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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, mangos 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.



Thrifty Thrills

You don't need to spend a fortune to have a good time. Perfect the art of frugal fun on October 5, International Frugal Fun Day. Picnics, becoming a tourist in your hometown, flying a kite, planning the perfect nap organizing a neighborhood talent show, attending a minor league ball game - all of these can cost five dollars or less to enjoy. You can also expand your idea of frugal fun by planning a frugal romantic dinner, learning something new or the cheap, or even crafting with inexpensive recycled materials. Frugality is a mindset. By embracing it, you can discover countless ways to have fun without breaking the bank.



Our Community Newsletter

11372 Robinson Dr Coon Rapids, MN 55433

October 2024 763-233-5100

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. In reality, 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. Cont on page 4

Reflection

Letting go: Fall can remind us that letting go is a necessary part of life, whether it's letting go of harmful beliefs, jobs, or relationships.

The cycle of life: Fall can remind us of the ever-changing cycle of life, and we can reflect on these changes by taking a walk or hike and observing the changing leaves.

Memory: October can be a month of remembering, and the memory of family holidays and special occasions can trigger sudden emotional shifts.

Honesty: Jesus taught that all truth will eventually come to light, and that we must be truthful with ourselves and others.

Shifting interests: We can reflect on how our interests are shifting and how we can incorporate them into our lives.

Letting go is necessary for growth: Letting go is a vital part of life and can help us thrive and grow. It can be scary, but it's important to remember that it's okay to let go.

Letting go can help us heal: Letting go can help us heal from wounds and move on from pain and crisis.

Letting go can help us focus on what we can control: Letting go can help us stop worrying about things we can't control and instead focus on what we can change.

Quotes:

It is the same with people as it is with riding a bike. Only when moving can one comfortably maintain one's balance **(Albert Einstein)**.

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure **(Oprah Winfrey)**.

We must be willing to let go of the life we have planned, so as to have the life that is waiting for us **(E.M. Forster)**.

Scripture References

Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert **(Isaiah 43:18-19)**.

A time to seek, and a time to lose; a time to keep, and a time to cast away **(Eccl. 3:6)**.



We'd like to welcome our new friends to our community,

William Curry D6
Henrietta Collins C5

Ardith Delle B1
Bonnie Appleby D4

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

- Bud Abbott (Comedian) October 2, 1895
- Jackie Collins (Author) October 4, 1937
- Desmond Tutu (Archbishop) October 7, 1931
- John Lennon (Musician) October 9, 1940
- e.e cummings (Poet) October 14, 1894
- Bela Lugosi (Actor) October 20, 1882
- Annette Funicello (Actress) October 22, 1942
- Minnie Pearl (Comedian) October 25, 1912
- Emily Post (Author) October 27, 1872
- Julia Roberts (Actress) October 28, 1967



Our Birthdays here are

Bill Curry

The monthly birthday party will October 31st at 1:30 in Memory Care and 3pm in Assisted Living