

October 2020

Caraton Commons

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Resident Of the Month:



Celebrating October

Country Music Month

**Global Diversity
Awareness Month**

Emotional Wellness Month

World Smile Day
October 2

World Teachers Day
October 5

Indigenous Peoples Day
October 12

Character Counts Week
October 18-24

International Chefs Day
October 20

International Artist Day
October 25

Halloween
October 31

Anthony "Tony" O.

Tony grew up in Chicago IL with his two brothers and one sister. He has five wonderful children.

For fourteen years Tony worked extra hard working for the Rail-Road company.

When Tony wasn't working hard to take care of his family some of his hobbies were collecting base ball cards, fishing and hunting.

When we asked Tony what his favortie part about living at caraton commons was, he said "because everyone is so nice."

If he could give us any advice, it would be for all of us to continue to do the great work we all have been doing already. 😊

Shinning Star:



Rachael Ricci-RN

Rachael was chosen to be the shining star this month because she is a dedicated nurse who loves to go above and beyond for the residents.

She has been employed here at Caraton Commons for six months, but a nurse for thirteen years total.

When Rachael was asked what her favorite part about her job she stated that she loves the residents and all their great stories.

In ten years Rachael would like to see herself still as a nurse specializing in wound care and geriatrics.

Rachael was born in Appleton WI. She is an only child. Rachael has been married for almost ten years and has two wonderful children, Bentley who is eight and Piper (her little twin) who is six.

She likes to spend her free time reading a lot of different types of books, going to concerts and baking cookies with her family.

Rachael's favorite time of the year is fall, she enjoys the cooler weather, the smell of leaves and all the changing of colors.

If Rachael was to win the lottery she'd pack up her family and travel to Scotland, and to pay off all her student loans.

October Birthdays-

Building One:

No October Birthdays

Building Two:

Arleen "Terri" J. October 19th

Building Three:

Cheryl K. October 22nd

Bald Is Beautiful



Sometimes by choice but most often by necessity, people go bald. October 14, Be Bald and Be Free Day, is a day to honor the bald pate and the integrity of those who dare to bare it all.

Baldness is often caused by genetics or hormonal changes. It may also be the result of an autoimmune disorder, where the body attacks its hair follicles. Some people may use wigs to cover their heads or rely on treatments such as Minoxidil, but October 14 is an opportunity to bare your baldness with pride. Baldness is so prevalent in cultures around the world that geneticists believe it is a beneficial trait that projects intelligence, honesty, helpfulness, and social maturity.

Max for the Mini



October 30, 1965, was the day of the Melbourne Cup Carnival at the Flemington Racecourse in Melbourne, Australia. It was a day of horse races, entertainment, fashion, food, and culture, but the attention was not on the racehorses. Twenty-two-year-old English supermodel Jean Shrimpton, known as “the most beautiful girl in the world,” had arrived wearing a simple white shift dress, yet there was nothing simple about the fact that the hem of the little minidress ended four inches above her knees. Moreover, she wore no hat, gloves, or stockings. The Melbourne Cup may have been known as “the race that stops a nation,” but Shrimpton’s skimpy attire had stopped the nation’s heart. Australia was scandalized, and the supermodel had single-handedly launched a fashion revolution.

Was Shrimpton’s shocking choice intentional? She had been hired by Dupont to promote its new Orlon fabric and had been sent rolls of the stuff prior to Derby Day. Shrimpton and London dressmaker Colin Rolfe went to work crafting a dress, but Rolfe soon discovered that he did not have enough Orlon to finish his design. Shrimpton advised him to settle on the modern and minuscule white shift. Miniskirts were in vogue amongst the youth of London, largely thanks to the work of fashion designer Mary Quant, so the decision must have seemed a natural one to Shrimpton. It was not deemed acceptable by mainstream Australian society.

The newspapers chided her for her poor taste. Dupont immediately found a Melbourne designer to design more appropriate clothes for Shrimpton’s subsequent Derby appearances. Shrimpton wore the new conservative clothes, but she could not escape the scandal of her white minidress. By the end of the Carnival, she had unapologetically returned to her modern look, saying, “I feel Melbourne isn’t ready for me yet.” By the next year’s Carnival, Melbourne designers had copied Shrimpton’s look. Any hemline below the knee was now old-fashioned.

A Home for the “Gentle Giants”

The massive redwood trees have graced the coast of California for thousands of years, yet it wasn’t until October 2, 1968, that Redwood National Park was founded to protect these “gentle giants” as national treasures. After the discovery of gold along the Trinity River in 1850, Northern California experienced a mini-gold rush, and many miners turned to logging, which decimated the redwood population. Various conservation groups attempted to save the old-growth forests, and many stands of trees were saved. The outbreak of World War II led to a construction boom, and once again the trees were eyed as a rich source of lumber. It was not easy for President Lyndon Johnson to sign legislation establishing Redwood National Park, especially in the face of opposition from timber companies. But thankfully, 58,000 acres of forest were set aside for preservation. Today that number has grown to over 130,000 acres, providing a vast coastal shelter for the tallest trees in the world. Nurtured by the dense fog of the coast, some of these trees soar more than 300 feet into the sky. Even the smallest specimens are wondrous to behold.

Pleasure in the Post



The first full week of October brings International Postcard Week. Experienced *deltiologists* (the official term for postcard collectors) value postcards for their rarity, beauty, and condition, yet anyone can collect postcards as a fun and enjoyable hobby. Postcards are often set into two categories: those depicting topographical and social history, such as photos or illustrations of historical scenes; and subject or “topical” cards created by notable artists. Of course, International Postcard Week is not just for collectors. Many people celebrate by creating their own postcards and mailing them to someone they love. You never know, your postcard could end up in a deltiologist’s collection someday.

Life Is a Cabaret

On October 6, 1889, the *Moulin Rouge* cabaret opened in the Montmartre section of Paris. Europe was in the midst of an economic and social reawakening after the horrors of the Franco-Prussian War. Europeans attempted to heal the scars of the recent past by diving headfirst into a period of carefree frivolity. For those seeking fun, freedom, and *joie de vivre* during this *Belle Epoque*, there was no better refuge than the bohemian haven of Montmartre.



Savvy businessmen Joseph Oller and Charles Zidler enjoyed instant success after the opening of their cabaret. They gave Parisians what they wanted, an atmosphere of decadence and glamour replete with dancing girls in suggestive costumes and free-flowing libations. The well-to-do came to enjoy nights of debauchery. Artists soaked up the atmosphere as inspiration. Even humble laborers could afford to buy a drink, watch a show, and marvel at the glittering chandeliers and mirrored walls. No one could miss the massive red windmill standing outside—an homage to earlier windmills of Montmartre that had been converted to drinking establishments—or the colossal model elephant in the adjoining garden, a prop left over from the Universal Exhibition of 1889. Everything at the Moulin Rouge was larger than life.

The fame of the Moulin Rouge spread, thanks largely to its reputation for the French cancan. The scandalous dance featured a chorus line of high-kicking dancing girls who felt no shame in revealing black stockings, garters, lace, and anything else underneath their frilly skirts. The cancan may not have been invented in Paris, but it was certainly made famous thanks to the talents of *La Goulue*, *Nini pattes-en-l'air*, and Miss Jenny, the most notable cancan dancers of the time. Even the great French painter Henri de Toulouse-Lautrec was drawn to the cabaret, and he captured the frenetic excitement of the Moulin Rouge in his most famous works. Visitors still flock to the iconic red windmill, and after 130 years it remains as alluring as ever.

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Julie Andrews (actress) – October 1, 1935
 Desmond Tutu (cleric) – October 7, 1931
 Chevy Chase (comedian) – October 8, 1943
 Dick Gregory (comedian) – October 12, 1932
 Mae Jemison (astronaut) – October 17, 1956
 Chuck Berry (musician) – October 18, 1926
 Dizzy Gillespie (musician) – October 21, 1917
 Pelé (soccer star) – October 23, 1940
 Mahalia Jackson (singer) – October 26, 1911
 Bill Gates (engineer) – October 28, 1955

Mixed-up Words:

1. EEY SWDHOA _____
2. OTOILN _____
3. NOATNDIUOF _____
4. EIRRUSMTOZI _____
5. DOPRWE _____
6. CALFIAREMCA _____

Word Key:

*Facial cream, Moisturizer, Lotion,
 Eye shadow, Foundation, Powder*