

OCTOBER 2026

THE SANSBURY TIMES

MONTHLY NEWSLETTER



Making the World Better, One Choice at a Time

Much like the Dominican Sisters of Peace commit to standing in solidarity with the poor and advocating for positive change, we thought that it would be fitting to share some stories of others who have made lasting impacts to better their communities, and the larger world.

Our newsletter often recognizes notable historical figures in the monthly birthday portion. These are often short highlights that focus on their main reason for recognition and the first thing that comes to mind when someone hears their name.

This edition of the newsletter will share a couple of in depth stories about people who have changed lives and communities through their selfless ways. Hopefully they will be of inspiration, and will serve as a reminder of the ripple effect that can begin with even a smile.

Be the CHANGE
you want to see
in the WORLD.



Sansbury Care Center
2625 Bardstown Rd.
St. Catharine, KY 40061
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The Story Behind Hershey's Chocolate

We have all heard of Hershey's, and have likely had one of their delicious chocolates. It's a household brand that most everyone is familiar with. However, it's so much more than just a delectable treat. The story behind these chocolates, and how they changed an entire community, is admirable.

Milton Snavely Hershey was born on September 13, 1857, in Derry Township, Pennsylvania. His father left the family in 1867, and Milton was raised by his mother who instilled in him a remarkable work ethic. Milton had to leave school by the age of 13, and is reported to have had the education level of a fourth grader. He then expressed an interest in candy making and began apprenticing with a master confectioner in Lancaster, Pennsylvania. Four years later, Hershey borrowed \$150 from his aunt and set up his own candy shop in the heart of Philadelphia.

Milton had several failed business attempts. He went out west to Denver where he worked with a confectioner. It was there that he discovered caramel and how fresh milk could be used to make it.

The entrepreneur in Hershey wasn't content working for someone else, and he struck out on his own again—first in Chicago and later in New York City. In both cases, Hershey failed. In 1883, he returned to Lancaster. Still convinced he could build a successful candy company, Milton started the Lancaster Caramel Company. Success soon followed, and within a few short years, Hershey had a thriving business and was shipping his caramels all over the country.

At the World's Columbian Exposition in Chicago in 1893, Hershey got an up-close look at the art of chocolate making. He was immediately hooked. While his caramel business boomed, Hershey started the Hershey Chocolate Company. His fascination quickly became focused on milk chocolate, which was considered a delicacy and largely the domain of the Swiss. In 1900, he sold the Lancaster Caramel Company for an astonishing \$1 million. Three

years later, he began building a massive and modern candy-making facility in Derry Church. It opened in 1905, setting a new course for Hershey and the candy industry. His winning ideas included the Hershey Kiss in 1907, which the company's founder named himself. The trademark foil wrapper was added in 1924.

Although Milton Hershey is best known for being an American manufacturer who founded the Hershey Chocolate Corporation and popularized chocolate candy throughout much of the world, the story goes much deeper than that. As the company grew and Hershey's wealth expanded, so did his vision for creating a model community in his home region.

In the town that came to be known as Hershey, Pennsylvania, Hershey built schools, parks, churches, recreational facilities and housing for his employees. He even added a trolley system for his workers.

At his side for much of this philanthropy was his wife, Catherine, whom he'd married in 1898. Unable to have children of their own, the Hersheys focused a good portion of their giving on endeavors that affected kids. While he seldom wrote or read, and had been forced to leave school early, Hershey was driven to make sure those around him received a solid education. In 1909, the couple opened the Hershey Industrial School, a facility for orphaned boys. It has since become a landing spot for girls as well and is now known as the Milton Hershey School.

Milton and Catherine Hershey were scheduled to be on the ill-fated Titanic, which sank in 1912. In December 1911, Hershey and his wife Catherine made a \$300 deposit for a first-class stateroom on the Titanic's maiden voyage. However, before the ship set sail in April 1912, urgent work at his chocolate company called him back. He canceled the reservation and booked passage home on an earlier German liner called the SS Amerika, which coincidentally sent ice warnings to the Titanic during its crossing. The \$300 check sent to the White Star Line is preserved in the Hershey Archives.

In 1918, three years after Catherine's unexpected death, Hershey transferred much of his wealth, including his ownership stake in the Hershey Chocolate Company, to the Hershey Trust, which funds the Hershey School. A tour guide for the Hershey's Company shares that the school has been funded entirely on interest accrued, and the original fortune still remains untouched.

Hershey's philanthropy continued even when the economy struggled and he was nearing the end of his life. In the 1930s, during the Great Depression, Hershey ignited a building mini-boom in his town in order to keep men working. He ordered the construction of a large hotel, a community building and new offices for the Hershey Company.

During World War II, Hershey backed the country's military efforts by supplying forces with chocolate bars called the Ration D Bar and the better-tasting Tropical Chocolate Bar. To those who knew Hershey, his generosity wasn't surprising. Shy and reserved, Hershey had a quiet demeanor that contrasted greatly with that of many of America's other business titans.

Following his wife Catherine's death, Hershey never remarried and supposedly carried a picture of his late wife wherever he traveled. In keeping with the work ethic his mother instilled in him, Hershey continued to work well into his 80s. He died in Hershey, Pennsylvania, on October 13, 1945.

His legacy as a businessman and philanthropist continues to this day. The Hershey Chocolate Company has endured as one of the world's great candy makers, with brands that include Almond Joy, Mounds, Cadbury, Reese's and Twizzlers.

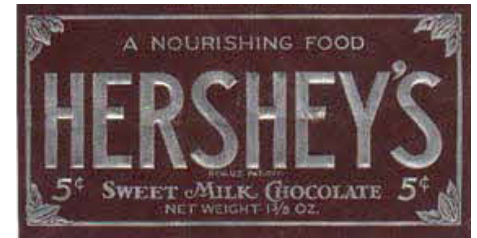
Just as impressive, if not more so, is the Milton Hershey School now serves about 1,900 students each year, while the M.S. Hershey Foundation, established in 1935, funds educational and cultural activities for Hershey residents.

I will remember this inspiring story of determination and generosity each time I enjoy one of the fine Hershey's chocolates.

Milton Hershey School



Milton and Catherine Hershey



In 1903, Milton Hershey built a model town for his workers with modern homes, free schools, and community facilities. He later added an amusement park, golf courses, a zoo, and more—believing that happy, well-supported employees were key to a thriving company.

Coat of Many Contributions

Dolly Rebecca Parton was born on January 19, 1946, in Pittman Center, Tennessee. She grew up in rural East Tennessee, with 11 siblings, in a tiny two-room cabin. Only God could have known the difference that this child, from the most humble of beginnings, would grow to make. Dolly embodied living a life of purpose.

We have all likely heard the country music song Coat of Many Colors. The song came out in 1971, and was a true story from the life of singer Dolly Parton. Her family had very little money. When she was six or seven years old, her mother, Avie Lee Parton, sewed her a winter coat made from colored fabric scraps. As she stitched the coat, her mother told her the Biblical story of Joseph and his coat of many colors to make Dolly feel special and rich. Dolly wore the patchwork coat to school with pride. Her classmates laughed and teased her because the coat was made of rags, but Dolly did not feel ashamed. Even as a child, she understood the deep love and care her mother put into the gift.

The life perspective and faith instilled in Dolly from a young age, by her mother, gave the young girl a confidence in herself that would take her to great places. Dolly could have gone to those heights on her own, but her humble heart meant that she would take others along with her on this journey. She changed people's lives for the better. The many things Dolly chose to do with her celebrity are inspirational.

Dolly Parton opened Dollywood on May 3, 1986, to create jobs and boost the economy in her home region of East Tennessee. She wanted to give back to Sevier County and honor her roots in the Great Smoky Mountains. Dolly had dreamed of sharing the authentic traditions, music, and crafts of Appalachia with the world. She decided to partner with Herschend Family Entertainment to transform an existing park (Silver Dollar City Tennessee) into a “mountain Disneyland”.

Parton originally launched the Dollywood Foundation, in 1988,

in her home county of Sevier County, Tennessee, with the goal of decreasing high school drop out rates. She then started the Buddy Program, in which Parton gave \$500 to every seventh and eighth grader who finished high school. According to the organization, the initiative was successful and the dropout rate declined from 35 percent to just 6 percent. In 1989, Parton offered a \$500 scholarship to every student in Sevier County who wished to attend Hiwassee College, a private, United Methodist-affiliated liberal arts college in Madisonville, Tennessee.

The Eagle Mountain Sanctuary opened at Dollywood in 1991. The 30,000-square-foot aviary managed by the American Eagle Foundation shelters the largest collection of “non-releasable” bald eagles. Parton’s efforts to preserve the bald eagle earned her the Partnership Award from the U.S. Fish and Wildlife Service in 2003.

In 1995, the Dollywood Foundation launched Imagination Library to "create a love for books and reading and give every child the start they need in education and life." This literacy initiative was founded in honor of Parton’s father, who was unable to read. The library began sending one book per month to each enrolled child in Sevier County from birth until their first year of school. The Imagination Library expanded into a global program that has gifted over 300 million free books.

A benefit concert was held in 2007 which raised \$500,000, and both Dollywood and Parton’s Dixie Stampede dinner theater pledged \$250,000 each to the project, for a total of \$1 million. LeConte Medical Center, the new hospital and cancer center in Sevier County, opened in 2010 and features a 30,000-square-foot Dolly Parton Center for Women’s Services.

The Smoky Mountains Rise: A Benefit for the My People Fund was held in 2016. The telethon aimed to help residents hit hardest by the devastating wildfires in Gatlinburg and Pigeon Forge. It raised more than \$13 million. To continue her wildfire relief efforts, Parton launched the My People Fund, which provided \$1,000 a

month for six months to families whose homes were completely destroyed amid the natural disaster. The fund also donated around \$8.9 million to those in need. The initiative still helps residents pay for rent and utilities, plus food and mental health resources.

Parton awarded a special merit scholarship of \$30,000 to two-year-old Evey Johns, in celebration of Imagination Library's accomplishment of shipping out one million books per month.

Following the release of her *I Believe in You* children's album, in 2017, Parton donated \$1 million to the Monroe Carell Jr. Children's Hospital at Vanderbilt University Medical Center. This was in honor of her niece, who was treated for leukemia at that hospital. Parton also donated \$1 million to coronavirus research at Vanderbilt University, in 2020, which helped fund Moderna's COVID-19 vaccine.

The Dolly Parton Scholarship was established in 2020, and awards a \$15,000 college scholarship to five high school seniors in Sevier County, Tennessee. According to the Dollywood Foundation, the scholarship is awarded to those who "have a dream they wish to pursue and who can successfully communicate their plan and commitment to realize their dreams."

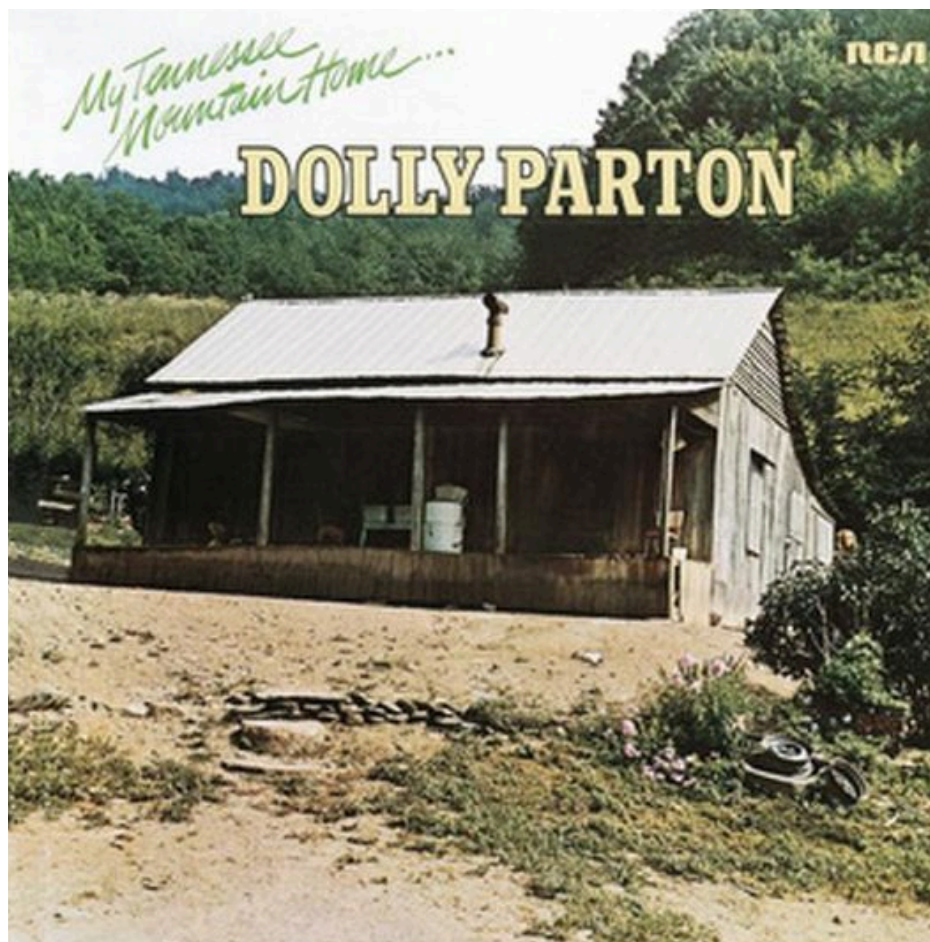
Parton and her Smoky Mountain businesses raised \$700,000 to help residents impacted by the catastrophic flooding in Middle Tennessee in October 2021. Parton chose United Way of Humphreys County to receive and distribute the donation at the suggestion of her friend and fellow country music legend Loretta Lynn. "After the Sevier County wildfires in 2016, Loretta was one of the first who reached out to offer anything she could," Parton said in a statement at the time. "It meant so much to me that Loretta — and so many folks — were ready to give in any way they could. This was just one small way I could help Loretta's people for all they did to help my people. I hope that this money can be put to good use to help the people of Middle Tennessee with what they need during their recovery."

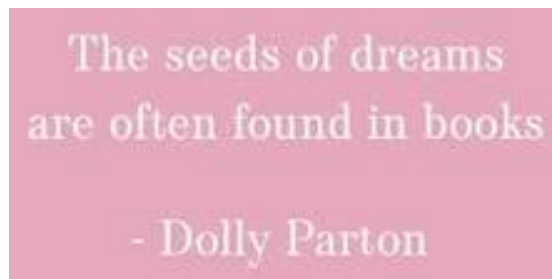
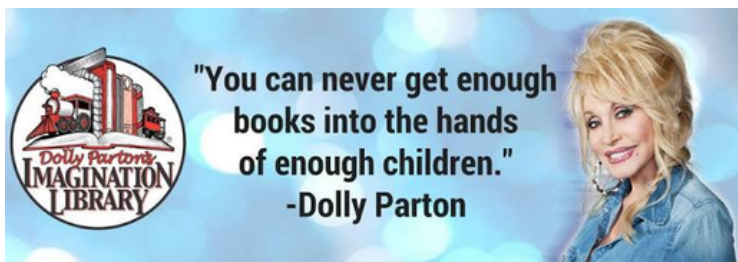
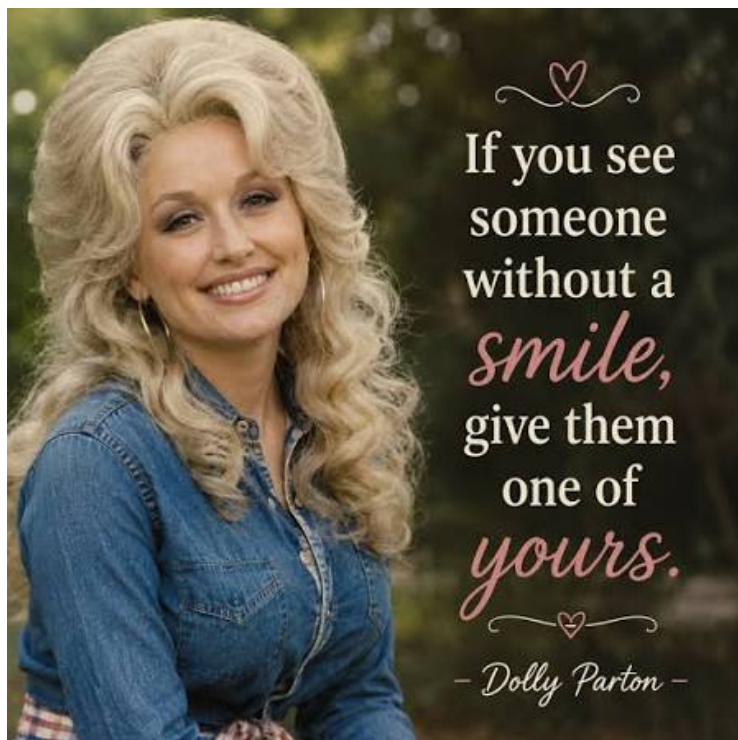
The Dollywood Co. announced in February 2022 that it will cover 100% of tuition, fees and books for any employee who is furthering their education. The investment in employee education was made via Herschend Enterprises, Dollywood's operating partner. The program is available to all seasonal, part-time and full-time employees at Dollywood Parks & Resorts. Herschend's GROW U offers more than 100 fully funded diploma, degree and certificate programs with 30 learning partners in areas including business administration and leadership, culinary, finance, technology and marketing. The company also provides partial funding — up to \$5,250 per year — for 150 additional programs in fields including hospitality, engineering, human resources and more. Employees can enroll in the program on their first day of employment.

Parton made yet another \$1 million donation to Vanderbilt University Medical Center in Nashville in June 2022, this time aimed at helping pediatric infectious disease research. The donation will aid Vanderbilt's Division of Pediatric Infectious Diseases to continue its effort in understanding how viruses and bacteria cause disease, understanding and preventing resistance to antibiotics, diagnosing and treating infections in children with cancer and more.

In December of 2023, Parton donated \$1 million to The Salvation Army, with the money allocated to food and grocery programs across the U.S. The organization said the gift would provide roughly 2.5 million meals to people in need. Following Hurricane Helene's devastation in the Southeast, Parton provided \$1 million from her personal funds for the Mountain Way's Foundation, which provides assistance to flood victims. Her East Tennessee businesses and the Dollywood Foundation pledged an additional \$1 million, bringing the combined contribution to \$2 million.

Dolly Parton's passing in August of 2026 was felt across the nation. Her philanthropic legacy continues to live on and benefit the lives of others. May she rest in peace.





Benefits of Eating Seasonally

Eating seasonally enhances your immunity because produce harvested at its peak contains a higher density of vitamins, minerals, and antioxidants compared to food forced to grow out of season or shipped over long distances. Nature naturally provides the specific nutrients your body needs to withstand the environmental challenges of each season—such as heavy Vitamin C during winter flu season. Here is how you can align your diet with the seasons to keep your immune system strong year-round.

During the colder months, spending more time indoors and dealing with less sunlight can challenge the immune system. Focus on foods that protect your respiratory tract and stimulate white blood cell production.

- **Citrus Fruits & Cranberries:** Oranges, grapefruits, tangerines, and fresh cranberries are at their peak. They deliver massive doses of Vitamin C to help fight off infections.
- **Root Vegetables & Winter Squash:** Sweet potatoes, carrots, butternut squash, and pumpkin are loaded with beta-carotene. Your body converts this into Vitamin A, which maintains the integrity of your respiratory mucosa (the first line of defense against airborne viruses).
- **Hearty Dark Greens:** Kale, Brussels sprouts, and spinach thrive in cooler weather. They offer a combination of vitamins A, C, and E, alongside gut-supporting fiber.
- **Warming Herbs & Alliums:** Garlic, ginger, and turmeric contain powerful antimicrobial and anti-inflammatory compounds.

As the weather warms, your body shifts toward lighter, hydrating foods that protect against cellular damage from increased sun exposure and keep your gut microbiome thriving.

- **Berries:** Strawberries, blueberries, and raspberries are rich in anthocyanins and antioxidants. These compounds shield immune cells from oxidative stress and environmental damage.
- **Fresh Spinach & Asparagus:** Early spring greens provide a burst of folate, Vitamin E, and iron to support cellular repair and energy production.
- **Bell Peppers & Tomatoes:** Summer bell peppers actually contain more Vitamin C than many citrus fruits, helping maintain skin barrier health and immune cell defense.

October Birthdays:

Sr. Patricia Rae McNamara - 24th

Sr. Helen Cahill - 29th



Happy Birthday!

Libra September 23rd - October 22nd

Charming, diplomatic, fair-minded, artistic, and social are traits that are often found in those born to this sign.



Scorpio October 23rd - November 21st

Passionate, intense, loyal, determined, and mysterious are traits that are often found in those born to this sign.

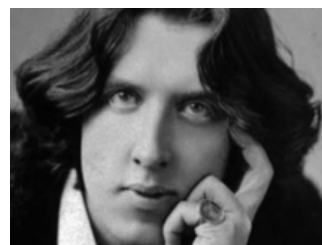


Famous People Born in October:

Noah Webster was born on October 16, 1758, in West Hartford, Connecticut. He studied at Yale University and is best known for his landmark two-volume dictionary which was published in 1828. It contained 70,000 entries and thousands of definitions unique to American life, establishing an independent identity for American English.



Oscar Wilde was born October 16, 1854, in Dublin, Ireland. He is most famous for his sharp wit, his only novel *The Picture of Dorian Gray*, and his brilliant comic play *The Importance of Being Earnest*.



Pablo Picasso was born on October 25, 1881, in Malaga, Spain. He demonstrated extraordinary artistic talent from a young age of 7, when he began training under his art teacher father. Picasso was a groundbreaking painter, sculptor, and co-creator of Cubism who revolutionized 20th-century art.



William Hubbs Rehnquist was born on October 1, 1924, in Milwaukee, Wisconsin. He served in the U.S. Army Air Forces, studied political science at Stanford University and Harvard University, attended Stanford Law School, clerked for Justice Robert H. Jackson, entered private practice in Phoenix, Arizona, served as a legal adviser, and was appointed by President Richard Nixon to U.S. Assistant Attorney General of the Office of Legal Counsel, in 1969. He served as the 16th chief justice of the United States from 1986 until his death in 2005..



Famous October Inventions:

The first clinical use of the “Iron Lung” (Drinker respirator) on a human was on October 12, 1928, at the Boston Children's Hospital. The patient was an 8 year old girl who was nearly dead as a result of respiratory failure due to polio. Her dramatic recovery within less than a minute of being placed in the chamber helped popularize the new device. The iron lung is a large horizontal cylinder designed to stimulate breathing in patients who have lost control of their respiratory muscles. The patient's head is exposed outside the cylinder, while the body is sealed inside. Air pressure inside the cylinder is cycled to facilitate inhalation and exhalation. Breathing in humans occurs via negative pressure, in which the rib cage expands and the diaphragm contracts, causing air to flow into and out of the lungs.



Just For Laughs:

- What do you call a nocturnal horse?
(A nightmare)
- What are married spiders?
(Newlywebs)
- What should you put on a dog with a fever?
(Mustard-because it's always good on a hot dog)
- What do witches order at hotels?
(Broom service)
- What is a bear in the fall rain?
(A drizzly bear)
- Where would ghosts buy their clothes?
(A boo-tique)
- What monster likes to play tricks on Halloween?
(Prank-enstein)

Leaves

by Elsie N. Brady



How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.



**My favorite color
is October.**



OPAL

October Birthstone

Opals, known for their iridescent play-of-color, symbolize creativity and inspiration. They're thought to enhance imagination and bring hope.

HAPPY OCTOBER



As God paints the world
with autumn colors, may
He paint your life with
blessings.

**Ah, Lovely October, as you
usher in the season that
awakens my soul, your
awesome beauty compels
my spirit to soar like a leaf
caught in an autumn breeze
and my heart to sing like a
heavenly choir.**

PEGGY TONEY HORTON

Upcoming Events:

Tuesday, October 6th - Resident Council Meeting @ 2pm, in the Dining Room

Friday, October 9th - Birthday Party @ 2pm, in the Dining Room

Tuesday, October 13th - Scenic Drive Outing (Sign up if interested)

Tuesday, October 20th - Shopping Trip to Dollar Tree (Sign up if interested)

Friday, October 23rd - Webcast @ 2pm, in the Chapel

Tuesday, October 27th - Meal Outing to BJ's/Bardstown (Sign up if interested)

Wednesday, October 28th - Living Rosary @ 1:30pm, in the Chapel

Friday, October 30th - Halloween Party @ 2pm, in the Dining Room

Did You Know?

- It takes about 36 apples to make one single gallon of hard cider.
- Cider is made from fermented fruit, and is technically a type of wine.
- Pure cider contains no gluten because it is made from apples rather than grains like barley or wheat.
- The first recorded mention of cider dates back to 55 BC, when Roman soldiers arrived in Britain and found local tribes drinking a fermented apple beverage.
- In the 14th century, cider was often considered safer and more sanitary to drink than local water supplies.
- Ground apple pulp left over from pressing is called pomace.
- In early American history, apple cider was consumed as commonly as water and served as a staple drink through the Civil War



Regular Events:

Restorative Exercises

Monday - Saturday @ 9:45am in the Dining Room

Bunco

Every Sunday @ 2:00pm in the Dining Room

Bingo

Every Monday & Thursday @ 2:00pm in the Dining Room

Mass

Every Sunday, Tuesday, & Thursday @ 10:30am in the Chapel, and on additional special occasions as announced



Lilia Linton's Massage Therapy

Wednesday,
October 21st

Please see a member of
the Activity Staff to
schedule your
appointment.



Sansbury Salon

Temporarily closed

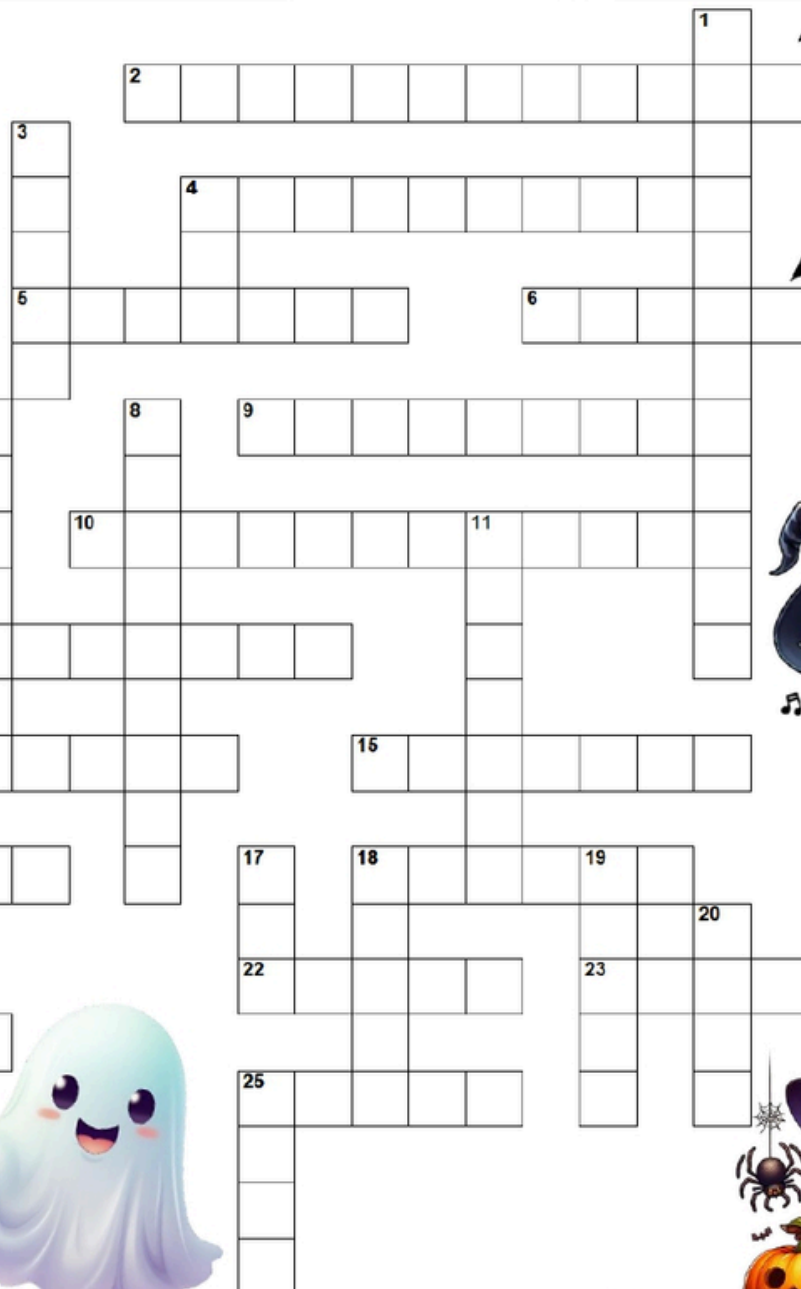


Please see a member of the
Activity Staff to discuss your hair
care needs

A heartfelt thanks goes out to our families for your continued support, and to our volunteers who give so much of their time to bring joy to our residents. You have servant hearts and we are glad that you share them with us!

OCTOBER

Crossword



Across

2. Tradition of going door to door for candy
4. What witches use to fly
5. Outfit worn for trick-or-treating
6. Fruit often picked in October
9. Triangular candy often eaten in October
10. Place where ghosts might live
12. Framework of bones often seen in Halloween decorations
13. Large fire often lit in October
15. Warm clothing worn in October
16. Color commonly associated with Halloween
18. Season in which October falls
22. Spooky spirit often seen on Halloween
23. Nighttime sky object that shines in October
24. Eight-legged creature that spins webs
25. Sweet treat kids collect on Halloween
26. Stalks used to make scarecrows

Down

1. Carved pumpkin with a light inside
3. Magical character who rides a broomstick
4. Flying creature associated with Halloween
7. Classic Halloween decoration
8. Figure used to scare away crows from fields
11. Gathering of crops in the fall
14. Color of pumpkins & Halloween
17. Misty weather often seen in October
18. Nut that falls from oak trees
19. Wrapped figure from ancient Egypt, often seen on Halloween
20. Sound made by an owl
21. Drink made from pressed apples
24. Something that might make you scream
25. Vegetable often found in autumn decorations

October Harvest

PMPUKIN

NCRO

AHETW

PPELA

SQUAHS

AOREWCRCSC

YHA

STAEVRH

DHCRAOR

VESAEL

UMANTU

AOCNR

GOUDR

TEBAKS

AOTRCTR

ARMF

RIAGN

ICEDR

PSRIC

FELISD

WSELROUFN

PAELM

ANBR

YBONTU

IEDHARY

EAGTRH

ELSAOASN

IFTESAVL

PCROS

LEATCIOEBRN





AUTUMN

WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

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

