

The Daily Vine

The Vineyards



CALIFORNIA
ARMENIAN HOME

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Languages of the World

United Nations Day is Oct. 24, recognizing the international organization's founding in 1945. Observe this day of unity and peace by learning a few phrases in one of the UN's official languages: Arabic, Chinese, English, French, Russian and Spanish.

Remember When: Magic Slate

This simple drawing toy may seem like child's play compared to today's electronic tablets. But the Magic Slate Paper Saver entertained bored kids for decades—and even had a double life helping diplomats communicate in secret! Made of cardboard, each Magic Slate had a section of dark-colored wax covered by a plastic sheet. Children used an attached plastic stylus to draw or write on the sheet, which stuck to the wax and allowed the markings to show. Lifting the sheet up magically erased the contents, providing endless hours of fun and creativity. The slates also had a chance to serve their country when U.S. Embassy workers in Moscow discovered their offices were bugged. The easily erasable, untraceable tablets allowed the workers to discuss confidential information undetected.

Wash Germs Away

Your hands become covered with germs every time you push an elevator button, open a door or flip a light switch—which is why washing your hands is the best way to keep from getting sick. Scrub with soap and hot water for 20 seconds. Use an alcohol-based hand sanitizer if you can't get to a sink.

October 2024



Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

Happy October!

"Autumn leaves are falling, filling up the streets;
Golden colors on the lawn, nature's trick or treat!"
—Rusty Fischer

A Full Deck of Facts

With games like bridge, poker, Go Fish and solitaire, decks of cards have provided hours of entertainment for thousands of years. Shuffle through this list of trivia tidbits:

- Playing cards were invented in China during the 9th century.
- The four suits used today—hearts, diamonds, clubs and spades—were developed in the 1500s by French card makers, who also divided the suits into red and black.
- Each king in a deck of cards is said to have originally represented a historical leader: Alexander the Great (clubs), Charlemagne (hearts), King David (spades) and Julius Caesar (diamonds).
- The symbols printed on a card, indicating the value and suit, are called pips.
- A standard deck of cards has many similarities to our calendar. The 52 cards equal 52 weeks in a year; the four suits can be used to symbolize the four seasons; and each suit has 13 values (ace through king), just like there are 13 lunar cycles in a year.
- The United States Playing Card Company, one of the world's largest producers of playing cards, manufactures over 100 million decks each year.



Entering 'The Twilight Zone'

On Oct. 2, 1959, television viewers were invited for the first time to step into the "dimension of imagination"—a dimension better known as "The Twilight Zone," one of the most influential shows of all time.

The series was created by Rod Serling, an Emmy-winning screenwriter who also served as host and narrator, showing up every week in his signature black suit and greeting audiences with his eerie voiceover intro. Blending elements of fantasy, horror, sci-fi and drama, "The Twilight Zone" explored thought-provoking topics and usually ended with an unexpected moral or lesson.

Since each episode told a different story with no recurring characters, "The Twilight Zone" became a playground for plenty of guest stars, ranging from established Hollywood royalty (such as Mickey Rooney and Burgess Meredith) to up-and-comers (including William Shatner, Burt Reynolds and Carol Burnett).

The original series ran for five seasons, winning two Emmys and a Golden Globe.

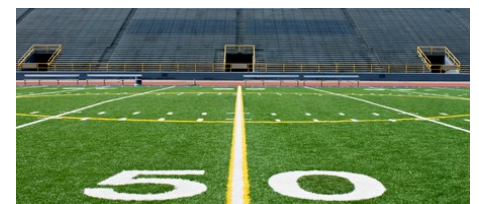
Coming Home for Homecoming

For current students and alumni alike, homecoming is a treasured fall tradition.

Several American colleges, including Baylor University and the University of Illinois, began hosting homecoming football games in the early 1900s. But it was the University of Missouri's 1911 event that wrote the unofficial rulebook for future homecomings. To increase excitement for the first home football game against the school's rival, the University of Kansas, Mizzou encouraged alumni to "come home" for a celebration complete with a bonfire, pep rally, parade and the finale—the big game.

Today, most colleges and high schools follow the same formula. In high schools, a week of "spirit days"—such as Pajama Day and Crazy Hat Day—lead up to a Friday night game where the homecoming queen and king are often announced at halftime. A schoolwide dance takes place after the game or on the following night.

Parades, another highlight of homecoming festivities, typically feature marching bands, colorful floats, fire trucks and more.



A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.



A Rumble To Remember

This month marks the 50th anniversary of one of the biggest sporting events in history: the 1974 boxing match between George Foreman and Muhammad Ali, billed as "The Rumble in the Jungle."

The fight was arranged by boxing promoter Don King and businessman Jerry Masucci. The country of Zaire (now the Democratic Republic of Congo) hosted the contest.

The rumble took place on Oct. 30 at 4 a.m. local time, broadcasting live during American television's prime-time block. In addition to the 40,000 to 60,000 attendees, nearly a billion people around

the globe watched the fight live on TV.

As the current heavyweight champion, the 25-year-old Foreman was favored to win. Ali, at 32, was the underdog, with boxing fans questioning whether his speed and precision could possibly defeat Foreman. But Ali had a new technique to show off—the "rope-a-dope," during which he leaned against the ropes, blocking hits with his arms, as Foreman wore himself out throwing punches. The maneuver worked, and Ali defeated Foreman in the eighth round, becoming the world heavyweight champion for the second time in his career.

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Thanks for the Meow-mories

As characters in literature, movies, commercials and more, cats entertain us with their adorable antics and cunning charisma. Purr-use this list of fictional felines:

Debut Year	Cat	Bio
1865	Cheshire Cat	This grinning cat is a fixture in Lewis Carroll's "Alice's Adventures in Wonderland" series.
1919	Felix	One of the original cartoon cats, starring in films and comic strips, Felix is a cultural icon.
1933	Chessie	She invited passengers to "sleep like a kitten" on Chesapeake & Ohio Railway trains.
1945	Sylvester	Suffering succotash! This Looney Tunes character would like to make Tweety Bird his lunch.
1968	Morris	This orange tabby is the face of 9Lives cat food.
1978	Garfield	Lover of lasagna, hater of Mondays ... this star of the funny pages is just like us!
1993	Binx	This talking black cat helps defeat a trio of witchy sisters in "Hocus Pocus."
2010	Pusheen	Purr-fectly plump, this sweet gray cartoon cat has left pawprints all over the internet, usually in GIF form!

"This Month In History" OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.