

Notable Quotable

“Everything you see I owe to spaghetti.”

~ *Sophia Loren, actress*



October Horoscopes and Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds. As masters of compromise and diplomacy, they act as wise mediators. 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 and loyalty in friends and family.

- Julie Andrews – October 1, 1935
- Susan Sarandon – October 4, 1946
- Desmond Tutu – October 7, 1931
- Chevy Chase – October 8, 1943
- Dick Gregory – October 12, 1932
- Mae Jemison – October 17, 1956
- Chuck Berry – October 18, 1926
- Dizzy Gillespie – October 21, 1917
- Pelé – October 23, 1940
- Barbara Owens** – October 24
- Lois Arnwine** – October 27
- Bill Gates – October 28, 1955
- Michael Landon – October 31, 1936

October Is a Hoot *continued from pg. 1*

the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder that owls are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow,

adopted the owl as her companion animal thanks to its perceived wisdom. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. Owls, with their hooting calls and nocturnal natures, have long captured our imaginations. Thankfully, most cultures have learned to both share these myths and preserve the species, ensuring the survival of these magnificent animals for generations to come.

Pasta’s Path to Italy

Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy, nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco

Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. From there, noodles spread east to China and west to Europe. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.

Trinity Hills Times

October 2020



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Celebrating October

Country Music Month

Emotional Wellness Month

World Smile Day
October 2

World Teachers Day
October 5

Indigenous Peoples Day
October 12

Voting @ Trinity
October 21

International Chefs Day
October 20

Trinity Flu Clinic
October 30

Halloween
October 31

October Is a Hoot!

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these instinctual rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as

emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between

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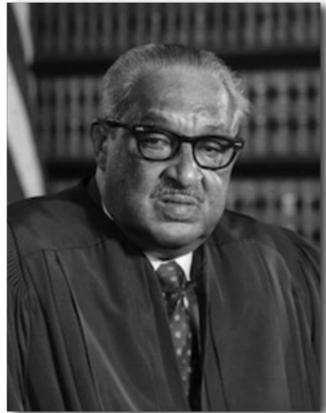


What’s Cooking at Trinity?

Do you have family recipes that you have used over the years? If you’d like to share favorite recipes you have used in the past, we’d love for you to share them with our community in a cookbook that we will be creating this fall! The cookbook will be a compilation of recipes by our residents, families and employees. If you (or someone you know) would like to

contribute a recipe for the cookbook, please submit to Lynsey Chasteen by October 31st. It can be emailed to Lynsey.Chasteen@chghospitals.com or drop off at Trinity Hills Entrance A. You can submit as many recipes as you would like. Naomi, our Dietary Director, may feature some of the recipes in upcoming community menus this fall.

Marshall's Legal Legacy



Thurgood Marshall's birth name was Thoroughgood. It was legally changed when he was six years old.

On October 2, 1967, Thurgood Marshall was sworn in as the first black Supreme Court justice. Marshall was no stranger to the Supreme Court. As chief counsel for the National Association for the Advancement of Colored People (NAACP), he had argued 32 cases before the Supreme Court, winning 29 of them, a record-setting achievement at that time. President Lyndon Johnson was confident in his selection, saying that it was "the right thing to do, the right time to do it, and the right man and the right place."

Marshall was born in Baltimore, Maryland, in 1908, the great-grandson of slaves. He was rejected from the University of Maryland's law school because of his skin color, so he enrolled in Howard University in Washington, DC. Marshall graduated first in his

class in 1933, and three years later, he joined the legal team at the NAACP. In just two years, Marshall took over the top legal job and went on to argue many cases before the Supreme Court, cases that would reshape the legal landscape for minorities and usher in the Civil Rights Era.

Marshall's most notable case was *Brown v. Board of Education of Topeka*. He argued that "separate educational facilities were inherently unequal." The high court unanimously agreed and ended segregation in schools.

Marshall's contributions as a Supreme Court justice were no less momentous. His decisions expanded civil rights, challenged discrimination, and questioned inequities in the criminal justice system. Marshall advocated for the betterment of all Americans.

Trunk or Treat – October 29th

We will have Trunk or Treat for our residents on Thursday, October 29th from 2:30-3:30 in the parking lot at the main (A) entrance. All are welcome to participate. If you would like to contribute candy and/or set up, please contact Lynsey Chasteen. All residents, staff & families are encouraged to dress up in costume!

Fun fact: Tootsie Rolls were included in soldiers' field rations during World War II to give

American troops "quick energy." They could also hold up under changing weather conditions. In 1950, U.S. and United Nations troops in Korea put out a call for Tootsie Rolls, a code name for mortar shells. When they opened the airdropped box, they discovered they were actually sent Tootsie Roll candies. Luckily, they turned out to be pretty useful.



Join us in costume for some sweet treats (and maybe a few tricks) at our Trunk or Treat event on 10/29!

Pleasure in the Post



The "Golden Age" of postcard production is considered to be from 1902 to 1918.

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.

Potpourri of Trinity Happenings

Thank you to all who attended our "Good Ole Days" Fall Festival on October 2nd. Our residents enjoyed bluegrass music, a quilt display, classic cars parked in our lot as well as a chili cookoff!

Thank you to all who submitted reviews to SeniorAdvisor.com – if you would like to share a review about Trinity Hills, please visit our Facebook page! Also, we encourage you to "like" our Facebook page as this is a great way to keep up with all that's happening!

We believe good friends make the best neighbors! We are giving current residents \$1,000 to refer new residents to us! Once a new resident lives in our community for 30 days, the resident who referred them will receive \$1,000 off of their rent.

If anyone has old craft supplies they would like to donate to us, please contact Lynsey Chasteen.

Resident Council meetings are held on the last Tuesday of each month at 3pm and all residents are encouraged to attend. The Resident Council meeting is an opportunity for residents to share feedback about what is going well in the community, but also a chance to discuss issues that may need improvement. The next meeting is scheduled for 10/27 @ pm in the main dining room.

Blanche is back! Our beloved beautician is now back in the beauty shop and can attend to all our our residents' hair care needs. Let her know if you'd like to schedule an appointment!

Voting at Trinity Hills will occur on 10/21 starting at 11am with the help of the Knox County Election Commission. VOTE!!!

Mac's Pharmacy will be here to conduct our annual flu shot clinic on 10/30. Jessica and Kelly will be collecting consent forms leading up to that date.



Trinity Hills caregiver Karen Middlebrook posing with a vintage Ford Thunderbird at our Fall Festival on 10/2.