

# West Haven Happenings

Brillion West Haven | 220 Achievement Drive, Brillion | 920.756.9100

## WHAT'S SPECIAL ABOUT OCTOBER?

Country Music Month

Stamp Collecting Month

Positive Attitude Month

International Coffee Day

*October 1*

World Space Week

*October 4–10*

World Teachers Day

*October 5*

Columbus Day & Indigenous Peoples' Day

*October 11*

Freedom of Speech Week

*October 18–24*

All Hallows' Eve or Halloween

*October 31*

## HAPPY BIRTHDAY!

**JERRY**

OCTOBER 15<sup>TH</sup>

**PAT**

OCTOBER 15<sup>TH</sup>

**JOANNE**

OCTOBER 16<sup>TH</sup>

**RITA**

OCTOBER 22<sup>ND</sup>

## October's Upcoming Events

**October 5** Inspiration with Brenda  
Crafts with Bev

**October 6** Music with Bill Bernico

**October 12** Music with Al Schultz

**October 14** Wine & Cheese Social with Trivia

**October 19** Inspiration with Brenda  
Crafts with Bev

**October 22** Music with Don Bongers

**October 29** Halloween Party & Music  
with Steve Thuss

- Rosary continues to be held every Tuesday & Thursday at 11:00 with Communion every Sunday at 10:00 a.m.
- We are working to offer a Protestant Church service in November with the Chaplain from Heartland Hospice.

## Caught In The Act .... of KINDNESS!

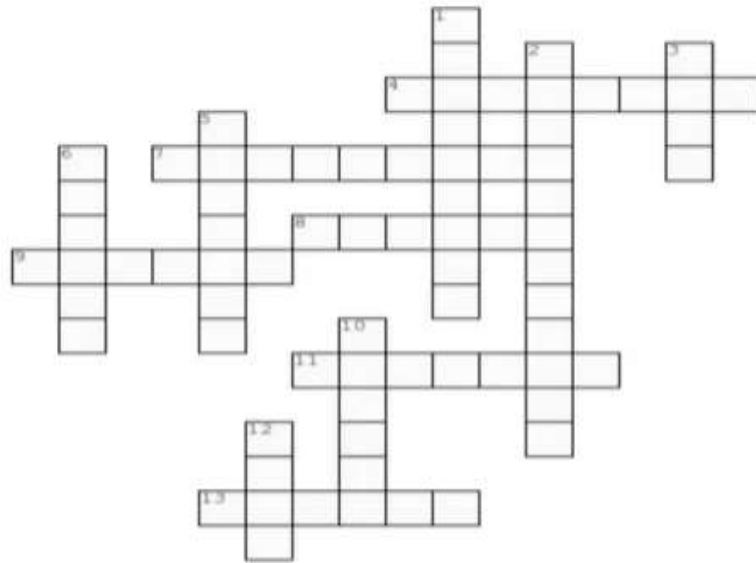


Did you witness an employee do something out of the ordinary for a resident or other team member? Jot down **what** & **who** you "caught" & share by pinning it to the bulletin board next to Molly's office door. *Please do not use resident names*

Each month all **Acts of Kindness** will be entered for a random gift card drawing

Everyone is welcome to participate in this fun employee recognition incentive!

# Fall Crossword



## Across

- 4. Jewish Holiday, Rosh \_\_\_\_\_
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

## Down

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks

## Garden Harvest Update

We are sorry to see the garden season go, but sure enjoyed all the fresh flavors of the summer season; bell peppers, carrots, tomatoes, kohlarabi, chives and green beans!

These beautiful peppers and tomatoes, pictured, are the last of our harvest to be enjoyed....until next year!



## COOKING WITH NANCY

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Autumn Season is upon us - the time for cozy comfort foods & soup!

### Cream of Mushroom Soup



*This cream of mushroom soup is healthy comfort food at its best! It's creamy, savory, and absolutely delicious.*

#### Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for drizzling
  - 2 medium leeks, white and light green parts, sliced (2 cups)
  - 2 celery stalks, diced
  - 16 ounces cremini mushrooms, chopped
  - 2 tablespoons tamari (GF soy sauce)
  - ¼ cup dry white wine
  - 2 large garlic cloves, chopped
  - 2 tablespoons fresh thyme leaves
  - 4 cups vegetable broth
  - 1 pound cauliflower, broke into florets (5 cups)
  - 1 teaspoon Dijon mustard
  - 1 tablespoon balsamic vinegar
  - Sea salt and freshly ground black pepper
1. Heat the oil in a large pot over medium heat. Add the leeks, celery, ¼ tsp salt & cook for 5 minutes. Add the mushrooms & cook until soft.
  2. Stir in the tamari, wine, garlic & thyme & cook until the wine evaporates. Add the broth & cauliflower.
  3. Simmer uncovered for 20 minutes, or until cauliflower is very soft. Transfer to a blender, add the mustard & vinegar & blend until smooth. Season to taste & serve with garnishes; crusty bread or croutons, additional sauteed mushrooms, or tender thyme leaves

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### Butternut Squash Soup

*This butternut squash soup is the ultimate fall comfort food! Store it in the fridge for up to 4 days, or freeze it.*

#### Ingredients

- 2 tablespoons extra-virgin olive oil
  - 1 large yellow onion, chopped
  - ½ teaspoon sea salt
  - 1 (3-pound) butternut squash, peeled, seeded, and cubed
  - 3 garlic cloves, chopped
  - 1 tablespoon chopped fresh sage
  - ½ tablespoon minced fresh rosemary
  - 1 teaspoon grated fresh ginger
  - 3 to 4 cups vegetable broth
  - Freshly ground black pepper
1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
  2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
  3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.