

OCT.



2026

# THE PORCHLIGHT

## NEWSLETTER

*October Edition*



*Halloween is here!*



Bethany  
Housing  
Authority



Community  
Updates



Resident News



### OFFICE HOURS

|                   |                    |
|-------------------|--------------------|
| Monday - Thursday | 08:00 AM - 04:00PM |
| Friday            | 09:00 AM - 12:00PM |
| Saturday - Sunday | CLOSED             |



(660)425-3349



2602 Crossan St.  
Bethany, MO 64424

*Warm Wishes for a Cozy Season in Our  
Community*



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T.



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# THE PORCHLIGHT

NEWSLETTER

## TENANT BIRTHDAYS

|   |                      |           |
|---|----------------------|-----------|
| ♥ | OCT. 1 <sup>ST</sup> | ASHLEY    |
| ♥ | OCT 1 <sup>ST</sup>  | EMYLEE    |
| ♥ | OCT 1 <sup>ST</sup>  | RILEY     |
| ♥ | OCT 5 <sup>TH</sup>  | DARLENE   |
| ♥ | OCT 8 <sup>TH</sup>  | CHIP      |
| ♥ | OCT 9 <sup>TH</sup>  | SHERRY    |
| ♥ | OCT 11 <sup>TH</sup> | MICHAEL   |
| ♥ | OCT 12 <sup>TH</sup> | PHYLLIS   |
| ♥ | OCT 19 <sup>TH</sup> | JASON     |
| ♥ | OCT 19 <sup>TH</sup> | CHRISTINA |
| ♥ | OCT 20 <sup>TH</sup> | AARON     |
| ♥ | OCT 23 <sup>RD</sup> | EDWARD    |
|   | OCT 28 <sup>TH</sup> | IDA       |

HAPPY BIRTHDAY TO YOU ALL  
HOPE YOU ALL HAVE A SAFE AND  
WONDERFULLY BIRTHDAY!

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## OCTOBER WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | A | L | L | O | W | E | E | N | A | V | X |
| J | K | O | S | P | O | O | K | Y | P | Q | R |
| G | G | H | O | S | T | A | T | I | X | V | S |
| R | A | S | D | F | E | W | I | T | C | H | S |
| A | G | O | B | L | I | N | H | J | Y | I | O |
| V | V | T | N | H | V | A | M | P | I | R | E |
| E | Q | W | A | R | E | W | O | L | F | Z | Z |
| B | M | U | M | M | Y | Z | X | O | I | U | B |
| B | B | E | R | W | S | P | I | R | I | T | Z |
| Z | O | M | B | I | E | Q | Y | U | I | X | C |



[ADD WORD LIST HERE]

♥ HALLOWEEN  
♥ SPOOKY  
♥ GHOST  
♥ GOBLIN  
♥ VAMPIRE  
♥ WITCH  
♥ MUMMY  
♥ ZOMBIE

WAREWOLF  
SPIRITS  
GRAVE

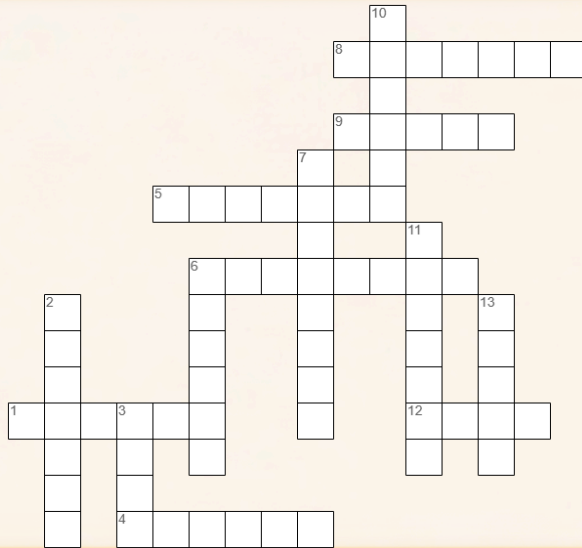
|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | A | L | L | O | W | E | E | N | A | V | X |
| J | K | O | S | P | O | O | K | Y | P | Q | R |
| G | G | H | O | S | T | A | T | I | X | V | S |
| R | A | S | D | F | E | W | I | T | C | H | S |
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| V | V | T | N | H | V | A | M | P | I | R | E |
| E | Q | W | A | R | E | W | O | L | F | Z | Z |
| B | M | U | M | M | Y | Z | X | O | I | U | B |
| B | B | E | R | W | S | P | I | R | I | T | Z |
| Z | O | M | B | I | E | Q | Y | U | I | X | C |



# THE PORCHLIGHT

## NEWSLETTER

### OCTOBER CROSSWORD



#### ACROSS

1. UNDEAD CREATURE THAT SHAMBLES SLOWLY
4. EERIE OR SCARY
5. ORANGE GOURD CARVED INTO A JACK-O'-LANTERN
6. WITCH'S COOKING POT
8. FRIGHTENING CREATURE OF LEGEND
9. MAGICAL WOMAN WHO RIDES A BROOMSTICK
12. FACE COVERING WORN IN COSTUME

#### DOWN

2. MONTH WHEN HALLOWEEN IS CELEBRATED
3. WINGED CREATURES ASSOCIATED WITH HALLOWEEN
6. SPIDER'S CREATION USED AS DECORATION
7. BONES DISPLAYED AS HALLOWEEN DECORATION
10. MAGICAL BREW OR ELIXIR
11. OUTFIT WORN TO DISGUISE ONESELF FOR HALLOWEEN
13. SPOOKY SPECTER THAT SAYS 'BOO'



Warm Wishes for a Cozy Season in Our  
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NEWSLETTER

## HEALTH & EXERCISE FOR OLDER TENANTS

1

### EXERCISE 1

SEATED MARCHING

**SIT TALL IN A STURDY  
CHAIR AND ALTERNATE  
LIFTING EACH KNEE.  
CONTINUE FOR 30-60  
SECONDS.**

2

### EXERCISE 2

CHAIR LEG EXTENSIONS:

**STRAIGHTEN ONE LEG, HOLD FOR  
2-3 SECONDS, THEN LOWER. DO 8-  
10 PER LEG.  
SEATED TOE & HEEL RAISES: WITH  
FEET ON THE FLOOR, LIFT YOUR  
TOES WHILE KEEPING HEELS  
DOWN, THEN SWITCH AND LIFT  
YOUR HEELS. REPEAT 10-15 TIMES.**

3

### EXERCISE 3

SEATED SIDE STRETCH:

**RAISE ONE ARM  
OVERHEAD AND  
GENTLY LEAN TO THE  
OPPOSITE SIDE. HOLD  
10-15 SECONDS, THEN  
SWITCH.**

4

### EXERCISE 4

WALL PUSH-UPS:

**PLACE HANDS AGAINST A  
WALL, BEND THE ELBOWS  
TO BRING THE BODY  
TOWARD IT, THEN GENTLY  
PUSH AWAY. TRY 8-12  
REPETITIONS.**

**TRY TO GET 10 MINUTES OF GENTLE  
MOVEMENT EACH DAY THIS MONTH.  
WALKING, STRETCHING, CHAIR  
EXERCISES, AND EVEN LIGHT  
HOUSEWORK ALL COUNT.**



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## RECIPE OF THE MONTH



### INGREDIENTS

- 3-4 MEDIUM POTATOES, PEELED AND DICED
- 1 CAN CREAM OF CHICKEN SOUP
- 2 CUPS CHICKEN BROTH
- 1 CAN MIXED VEGETABLES, DRAINED
- 1-2 CUPS COOKED SHREDDED CHICKEN
- 1 CUP MILK
- ½ TSP GARLIC POWDER
- SALT & PEPPER TO TASTE

### DIRECTIONS

1. ADD POTATOES AND CHICKEN BROTH TO A LARGE POT. BRING TO A BOIL, THEN SIMMER UNTIL THE POTATOES ARE TENDER, ABOUT 12-15 MINUTES.
2. STIR IN THE CREAM OF CHICKEN SOUP, VEGETABLES, CHICKEN, AND MILK.
3. ADD GARLIC POWDER, SALT, AND PEPPER.
4. SIMMER ANOTHER 5-10 MINUTES, STIRRING OCCASIONALLY, UNTIL EVERYTHING IS HOT AND CREAMY.
5. SERVE WITH CRACKERS, TOAST, OR A SLICE OF BREAD.

### RECIPE TIP

💡 BUDGET TIP: CANNED CHICKEN WORKS PERFECTLY, AND FROZEN MIXED VEGETABLES CAN BE SUBSTITUTED FOR CANNED. LEFTOVER CHICKEN WORKS EVEN BETTER!



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## SPOOKY FUN FACTS



### FUN FACT 1



MANY HALLOWEEN TRADITIONS TRACE BACK TO THE ANCIENT CELTIC FESTIVAL OF SAMHAIN, WHICH MARKED THE END OF SUMMER AND BEGINNING OF WINTER.



### FUN FACT 2



IN IRELAND AND SCOTLAND, PEOPLE TRADITIONALLY CARVED TURNIPS AND OTHER ROOT VEGETABLES INTO LANTERNS. PUMPKINS BECAME POPULAR AFTER THE TRADITION CAME TO NORTH AMERICA.



### FUN FACT 3



TRADITIONS INVOLVING PEOPLE GOING DOOR-TO-DOOR FOR FOOD OR TREATS EXISTED IN EUROPE FOR CENTURIES BEFORE MODERN TRICK-OR-TREATING DEVELOPED.



### TRIVIA



WHAT WAS HALLOWEEN ORIGINALLY CALLED?

A) ALL HALLOWS' EVE B) HARVEST NIGHT C) SPIRITS' EVE D) WITCHING NIGHT



ANSWER: "A", ALL HALLOWS' EVE



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