



Notable Quotable

“Heart power is stronger than horsepower.”

~ Henry John Heinz,
born Oct. 11,
1844

October Horoscopes and Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Those born October 23–Nov. 31 are Scorpions. Scorpions are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpion and suffer the scorpion sting. Befriend a Scorpion, and you will have not just a friend for life but an advocate and confidant.

Fitelson, M	10/3
De Leon, L	10/5
Grober, M	10/10
Cruz, R	10/12
Fleming, G	10/18
Fulton, W	10/19
Osei, G	10/20
Thomas, J	10/23
Narinesingh, K	10/24
Griffith, Y	10/29
Panarese, T	10/29
James, B	10/30
Chavez, R	10/30
Riccio, C	10/31

Badges and Beyond *(cont. from pg. 1)*

For many scouts, badges become milestones that mark personal growth and achievement.

Outdoor adventure is also central to scouting. Camping trips, hikes, canoeing, and nature studies teach practical skills and an appreciation for the natural world. Participation in scouting can help young people develop confidence, leadership abilities, and a sense civic responsibility.

More than a century after its beginnings, scouting continues to inspire new generations. Whether building a campfire, earning a badge, or leading a community project, scouts discover lessons that often last a lifetime. October’s observances are a reminder that the values of helping others, developing skills, and exploring the outdoors remain as relevant today as ever.

A couple of shots from our end of summer BBQ.



Fernando Figueras

Residents & Families



Nathaniel Gordon, Mike Malave, Moshe Vogel

Eastchester Rehabilitation & Health Care Center

October 2026

**Celebrating
October**

**Italian-
American
Heritage Month**

**Computer
Learning Month**

**International
Frugal Fun
Day
October 3**

**Do Something
Nice Day
October 5**

**Random Acts
of Poetry Day
October 7**

**International
Skeptics Day
October 13**

**Back to the
Future Day
October 21**

**World Pasta
Day
October 25**

**Halloween
October 31**

2700 Eastchester Road
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Badges and Beyond

October shines a spotlight on scouting, a movement that has introduced millions of young people to leadership, service, and the great outdoors. October is National Scouting Month. On the 31st, it includes Girl Scout Founder’s Day, which honors Juliette Gordon Low, who founded the Girl Scouts in 1912.

Scouting began in the early 1900s when British army officer Robert Baden-Powell started an organization that taught outdoor skills, teamwork, and self-reliance. Scouting organizations serve millions of members today in more than 170 countries. Service to others has always been at the heart of scouting.

Scouts regularly collect food for pantries, clean parks, plant trees, and assist with community events. Many of the movement’s highest honors require significant service projects.

Badges are another important part of the scouting experience. Merit badges and achievement patches recognize progress and encourage members to explore new interests, such as first aid, astronomy, engineering, and environmental science.

(cont. on pg. 4)



Mole Goals

What holiday is celebrated on October 23 from 6:02 a.m. until 6:02 p.m.? Mole Day! That’s not the burrowing garden pest we’re talking about but rather the chemistry term. A mole measures the number of atoms or molecules in any given chemical sample. One mole is equal to 6.02×10^{23} . (Note the 6.02 and the 10/23!) This number is known as Avogadro’s number, thanks to chemist Amedeo Avogadro, who

discovered this measure in the 1800s. Avogadro called his number a mole as a shortened version of *molecule*. So, how big is a mole? 602,214,130,000,000,000,000,000 particles, to be exact. When you drink a glass of water, you’ve just taken in 13 moles of water molecules. Feel full yet? Chemists may spend the day measuring molecules, but you can celebrate by making some Mexican mole sauce.

☀ **Staff Spotlight:** Meet Our New 4th Floor Nurse Manager —



Babita Gill, RN

We are excited to welcome **Ms. Gill** as our new Nurse Manager on the **4th Floor!**

With years of nursing experience and a genuine passion for helping others, Ms. Gill believes nursing is more than a job—it’s an opportunity to make a difference in someone’s life.

❤️ **A Heart for Helping**

When asked what inspired her to become a nurse, her answer was simple:

“I love helping people.”

What keeps her passionate about nursing is seeing residents make progress—from arriving unable to walk to leaving the facility with greater independence.

One of the things she finds most rewarding is seeing a resident's smile when she is able to help them with something they need or have been waiting for.

💧 **Passion for Healing**

Ms. Gill is **wound-care certified** and has a special passion for helping residents heal.

“When we have a wound and we have actually healed that wound, that is such an accomplishment. You feel good.”

She also believes strongly in teamwork and works closely with nurses, physicians, therapists, families, and other staff to provide the best possible care.

🧘 **Faith Keeps Her Grounded**

Nursing can be challenging, and Ms. Gill says her **faith in God** is what keeps her going. She finds strength through prayer, reading her Bible, and listening to gospel music.

Her experiences in nursing have also taught her to appreciate life, value people, and remember that things can change in an instant.

💬 **Her Advice to Future Nurses**

For anyone thinking about becoming a nurse, Ms. Gill has one message:

“Go for it! Don’t stop. The studies are hard, but it is such a rewarding career.”

If she could change one thing about healthcare, she would make quality healthcare **accessible to everyone who needs it.**

☀ **Welcome to the 4th Floor, Ms. Gill!**

We are happy to have you as part of the **Eastchester family** and look forward to all the positive contributions you will make to our residents, families, and staff!

Welcome aboard, Ms. Gill! ❤️



Wear Something Gaudy Day is a perfect day to channel your inner Liberace or Phyllis Diller.

In Praise of Pizzazz

Delve deep into your closet and find something gaudy to wear on October 17, Wear Something Gaudy Day. *Gaudy* typically refers to clothing or accessories that are flashy, ostentatious, and unfashionable. But even fashion experts wonder, “Is gaudy ever good?” Sometimes wearing a little bit of flash makes you feel fabulous. To many people,

gaudy isn’t a fashion mistake—it’s fashion with attitude. Fashion experts assert that clothes often reflect how we feel about ourselves and can even boost our moods to make us feel better, smarter, and more empowered. So, if your style is one with a bit of flash and pizzazz, then perhaps that’s just a reflection of your confidence and sense of self.

From Flop to Fame

Behind almost every great success story is a story of failure. Even American musical icon Bob Dylan once got booted from a high school talent show for playing too loudly. Success should never be a foregone conclusion, and for this reason, we celebrate International Day for Failure on October 13.

Bill Gates is one of the world’s most successful billionaires, but that wasn’t always so. Before Microsoft, Gates and Microsoft partner Paul Allen founded a company called Traf-O-Data, which attempted to analyze traffic flows. The company and the computer designed to record traffic were failures, but the venture was an important stepping stone to what would become Microsoft.

George Steinbrenner owned the Cleveland Pipers before his Yankees fame. His turbulent tenure included trading a player during halftime, and the team folded after two years amid

league collapse, costing him millions.

Oprah Winfrey is one of the world’s most recognizable public figures and a self-made billionaire. But early in her career, struggling in the world of Baltimore television news, one of her bosses told her she was too emotional and “unfit for television news.” She went on to host *The Oprah Winfrey Show* for 25 seasons.

The list of successful failures goes on and on: Steve Jobs was once fired from Apple; Walt Disney was told he wasn’t creative enough; movie executives told Fred Astaire he couldn’t dance; J. K. Rowling was fired from her job as a researcher; Julia Child was fired as a clerical worker for “gross insubordination”; Jerry Seinfeld was fired from a sitcom. Take it from Oprah, failure is often a gift leading to “life-changing opportunity.”



Oprah credits her experiences growing up in poverty for shaping her determination and compassion.