



Health at Home by Cooperative Home Care
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Sonnet 73

William Shakespeare (1609)

That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang
Upon those boughs which shake against the
cold,
Bare ruined choirs, where late the sweet birds
sang.
In me thou see'st the twilight of such day
As after sunset fadeth in the west;
Which by and by black night doth take away,
Death's second self, that seals up all in rest.
In me thou see'st the glowing of such fire,
That on the ashes of his youth doth lie,
As the deathbed whereon it must expire,
Consumed with that which it was nourished
by.
This thou perceiv'st, which makes thy love
more strong,
To love that well which thou must leave ere
long.

**Did You Know This Shakespeare
“Fun Fact”?**

Shakespeare penned a curse for his
grave, daring anyone to move his body
from that final resting place. His epitaph
was:

*Good friend for Jesus' sake forbear,
To dig the dust enclosed here:
Blest be the man that spares these
stones,
And curst be he that moves my bones.*

Though it was customary to dig up the
bones from previous graves to make
room for others, the remains
in Shakespeare's grave are still undis-
turbed.

**Medicare Open Enrollment is
Here!**

Medicare Open Enrollment hap-
pens every year from October 15th
to December 7th. So, what do you
need to know?

A great place to start is to visit
Medicare.gov, where you can get
answers to basic questions. You
can also use their Medicare Plan
Finder at:

[https://www.medicare.gov/find-a-
plan/questions/home.aspx](https://www.medicare.gov/find-a-plan/questions/home.aspx)

Good luck!

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Apple Pie Enchiladas

Filling Ingredients:

Four fresh apples cut into bite-sized pieces, 1/3 cup sugar, 1 TBSP flour, and 1 tsp cinnamon.

Other Ingredients:

6 flour tortillas, 1 cup butter, 1/3 cup white sugar, 1/3 cup brown sugar, and 1/3 cup water.

Preheat oven to 375 degrees. Mix filling ingredients and divide into the tortillas, rolling and placing them seam side down in an 8x8 baking dish (line the dish with aluminum foil for easy clean-up).

Bring butter, sugars and water to a boil, then simmer for three minutes. Pour over the tortillas.

Bake for 30 minutes, until the tortillas are slightly crispy. Serve warm, and add a dollop of ice cream if desired!

Fun October "Holidays"

Weds., Oct. 12 Old Farmer's Day

Sat., Oct. 22 Make a Difference Day

Mon., Oct. 24 National Bologna Day

Sun., Oct. 30 National
Candy Corn Day

Looking Ahead to Winter

We checked three winter forecast sources:

[The Old Farmer's Almanac](#) includes Missouri in their Deep South Region, which is predicted to have milder than average temperatures and below normal precipitation.

[The Farmer's Almanac](#) predicts a very snowy winter with average winter temperatures.

[TheWinterForecast.com](#) says we can expect slightly less than normal precipitation and average winter temperatures.

Hmmm...What Do You Think?

Halloween Jokes for Grandkids

How do ghosts like their coffee?

With scream and sugar, of course!

What is a monster's favorite play?

Romeo and Ghoul-iet!

What do you get when you cross Bam-bi with a ghost?

BamBOO

What's different each month, and why?

Surprise! Simple changes in our newsletter format are examples of small but effective ways to boost your brain-power by changing your usual routine.