Shrieks Galore

As darkness falls across Hollywood, the sound of shrieks rises with the howling wind. It’s October, which means that it’s time for Shriekfest, Los Angeles’ annual horror movie festival. From October 2–5, only the bravest audiences dare watch some of the scariest films in the business.

If you’re interested in getting your heart racing in time for Halloween, there are many classic horror movies to choose from for your own Shriekfest. Any list is sure to include a few by Alfred Hitchcock, and perhaps Hitchcock’s most famous film of all is *Psycho*. Many consider this psychological thriller to be the “mother” of all horror movies and the first slasher flick.

Boris Karloff played many memorable and frightening characters, including Frankenstein’s monster in *Bride of Frankenstein* and the mummy Imhotep in *The Mummy*. Only Bela Lugosi rivaled Karloff in stature amongst horror actors. Lugosi is famous for his portrayal of Dracula in 1931.

Steve McQueen made his debut in a leading role in 1958 as a teen facing off against *The Blob*. The movie’s title song, written by Burt Bacharach and sung by the Five Blobs, became a hit in the U.S.

If you’d prefer to mix some laughs with your shrieks, look no further than *Abbott and Costello Meet Frankenstein*. In this horror comedy, the duo not only meet Frankenstein’s monster but they also encounter Dracula and the Wolf Man. The film proved such a hit that Abbott and Costello followed up with films featuring the Invisible Man, Dr. Jekyll and Mr. Hyde, and the Mummy.

This October don’t be afraid of things that go bump in the night— watch them on TV instead.
A Good Egg

Every year, the second Friday in October is World Egg Day. Why should we celebrate the egg? There are at least a dozen good reasons. First off, eggs are incredibly healthy. They contain some of the highest quality proteins of any food. For this reason, they are an invaluable food resource. Egg farmers around the world have joined the Good Egg Project, both to educate people about the goodness of eggs and to donate over 22 million eggs to hungry people worldwide.

But what about cholesterol? Aren’t eggs supposed to be high in this unhealthy substance? While it is true that eggs contain a lot of cholesterol, 200 milligrams to be precise, it is largely a myth that eating eggs will raise your cholesterol to dangerous levels. The body produces its own cholesterol, far more than is eaten in an egg, so the eating of eggs does little to harm the body. Furthermore, cholesterol is vital to repairing cells and balancing certain hormones.

What about egg yolks? Aren’t they high in fat? While yolks do have about five grams of fat per egg, yolks are also full of protein; vitamins A, D, and E; and choline, a nutrient essential to brain development. When you skip the yolk, you miss out on half the nutritive value of eggs.

Hens typically lay an egg in the morning between the hours of 7 and 11. It takes 24 to 26 hours to develop an egg, and once the egg is laid, a hen begins to produce another egg 30 minutes later. Some people say that the deeper the color of the egg yolk, the better the egg. Yolk color depends on the pigments in the hen’s feed. Farmers may even feed their chickens marigold flower petals to enhance the golden color of their egg yolks. So how best to celebrate World Egg Day on October 10? Try a fried, scrambled, hard-boiled, soft-boiled, deviled, or poached egg, of course.

good things in small packages

no, this isn’t an editing mistake. october 14 is lowercase day. the rules of capitalization are so confusing, we all deserve a break from them for one day. so feel free to not capitalize proper nouns, like days of the week, months, titles, or medical conditions named after a person.

perhaps the poet e. e. cummings began this fad back in the early 20th century. cummings was known for both signing his name and writing entire poems strictly in lowercase letters. some say he did this because he simply wanted to be different. others contend that he wanted all words and thoughts to bear an equal weight and importance. using all lowercase letters was a way of establishing an equality of words, where readers could decide what was important. as cummings wrote:

“if you like my poems let them walk in the evening, a little behind you”

if you like writing and reading in lowercase letters, let those lowercase words wander wherever they wish for one day.

Babbling Blatherskites

Blatherskites rejoice, for October 21 is Babbling Day, a day to let your mouth chatter on and on about anything and everything. Babbling is an important stage in child development, where infants experiment with language. Glossolalia is a different type of babbling, also known as speaking in tongues. Christians who spontaneously speak in strange syllables are thought to have been granted a spiritual gift from God or are said to speak the language of angels. Perhaps the word babble comes from the story of the Tower of Babel from the Bible’s Old Testament, where God made all the humans speak different languages so that they could not understand each other. We could go on, but perhaps we’ve babbled on too much about babbling already…
**Raining and Pouring**

Rain forests cover 7% of Earth’s surface but are home to nearly 50% of Earth’s species. These amazing hothouses of diversity receive their due October 12–18, World Rainforest Week.

At 1.7 billion acres, the Amazon is the largest rain forest in the world. It contains one-fifth of the world’s plants and birds and one-tenth of all mammal species. But there are many other important rain forests as well, such as Africa’s Congo rain forest, the Valdivian rain forest of Chile and Argentina, Southeast Asia’s rain forests, the Daintree rain forest in Australia, and even the Tongass forest of southeastern Alaska. All of these forests have one thing in common: a lot of rain. Each year, these forests receive between 98 and 177 inches worth.

When people think of rain forests, they most often think of the tropics, which are hot and steamy, never getting colder than 64 degrees. However, temperate rain forests, such as those found in the Pacific Northwest, Ireland, Scotland, East Asia, and Australia, have temperatures that sometimes fall below freezing.

These vast forests play an important role in removing carbon dioxide from the atmosphere. The water released into the atmosphere by jungle plants also influences global climate and ocean currents. One of the most important contributions rain forests make to humanity is the incredible bounty of medicines derived from jungle organisms. Nearly 90% of diseases can be treated with prescription drugs derived from nature. A South American snake’s powerful venom has been used to reduce blood pressure and treat hypertension. Madagascar’s periwinkle shrub is used to treat tumorous cancers such as non-Hodgkin’s lymphoma and acute lymphocytic leukemia. The bark of a deadly poisonous South American vine is used to treat people with MS and Parkinson’s disease. Only time will tell what other treasures the world’s rain forests hold.

**Everybody Loves Lucy**

On October 15, 1951, Lucille Ball brought her sitcom *I Love Lucy* to television audiences. The show’s plot was relatively simple: the naïve and ambitious wife of a popular bandleader strives for attention despite her obvious lack of talent. Luckily, the actor who played this character, the inimitable Lucille Ball, had plenty of talent. Her comedic genius propelled this television show to the top of the charts. *I Love Lucy* was America’s most-watched show for four of its six seasons. It won five Emmy awards and a George Foster Peabody Award for excellence.

*I Love Lucy* was the first television show to be filmed using multiple cameras in front of a live studio audience, though many said such a production could not be done. This live audience proved vital, as it provided a real-life laugh track for the sitcom. Most episodes were filmed in just 30 minutes. Production didn’t stop for actors’ mistakes. If an actor forgot a line, it was up to the other actors to bail them out. Just about the only time production did slow down was for Lucy’s big costume changes. But the comedy kept on coming, and *I Love Lucy* became a sensation.

**Fun on the Cheap**

You don’t need to spend a fortune to have a good time. Perfect the art of frugal fun on October 4, 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 you five dollars or less to enjoy. You can also expand your idea of frugal fun by planning a frugal romantic dinner, learning something new on the cheap, or even crafting with inexpensive recycled materials. Frugality is a mindset. Money is neither the way to solve problems nor to find happiness. With a little creativity, you can save money, solve problems, and have a good time.
Healthy Skepticism

Don’t take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history’s most famous events. For example, many doubt that humans first walked on the moon in 1969. They instead insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico’s infamous Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working together to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? It seems that the key to healthy skepticism is to know when to accept the truth even when it is different from what you may have expected. Self-denial is a natural defense mechanism. No one wants to feel hurt, especially when it’s the truth that hurts. Perhaps the most important attribute of being a good skeptic is knowing and accepting the truth when you see it. What good is seeking the truth if you refuse to accept it? On October 13, International Skeptics Day, don’t be afraid to question authority and doubt the opinions of others, but also don’t be completely without trust. Then again, skeptics may doubt that anyone is trustworthy.

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.

October 2014

Joseph Lewellyn – October 5
Gary Stokes – October 7
Nicholas Mottley – October 7
Ruth Grayson – October 10
Margaret Singer – October 11
Corinne Ashmore – October 11
Estella Buie – October 11
Janice Bawgus – October 12
Therese Weber – October 13
Jerome Armore – October 13
Walter Thompson – October 16
Joann Little – October 20
Frances Brocato – October 30

Holy Guacamole

Avocados have a long and storied history in the Americas. When the Spanish explorer Hernán Cortés met Montezuma in 1519, the Aztec ruler presented Cortés with a mountain of treasure, including gold, silver, gems, and “alligator pears,” fruits otherwise known as avocados. From October 3–5, California will hold the avocado in similarly high esteem during their Avocado Festival.

Avocados are considered high in fat, but the fat is good for you! These fats act as anti-inflammatories and even fight heart disease. That’s something to celebrate. Each year the Avocado Festival smashes 2,000 avocados to create a giant bowl of guacamole to feed the 12,000 visitors in attendance. After the chips and dip, participants join in the Best Dressed Avocado competition, where avocados are displayed like Mr. Potato Heads.
HEALTHCARE MANAGEMENT TEAM, SYKESVILLE, MD

JOHN WHITE, NHA – Senior Administrator

KIM DRAKE, AIT, RD, CSG, LDN – Administrator in Training

MARJORIE SIMPSON, PhD, CRNP – Vice President, Nurse Practitioner Services

CONNIE CRAWFORD, RN – Director of Nursing

LINDA KARMALA, RN – Assistant Director of Nursing

IAN ROHE, LPN – Marketing/Clinical Liaison

KRISTEN ALLEN – Admissions Coordinator

TOM HOUSER, LPN – 1st Floor Unit Manager

RASHEED AKINSANYA, LPN – 2nd Floor Unit Manager

DEBBIE GRIGSBY, LPN – 3rd Floor Unit Manager

JANE OZOR, RN – Evening Supervisor

ROSE KELLEY, RN – Weekend Supervisor

GREG LORCH, DH-LPTA, MHA, CST – Director of Rehab Department

LISA TIMMONS – Director of Human Resources

MICHELLE MOORE, LCSW – Director of Social Work

JERRI VINCENT, BSW – Social Services

MEREDITH FARGNOLI, RD, LDN – Dietitian

RICHARD COLEMAN – Food Services Manager

JULIO CASANAS – Area Plant Director

CARLOS SHARP – Housekeeping & Laundry Supervisor

TOWANDA JORDAN – Business Office Manager

SANDI Mc DIVITT – Business Office Manager

DONNA BARNETT, AC-BC, ADC/MC, CDP, Editor “Sunbeams”

Life Enrichment Director
Celebrating the Orioles this month!

Transitions Healthcare Orioles Team

Carroll County
ABSENTEE VOTING
October 22, 2014
1:00 pm
Game Room
RESIDENT BANKING NEEDS

BUSINESS OFFICE IS LOCATED ON THE 3RD FLOOR
MONDAY – FRIDAY HOURS
9:00 AM – 4:00 PM
~
SATURDAY – SUNDAY
SEE FRONT DESK RECEPTIONIST
10:00 AM – 4:00 PM

OCTOBER BIRTHDAY CLUB

THURSDAY, October 23, 2014
4:30 pm
1ST FLOOR DINING ROOM

Entertainment by: Bob Stout
Welcome to Transitions Healthcare Sykesville Community

Paula Singara
Peter Farrell
Kevin Kern
Scott Morris
Robert Shepard
Ernest Colvin
Florence Creegan
Linda Dill
Arthur Dumler
Deborah Gamber
Kenneth Harrison
Emily Jasko
Kevin Kern
Brenda Lamb
Gladys Latimer
Junaita Leonard
Joann Little
Jaqueline azize
Shirley Manuel
Morris Scott
Barbara Selby

Staff, Family, Friends and Volunteers Express Their Sympathy To The Families Of:

Snehlata Vakil
George Riddle
Ethel Edge
Harry Coyle
Albert Hierstetter
John Tyler
Dwight Woodie

God is No Stranger
By: Helen Steiner Rice

God is no stranger in a faraway place,
He’s as close as the wind that blows ‘cross my face.
It’s true I can’t see the wind as it blows,
But I feel it around me and my heart surely knows
That God’s mighty hand can be felt every minute
For there is nothing on earth that God isn’t in it,
The sky and the stars, the waves and the sea,
The dew on the grass, the leaves on a tree
Are constant reminders of God and His nearness?
Proclaiming His presence with crystal-like clearness
So how could I think God was far, far away?
When I feel Him beside me every hour of the day,
And I’ve plenty of reasons to know God’s my friend
And this is one friendship that time cannot end.
Transitions Healthcare Sykesville proudly serves our community with a beauty/barber shop for all your hair needs.

Brenda Souders, Beautician welcomes new customers and happily serves those who use her services weekly with reasonable prices.

Beauty Shop Forms are available on the Beauty Shop door and in the Receptionist / front office.

The beauty shop is located on the first floor and is easily accessible from the elevators.

HOT DOG!

RESIDENT COUNCIL FUNDRAISER

11:00am & 4:00pm THURSDAY OCTOBER 23RD

GAME ROOM

Help raise funds for the Resident Council!

Thank you for your support!
Looking forward to seeing all the familiar faces as well as new ones!

Resident Council Officers

Matt Tiffany, President
Room 109B

Ron Mattern, Vice President
Room 109 D

Carole Kluge, Social Secretary
Room 102D

Robert Richardson, Chaplain
Room 107 A

We as residents of Transitions Healthcare Sykesville are very proud of our very active Resident Council members." This meeting is where "WE” can voice our opinions/concerns and help plan our activity schedule. Everyone is invited! You are needed to attend this very important meeting! The Resident Council is open for suggestions and problem solving.

No Concern is too little or too small!
Outdoor Lunch with Carole Carlson

The Dietary Team

“For Patients, For Staff, For Success!”
Celebrate National Food Service Week
October 6th -12th
Big Belly Deli

Resident Council Sponsored Carry-In Lunch was enjoyed by many residents in September!