

October 2024

PORT PERRY PLACE

15941 Simcoe st, Port Perry



Celebrating October

Halloween Safety Month

Resident's Council

October 2nd

Spinning and

Weaving Week

October 7–13

Special Breakfast

October 8th and 9th

Balloons Around the World Day

October 1

Blessings of the Fishing Fleet Day

October 6

Halloween Tree Decorating

October 4th

Thanksgiving

October 14th

Special Lunch

October 17th

Halloween party with Terry

October 31

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. 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.

An Egg-citing Day



Every year, the second Friday in October is World Egg Day. Why should we celebrate the egg? There are at least a dozen good reasons. First, eggs are incredibly healthy. They contain some of the highest quality

proteins of any food. For this reason, they are an invaluable food resource. Egg farmers around the world have joined the Good Egg Project, both to educate people about the goodness of eggs and to donate over 50 million eggs to hungry people worldwide.

But what about cholesterol? Aren't eggs supposed to be high in this unhealthy substance? While it is true that eggs contain a lot of cholesterol, 200 milligrams to be precise, it is largely a myth that eating eggs will raise your cholesterol to dangerous levels. The body produces its own cholesterol, far more than an egg contains, so the eating of eggs does little to harm the body. Furthermore, cholesterol is vital to repairing cells and balancing certain hormones.

What about egg yolks? Aren't they high in fat? While yolks do have about five grams of fat per egg, yolks are also full of protein; vitamins A, D, and E; and choline, a nutrient essential to brain development. When you skip the yolk, you miss out on half the nutritive value of eggs.

Hens typically lay an egg in the morning between the hours of 7 and 11. It takes 24 to 26 hours to develop an egg, and once the egg is laid, a hen begins to produce another egg 30 minutes later. Some people say that the deeper the color of the egg yolk, the better the egg. Yolk color depends on the pigments in the hen's feed. Farmers may even feed their chickens marigold flower petals to enhance the golden color of their egg yolks.

So how best to celebrate World Egg Day on October 11? Try a fried, scrambled, hard-boiled, soft-boiled, deviled, or poached egg, of course!

HAPPY THANKSGIVING

We've celebrated Thanksgiving in Canada for 140 years, starting in November 6, 1879. Prior to 1957, Canada celebrated Thanksgiving on the third Monday of October. It officially moved to the second Monday of October via an announcement on January 31, 1957 by the Governor General of Canada



POETRY CORNER

I have a little friend
Who visits several times a day
He will come when I call him
His names is Bubby, I like to say
We both look forward to our visits
We share a few moments each time
I give Buddy a treat to his delight.
I'm glad he is a friend of mine
When Buddy leaves after each visit
With his tail in a twirl
You see my friend Buddy
Is a little black squirrel

Kim D.



Please join us the first Wednesday every Month for the Resident's Council meeting.

President- Peter J.

Vice President – Joanne S.



IPAC updates,

The flu season is upon us and the home will be reaching for consents for residents to be immunized. Please feel free to drop by the IPAC office if you're in the house to give consent.

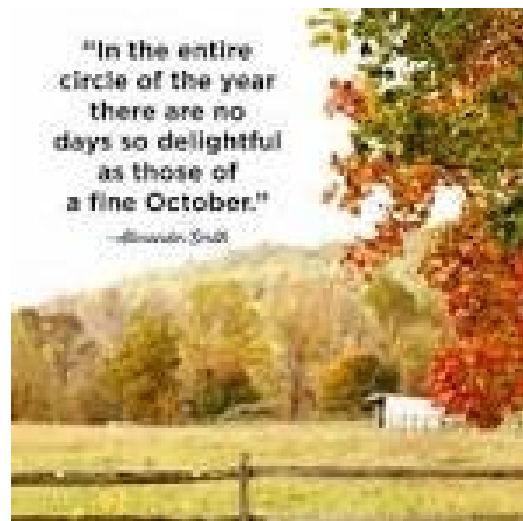
If you're experiencing any symptoms, to keep our residents safe, please do not visit the home. Remember if you are visiting your loved ones, please perform your 4 moments of hand hygiene.



Family Council

Port Perry Place is inviting all family members to join us and be a part of the family council. Interested parties, please contact Family Council Head Chair.

Gerrylantomasi@gmail.com



"In the entire circle of the year there are no days so delightful as those of a fine October."

—Alexander Smith

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 Scorpions, considered the most intense sign in the zodiac. While on the outside Scorpions are calm and composed, inside they are forceful, emotional, determined, and ambitious.



Greg S. Oct 8th

Lorna C. Oct 8th

Robert T. Oct 11th

Johanna W. Oct 14th

John C. Oct 23rd

Trevor B. Oct 25th

OUR MISSION STATEMENT

To provide quality care and services through innovation and Excellence.

OUR VISION

Bridging lives together with meaning and purpose.