



Kincare Connection

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Happy October!



With cooler temperatures here, it's the official start of the fall season! Here

are some fun facts about October and some tips from Reader's Digest to help prepare your home for fall and winter.

October comes from the Latin word octo which means eight. In ancient Rome, October was the eighth month of the year.



When the Gregorian calendar was adopted, it became the tenth month of the year. It is one of the seven months with thirty one days.

Germany's Oktoberfest originally began on October 17, 1810, the wedding day of King Ludwig I. However, the annual festival starts much earlier, often in September.

Preparing Your Home for Cool Weather

1. Clear out the gutters. Remove leaves and other debris from your drainpipe and

gutters to prevent clogging. In areas with cold winters, outdoor faucets should be drained in the fall.

2. Clean the fireplace and chimney. You can clear out ash and charred wood from the fireplace yourself, but leave the chimney cleaning to a professional. Have the chimney cleaner check the damper to ensure it can be tightly closed to prevent drafts.

3. Check the heating system. Do a survey of your home's heating vents to make sure they're not blocked or covered by furniture, carpeting, or curtains. Dust vents and clean all filters. Make an appointment for an annual heating system check-up.

4. Store air conditioners. If you have removable window air conditioners, be sure to unplug them before taking them down. Dust and clean before covering or storing.

5. Check for drafts. Stay warm, save energy, and reduce your heating bills this fall by

examining windows and doors for cracks and sealing them to prevent drafts.



6. Put up storm windows. If you have removable screens, now's the time to clean, store, and replace them with storm windows.

7. Ready the water heater. Prepare for cooler weather by draining the water heater and clearing out any debris that has settled in the tank.

Sources:

<http://voices.yahoo.com/trivial-facts-october-6830794.html?cat=37>

<http://www.rd.com/home/improvement/prepare-your-home-for-fall-and-winter/>

<http://www.popculturemadness.com/Trivia/October/>



This newsletter is brought to you by the Area Agency on Aging. For more information on services and resources offered at the AAA contact:

Sandy Guidinger
(208) 233-4032
Ext. 16



Assistance. Advocacy. Answers on Aging.



Community Resource Spotlight: Idaho AT Reutilization Project

The Idaho Assistive Technology Reutilization Project (IATRP) is a new program created to provide individuals with disabilities a place to locate needed used equipment and a place to take unused equipment to be distributed to others. The IATRP is a collaboration between the Idaho AT Project, Centers for Independent Living, other state agencies, and the private sector. **Examples of accepted equipment include: wheel-**

chairs and scooters, walkers, personal care items, items for vision and hearing impairments, hospital beds, computers, adapted vehicles or more. If you

would like more information or would like to list or locate an item, call the IATRP at 1-800-432-8324, LIFE, Inc. at 232-2747, or the Area Agency on Aging at 233-4032 and ask for Sandy. Check out the website at www.idaho.at4all.com.



A History of Halloween by David Emery, About.com



The name Halloween (originally spelled Hal-lowe'en) is a contraction of All Hallows Even, meaning the day before All Hallows Day (or All Saints Day), a Catholic holiday commemorating Christian saints and martyrs observed since the early Middle Ages on November 1.

The best available evidence indicates that Halloween originated in the early Middle Ages as a Catholic vigil observed on the eve of All Saints Day, November 1. It has become commonplace to trace its roots even further back in time to a pagan festival of ancient Ireland known as Samhain (pronounced sow'-en or sow'-een), about which little is actually known. The prehistoric observance is said to have marked the end of summer and the onset of winter, and was celebrated with feasting, bonfires, sacrificial offerings, and homage to the dead.



The earliest documented customs attributable to Halloween proper grew out of the tandem observances of All Saints Day (November 1), a day of prayer for saints and martyrs of the Church, and All Souls Day (November 2), a day of prayer for the souls of all the dead. Among the practices associated with Halloween during the Medieval period were the lighting of bonfires, evidently to symbolize the plight of souls lost in purga-

tory, and souling, which consisted of going door-to-door offering prayers for the dead in exchange for "soul cakes" and other treats. Mumming (or "guising"), a custom originally associated with Christmas consisting of parading in costume, chanting rhymes, and play-acting, was a somewhat later addition to Halloween.



By the time Irish immigrants brought the holiday to North America in the mid-1800s, mumming and souling were all but forgotten in their home country, where the known Halloween customs of the time consisted of praying, communal feasting, and playing divination games such as bobbing for apples.

Why do we Carve Pumpkins?

The name "jack-o'-lantern" is of British origin and dates from the 17th century, when it literally meant "man with a lantern" (e.g., a night watchman). It was also a nickname for the natural phenomenon known as ignis fatuus (fool's fire) or "will o' the wisp," the mysterious, flickering lights sometimes seen at night over wetlands and associated in folklore with fairies and ghosts playing pranks on travelers. Over time "jack-o'-lantern" became the popular term for a homemade object also known as a "turnip

lantern," defined by Thomas Darlington as "a lantern made by scooping out the inside of a turnip, carving the shell into a rude representation of the human face, and placing a lighted candle inside it." For Catholic children it was customary to carry jack-o'-lanterns door-to-door to represent the souls of the dead while begging for soul cakes on All Saints Day and All Souls Day.



According to legend, the jack-o'-lantern took its name from a reprobate Irishman known as Stingy Jack who tricked the Devil into promising he wouldn't have to go to hell for his sins. When Jack died he found out he had been barred from heaven, so he journeyed to the gates of hell to demand his due. Wouldn't you know it, the Devil kept his promise and doomed Jack to wander the earth for all eternity with only an ember of hellfire of to light his way. Thenceforth he was known as Jack O'Lantern.

It wasn't until Irish immigrants brought the custom of carving jack-o'-lanterns to North America that the more commonly available pumpkin came to be used for that purpose, and not until the mid-to-late 19th century that pumpkin carving became a Halloween staple across the United States.



What are your plans this Halloween?



In 2010, 72.2% of those surveyed by the National Retail Federation will hand out candy, 46.3% will carve a pumpkin, 20.8% will visit a haunted house, and 11.5% will dress up their pets.

Around 50% of adults in the US will dress up for Halloween.

Over 4 billion dollars is spent annually during the Halloween season, on costumes, parties, and decorations. Approximately half of that \$4 billion is spent on candy!

TOP 10 MOST POPULAR HALLOWEEN COSTUMES

10. Superman

5. Zombie

9. Cat

4. Batman



8. Ghost/
Nurse

3. Pirate

2. Vampire

7. Princess

1.

6. Vixen

Witch



Community Calendar

2-30 — Swore Farms Corn Maze & Pumpkin Patch

open in Pocatello—Mondays & Fridays 4 pm—7pm, Saturdays 10 am-6 pm. 208-238-7466 or 208-705-0991.



3 — Pocatello Relatives as Parents Support Group. Bannock Youth Foundation, 403 N. Hayes, 6 pm.

4 — **Free Flu Shots** at ISU College of Pharmacy Open House. Faculty, students and staff will provide free flu vaccinations to the first 100 guests who register for adult flu shots during the Pharmacy Open House, slated for Friday, Oct. 4 from 4:30 to 7 p.m. at the College of Pharmacy, 970 S. 5th Ave. These shots are a \$30 value and will be available for this price after the first 100 are given. For more information about the ISU College of Pharmacy Open House, please call 282-3393.



4-5 — **Oktoberfest in Lava Hot Springs.** Join the Oktoberfest festivities with 2 days of fun next to the Portneuf River in Lava to celebrate the arrival of fall and the harvest season. To keep with the theme of the festival we will offer many activities including great German food, and of course some great hand crafted beers and sarsaparilla!



10-31 — **Grand Stand of Terror Spook Alley,** Eastern Idaho State Fairgrounds, Blackfoot. 7:30—11:30 pm every day except Sundays.

14 — **Columbus Day.**

17 — **Scarecrow Auction and Chili Wars.** Don't miss the annual Pinehurst Nursery and ISU Bengal Athletic Boosters Scarecrow Auction and Chili Wars! Come see and bid on incredible scarecrow packages full of tricks and treats. This family fun will start at 6 p.m. with Chili Wars and a Silent Auction followed by the LIVE Scarecrow Auction at 7 p.m. featuring Roger Stockwell. No charge for entry! It will be held at Pinehurst Floral, 4101 Pole Line Road. For questions or to submit a Scarecrow, please contact Trisha at 282-2397.



21 — **SEICAA 25th Annual Bannock County Stone Soup.** Doors open 5 pm at ISU Pond Student Union Ballroom. Advanced tickets available at SEICAA or at the door; prices increase at door. Bring your family out for a fun-filled evening and sample great soups from local restaurants and organizations. For more information call 232-1114.



26 — **ZooBoo,** Pocatello Zoo, 10 am—3 pm. Come dressed in your favorite costume for this pre-Halloween bash. This is a not-so-spooky, safe



October 2013

Su	Mo	Tue	We	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 		

trick-or-treating atmosphere. See you there!

31 — Happy Halloween!



— Trick or Treat the Old Town Streets.

Bring your children down for a safe Halloween afternoon as the Old Town merchants and businesses open their doors and hand out candy and treats to all visiting ghosts and goblins. 3 pm—5:30 pm.

Haunted History Walking Tours



October 11, 12, 18, 19 & 26. Tours begin at 6 pm each night. The 26th is a Matinee Tour at 3 pm.

We are famous for these tours! Our favorite paranormal investigators will be back again to host four haunted buildings. Remember, with our tours you actually go into the buildings and experience first hand the history and the haunts. Tickets are now available at 420 N. Main Street or call ahead and reserve your tickets, 208-232-7545. Our tours sell out every year, so don't wait!



Idaho Relatives as Parents



Flu Shot: Your Best Bet for Avoiding Influenza

From The Mayo Clinic,
by Mayo Clinic Staff



Influenza is a respiratory infection that can cause serious complications, particularly to young children and to older adults. Flu shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age or older be vaccinated annually against influenza. It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after flu season starts.

Why do I need to get vaccinated every year? New flu vaccines are released every year to keep up with rapidly adapting flu viruses. Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. After vaccination, your immune system produces antibodies that will protect you from the vaccine viruses. In general, though, antibody levels start to decline over time – another reason to get a flu shot every year.

Vaccination is especially important for people at high risk of influenza complications, including: Pregnant women, Older adults, and Young children. Chronic medical conditions can also increase your risk of influenza complications. Examples include: Asthma, Cancer or cancer treatment, Chronic obstructive pulmonary disease (COPD), Cystic fibrosis, Diabetes, HIV/AIDS, Kidney or liver disease, and Obesity.

Check with your doctor before receiving a flu vaccine if: You're allergic to eggs. Some flu vaccines contain tiny amounts of egg proteins. If you have an egg allergy or sen-

sitivity, you'll likely be able to receive a flu vaccine – but you might need to take special precautions, such as waiting in the doctor's office for at least 30 minutes after vaccination in case of a reaction. You had a severe reaction to a previous flu vaccine. The flu vaccine isn't recommended for anyone who had a severe reaction to a previous flu vaccine. Check with your doctor.

Can the vaccine give me the flu? No. The flu vaccine can't give you the flu. But you might develop flu-like symptoms – despite getting a flu shot – for a variety of reasons, including: Reaction to the vaccine; The 2-week window–It takes about two weeks for the flu shot to take full effect; Mismatched flu viruses– In some years, the influenza viruses used for the vaccine don't match the viruses circulating during the flu season; Other illnesses, such as the common cold, also produce flu-like symptoms.

Can I lower my risk of the flu without getting a flu shot? With or without a flu shot, you can take steps to help protect yourself from the flu and other viruses. Good hygiene remains your primary defense against contagious illnesses.

Wash your hands often and thoroughly with soap and water.

Use an alcohol-based sanitizer on your hands if soap and water aren't available.

Avoid touching your eyes, nose or mouth whenever possible.

Avoid crowds when the flu is most prevalent in your area.

Source: <http://www.mayoclinic.com/health/flu-shots/ID00017>

Kincare Connection Newsletter

Area Agency on Aging

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