is why kale is taking kitchens by storm. People have even taken to putting "Eat More Kale" bumper stickers on their cars and wearing kale T-shirts.



But kale is no passing fad. The healthiest way to enjoy kale is raw—in a salad or as a wrap for hot foods. But for those who may not like the slight bitterness of the greens, there

are other ways to enjoy kale's many benefits. Steaming it softens the leaves. Baking the leaves in the oven with olive oil and spices produces kale chips. Or you can hide the kale. Blend it with fruit for a nutritious smoothie. Mince it finely, and add it to hamburgers or meat loaf. Do you like pesto with your pasta? Substitute kale for half of the basil.

Kale is also easy to grow in the fall, since it thrives in cool temperatures. It became a staple in Britain during World War II as a supplement to rationed diets. Today, kale enjoys its place as the centerpiece of many dinner tables.

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in an argument. If you're born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success. Celebrities born in October include:

Groucho Marx (comedian) – Oct. 2, 1890
 Margaret Thatcher (PM) – Oct. 13, 1925
 Roger Moore (actor) – Oct. 14, 1927
 Evel Knievel (daredevil) – Oct. 17, 1938
 Jennifer Holliday (performer) – Oct. 19, 1960
 Joyce Brothers (doctor) – Oct. 20, 1927
 Mickey Mantle (ballplayer) – Oct. 20, 1931
 Annette Funicello (performer) – Oct. 22, 1942
 Jonas Salk (scientist) – Oct. 28, 1914

Handle with Flair



Purses, pocketbooks, satchels, totes, clutches—whatever the handbag, it's worth celebrating on October 10, Handbag Day. Technically, a purse is

only supposed to hold coins, whereas a handbag is a complete carryall. These days, anything goes in a handbag: wallet, keys, sunglasses, cell phone, mints, gum, pen, umbrella, baby toys.... Truly, some handbags carry as much as a small suitcase. The first handbags were made of leather, metal, or fabric studded with ornaments. The oldest surviving bag, dating back to c. 2500 BC, features beadlike rows of canine teeth on fabric. At just 700 years old, the bag pictured above (reputed to be a horseman's saddlebag) is intricately inlaid with gold and silver, depicting scenes of an enthroned couple, musicians, and hunters. It's kept for display at London's Courtauld Gallery.