



CLATSOP CARE RETIREMENT VILLAGE

947 Olney Avenue • Astoria, OR 97103 • 503-325-4676

Happy October! Fall Is in the Air.

We have our Business After Hours with the Chamber members on October 9, 2025 from 5pm to 7pm. We will be hosting other businesses, our city government, and special guests from the Board of Directors.

We will be inviting the kids to come and Trick or Treat at our community on Halloween Friday, October 31, 2025 from 3pm to 6pm. We will provide the candy. Sybil will work out the details.

We are going to start a coat, hat, and glove drive for the kids. We have a need in Clatsop County for our littles. We will accept gently used and new items to give to the grade school kids. A flyer with all of the details will be delivered to your doors.

Thank you to the Resident Council for starting a clothing exchange program. Great idea! The drop-off for donations will be in room #119. Jennifer V. is in charge of organizing the clothing and setting up the donation site. Thank you Jennifer! If anyone else would like to help, please let Jennifer know.

It is everyone's God given right to be treated with kindness. Be kind to someone and see what happens.

Respectfully,
Ann Rubino
Administrator



From the
Desk of

October 2025



October Greetings

October is here! I'm looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here, and feel free to stop by my office anytime with questions or comments.

Activities

On Saturday, October 11, 2025 CRV will be going to the Astoria Senior Center from 11am-2pm to enjoy a movie classic and meet new friends. There will be a sign-up sheet posted on the Information Station table on the 2nd floor the first week of October. We are excited to be collaborating more with the Astoria Senior Center and are looking forward to new adventures.

On Saturday, October 25th at 1pm the Activities Department will be hosting a Halloween Encore event screening The Rocky Horror Picture Show. This will be an interactive event and we ask the residents as well as team members to dress in costume to help us celebrate the spooky season. Light refreshments will be served.

Comfy and Cozy

Prepare your home for fall and winter by making it feel cozy and inviting. Create texture by pulling out soft blankets and pillows and spreading out a new throw rug. Embrace soft, warm lighting with lamps in your living area. Finally, keep your space tidy so your home is a comfortable retreat in the months ahead.

Maintenance

October will be full of painting and upgrades around the building. I'm working on getting our building looking a little nicer and feeling more safe. We will also be doing disaster training for residents this month.

Also the weather is changing and we're expecting more rain. Please shut your windows if the rain is coming in on your window ledge.

Thank you for your patience,
Maintenance Mike



A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.



Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice. This orange squash has long been a popular fall dessert ingredient, but pumpkin spice—a blend of pumpkin, cinnamon, nutmeg, ginger and allspice—now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Apple cider. From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer.

Maple. This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.



Resident Birthdays!!

Connie Darby 10/2
Margy Smith 10/6
Ron Reinebach 10/13
Mary Lou Hernandez 10/18
Carolyn Buckman 10/19
Tim Dalrymple 10/19
Joyce Bondietti 10/23
Jeanette Painter 10/26
Michael Schmitz 10/26
Sheryl Germond 10/30
Betty Huckestein 10/30

Create a Cookbook

Between baking pies and whipping up a pot of your best chili, fall is a food-focused season. To tie it all together, October is National Cookbook Month! Let this occasion inspire you to gather some favorite recipes from people you know. Ask relatives for cherished family recipes and post a request on social media for friends to share their go-to meals. Compile your findings into a handmade cookbook for yourself, and for a thoughtful holiday gift, make copies for others.





TV's Best Bosses

Boss's Day is Oct. 16. How do these on-screen supervisors compare to the bosses of your past?

Larry Tate, *"Bewitched."* President of the McMann & Tate advertising agency, this TV boss was known for his uncanny ability to charm clients. However, he frequently fell victim to the witchcraft of Samantha Stephens, the wife of his top adman Darrin, whom

Tate usually blamed for the magical mishaps.

Lou Grant, *"The Mary Tyler Moore Show."* He may have hated spunk, but the TV news producer and boss of Mary Richards had a heart of gold underneath his gruff exterior. Ed Asner's Emmy-winning role was so popular that he earned his own spin-off, a drama that ran for five years.

Angela Bower, *"Who's the Boss?"* The single mom and high-powered advertising executive was also boss to her male housekeeper, Tony, an easygoing ex-ballplayer, who was tasked with managing her home life.

Preserving the Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated Oct. 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National

Park, 90% of the giant trees had been cut down.

Spanning more than 130,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500 to 700 years old.



Wit & Wisdom

"I often think that the night is more alive and more richly colored than the day."
—Vincent Van Gogh

"A man is a very small thing, and the night is very large and full of wonders."
—Lord Dunsany

"The night walked down the sky with the moon in her hand."
—Frederic L. Knowles

"The cloud shadows of midnight possess their own repose."
—Percy Bysshe Shelley

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."
—Henry Wadsworth Longfellow

"So the darkness shall be the light, and the stillness the dancing."
—T.S. Eliot

"To me, every hour of the day and night is an unspeakably perfect miracle."
—Walt Whitman

"Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."
—Edgar Allan Poe

Any changes made to your Medicare coverage
will take effect Jan. 1.

Visit **Medicare.gov** for more information.

M E D I C A R E
O P E N E N R O L L M E N T

Oct. 15–Dec. 7

“This Month In History” OCTOBER

1792: In the nation’s new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter “Dick Tracy” debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People’s Republic of China.

1955: Children’s TV shows “Captain Kangaroo” and “The Mickey Mouse Club” air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: “Dr. No,” the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical “Cats” opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London’s Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.