



Notable Quotable

“You’re only as good as the people you hire.”

- Ray Kroc, founder of McDonald’s Hamburgers

Joke of the Month

Q: What is a skeleton's favorite musical instrument?



A: A trombone

Happy Birthday



Lybov Sutina	10/01
Barbra Martin	10/05
Ed Miller	10/10
Bill Riddell	10/11
Bunny Torrence	10/11
Wilma Riddell	10/15
Bonnie Holmsten	10/21
Ruth Hiss	10/23
Jim Duncan	10/24
Marie Boaz	10/27
Marilyn Bosley	10/27
Corky McGoffin	10/30



Go Nuts for Squirrels in October

Squirrels will be busy throughout October burying nuts in the ground in preparation for the long, cold winter. No wonder October is both Squirrel Awareness Month and Nut Month. Nuts such as acorns, hickory, pecans, and black walnuts are the most important part of a squirrel’s diet, for they give the squirrel the protein and fatty acids they need to survive. But the truth is that squirrels, like humans, require a balanced diet to stay healthy. They may love nuts, but they also need to eat berries, seeds, young plants, and even insects to get the nutrition they need. Like humans, squirrels also sometimes don’t realize that too much of a good thing could make them sick. Many squirrels adore these furry critters, often seen scurrying up and down trees in the backyard, are easy to take for granted. Yet the squirrel is a highly adaptable animal; there are 285 different species located all over the world. Tree squirrels, such as peanuts, but peanuts can harbor a fungus in their shells that is poisonous to squirrels. North America’s eastern gray squirrel, play an important role in forest regeneration. The gray squirrel

often eats damaged seeds and nuts first and stores the best seeds to eat later. Burying these seeds gives hardwood trees a greater chance to thrive. With a 17-inch body and a 20-inch tail, the Indian giant flying squirrel is impressive for its size and has the ability to soar up to 300 feet. These squirrels do not really fly but glide on thin membranes of skin that are attached to their front and hind legs like a parachute. Ground squirrels, including marmots, woodchucks, and prairie dogs, have evolved to live outside of forests, instead digging vast underground burrows in mountains and grasslands. These species, unlike their tree-dwelling cousins, are also highly social and communicative. The ingenious squirrel has been able to find success in habitats all over the world.



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Celebrating October

Emotional Wellness Month

Roller Skating Month

Mystery Series Week
October 1–7

Guardian Angels Day
October 2

Face Your Fears Day
October 10

Mulligan Day
October 17

Chemistry Week
October 22–28

World Pasta Day
October 25

All Hallows Eve
October 31

Eclipse at Covenant Place of Lenexa

It was on August 21st that the USA stopped to experience a once in a lifetime experience. Here at Covenant Place was no different. We were all gleaming with excitement to experience what everyone had been talking about for months. We posted up outside starting about 11:30 for the beginning of the eclipse and stayed outside until it was over at about 1:15. Everyone had their NASA approved glasses and were all ready to go. We all casually looked up into the sky as the moon made its way over the sun. The moment we had been waiting for was getting closer. Unfortunately, so were the clouds.

The eclips was set to happen at CPL at 1:08 PM and by about 1:06 PM we had complete cloud coverage. However, during totality everyone was in awe at the darkness that we were all experiencing in the middle of the afternoon. The night lights came on, the cross out front lit up and the crickets were chirping. It was surreal experience. We were all a little disappointed that Mother Nature didn’t cooperate so we could see the full eclipse but we all had a great time and a once in a life time experience was shared together. After the festivities were over everyone had moon pies and Tang (what the astronauts drink!).





The first jukebox was invented in 1880.

Juke History

The jukebox has been around throughout many musical eras: big band, jazz, country, blues, and rock and roll. November 22, Jukebox Day, commemorates the day the first jukebox was installed in the Palais Royale Saloon, in San Francisco, California, in 1889. The history of the jukebox begins with inventor Louis Glass, who began his career working the telegraph and telephone lines. In 1880, Glass switched careers to the new technology of the

phonograph and invented a machine that would play music from a wax cylinder at the drop of a nickel. When Glass boasted that his 15 machines had raked in over \$4,000 in six months, copycats hurried to replicate his music-playing machine. The word *juke* originated with the juke, or jook, joints of the early 1900s, where rural laborers could congregate to drink, dance, and gamble.

Covenant Place of Lenexa residents are invited to participate in Operation Christmas Child. Now is the time to decide the age and gender of the child you wish to sponsor and start collecting items for your box. Boxes will be provided. We will collect the boxes in mid- November. Contact Chaplain Jim if you have any questions. We look forward to several of you participating again this year!



All Hail the Kale



Kale was once called "peasant's cabbage."

October 4 of this year heralds the fourth celebration of Kale Day. Kale, sometimes called "the king of leafy vegetables," is full of health benefits. It is also easy to cultivate, growing from spring all the way into winter, when frosts actually make kale sweeter. But kale has become more than a vegetable; it has achieved cult status, complete with T-shirts, bumper stickers, and celebrity endorsements. When did kale become popular? When public relations guru Oberon Sinclair

decided it should, that's when. The savvy PR woman made kale cool when she got the trendiest restaurants and celebrities to endorse the leafy green. She even went so far as to create the fictitious American Kale Association to lend her advertising campaign credibility. But we can forgive Oberon for duping us with such sneaky tactics. Kale, after all, is a healthy vegetable. And she did it not for the money or the fame, but because she loves kale.



The CPL store is open on Monday's from 10-11

Meet Monty Duerksen

Monty Duerksen, an Independent Living resident, has been running the CPL store for the past few months. He comes down early to set everything up and is always eager to help out. He spends the hour the store is open pricing items, greeting residents and always telling a funny joke. He has contributed so much to our store and we appreciate all of his hard work. The store is open every Monday from 10-11 in the coffee café.

Come stop by and see Monty for a great experience at the CPL store.



Thank you for everyone who participated in the Art Trolley Tour. It was a huge success! (Pictures to come next month)

Chaplain's Chat

Greetings and Peace to all in the Name of Jesus Christ our Lord and Savior!

I am so thankful that the "Thoughts for the Day" are a blessing to so many of you. I have many more to share in the weeks ahead, but here are a few worth reading again:

- "Those who leave everything in God's Hands will eventually see God's Hands in everything."
- "A Bible that's falling apart often belongs to someone who isn't."
- "Quit telling God how big your storm is...tell the storm how big your GOD is."
- "We owed a debt we could not pay, but Jesus paid the debt he did not owe."
- "The task ahead of you is never as great as His Power behind you."
- "Jesus is more concerned about where you are going than where you've been."
- "What if you woke up today with only the things you thanked God for yesterday?"
- "The giant in front of you is never bigger than the God beside you."
- "Knowing the Bible is one thing...knowing the Author is another."
- "Can't sleep? Instead of counting sheep, why not talk to the Shepherd?"



This article was written by Chaplain Jim Miller.