

Transitions Times

Transitions Health Care LLC, 8850 Barnes Lake Road, North Huntingdon, PA 15642



Celebrating October

Emotional Wellness Month

Vegetarian Awareness Month

Mystery Series Week

October 1-7

Guardian Angels Day

October 2

Columbus Day *October 9*

Face Your Fears Day

October 10

Children's Trick Or Treat

October 26

Fall Vendor's Show

October 28

All Hallows Eve

October 31

Go Nuts for Squirrels in October

Squirrels will be busy throughout October burying nuts in the ground in preparation for the long, cold winter. No wonder October is both Squirrel Awareness Month and Nut Month. Nuts such as acorns, hickory, pecans, and black walnuts are the most important part of a squirrel's diet, for they give the squirrel the protein and fatty acids they need to survive. But the truth is that squirrels, like humans, require a balanced diet to stay healthy. They may love nuts, but they also need to eat berries, seeds, young plants, and even insects to get the nutrition they need. Like humans, squirrels also sometimes don't realize that too much of a good thing could make them sick. Many squirrels adore peanuts, but peanuts can harbor a fungus in their shells that is poisonous to squirrels.

These furry critters, often seen scurrying up and down trees in the backyard, are easy to take for granted. Yet the squirrel is a highly adaptable animal; there are 285 different species located all over the world. Tree squirrels, such as North America's eastern gray squirrel, play an important role in forest regeneration. The gray squirrel often eats damaged seeds and nuts first and stores the best seeds to eat later. Burying these seeds gives hardwood trees a greater chance to thrive. With a 17-inch body and a 20-inch tail, the Indian giant flying squirrel is impressive for its size and has the ability to soar up to 300 feet. These squirrels do not really fly but glide on thin membranes of skin that are attached to their front and hind legs like a parachute. Ground squirrels, including marmots, woodchucks, and prairie dogs, have evolved to live outside of forests, instead digging vast underground burrows in mountains and grasslands. These species, unlike their tree-dwelling cousins, are also highly social and communicative. The next time you watch the silly acrobatics of these backyard visitors, take some time to appreciate how squirrels have been able to find success in habitats all over the world.

A Curious Holiday



If you're intrigued by the great mysteries of the world—from UFOs to the Bermuda Triangle to the strange statues of Easter Island—then you'll love Curious Events Day

on October 9, a day to indulge your favorite conspiracy theories. Here are a few doozies:

Stonehenge remains one of the world's most mysterious places, with scientists still baffled as to how and why it was built. The structure, made of 100 stone monoliths arranged in a circular pattern, is not only 5,000 years old but also took over 1,500 years to build. Perhaps the most curious puzzle of all is that many of the monoliths are bluestones, the smallest of which weigh several tons, and are believed to have been quarried 200 miles away. How did these prehistoric humans, with the most primitive of tools, extract and transport these hulking stones? And why? While many have theories as to the purpose of Stonehenge—burial ground, astronomical calendar, ceremonial site, center of magic—there is no evidence as to its purpose.

Under the crystal-clear waters of Bimini Island in the Bahamas lies a strange sight—a half-mile-long structure composed of rectangular limestone blocks resembling a wall or road. Divers who first discovered the site in 1968 immediately believed that it was manmade. Many scientific explorations have yielded varying results. Despite the insistence that the wall is a naturally occurring phenomenon of beachrock typical to the area, some believe that this underwater causeway is evidence of the lost city of Atlantis.

In 1954, a man landed at the Haneda Airport in Japan and presented his passport to immigration officers. The only problem was that his passport was from Taured, a country the man claimed existed on the border of Spain and France. His Taured passport had been stamped from many countries. The man, distraught when told his country did not exist, was taken to a hotel by local police, but he disappeared overnight, along with his official Taured passport and driver's license.

FALL VENDOR'S SHOW OCTOBER 28, 2017

11:00 – 2:00

LOTS OF VENDORS, BAKE SALE, FOOD FOR SALE, 50/50 RAFFLE AND CHINESE AUCTION

**WE STILL HAVE ROOM FOR A FEW MORE
VENDORS!!! SEE THE ACTIVITY
DEPARTMENT TO RESERVE YOUR TABLE.**

.....
The Activity Department is in need of baked goods for the Vendors show bake sale. Please sign up near the time clock if you would like to donate baked goods.

.....
The Activity Department will have a Yard Sale table at the Vendor's show this year. If you would like to clean out those closets and donate resellable items please bring them in any time prior to October 28th.

.....
Transitions Health Care would like to welcome our new Director of Nursing, **Tammy Stollar!**

.....
Transitions Health Care would like to welcome our new Business Office manager,
Staci Gaffney!

.....
Homemade Candy Sale
Friday, October 13, 2017
11:00-3:00
In the lobby

CHILDREN'S TRICK OR TREAT THURSDAY OCT. 26

6:00-8:00

CHILDREN AND GRANDCHILDREN OF RESIDENTS STAFF AND UP TO AGE 12 ARE INVITED.

**PLEASE SEE THE ACTIVITY DEPARTMENT
TO MAKE A CANDY DONATION.**

Nightmares and Moonlight



In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's fictional novel about a mad scientist who created a monster. More

interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.

In June of 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her stepsister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned *Frankenstein*.

In a preface to her book written in 1831, Shelley wrote about how she suffered from a lack of ideas. After staying up late philosophically discussing "the nature and principle of life," and how one Dr. Erasmus Darwin had attempted to make dead matter move by administering electrical jolts, Shelley fell asleep only to be hounded by a nightmare: a man attempting to breathe life into a terrifying figure. She awoke with a start to find bright moonlight streaming in through her window. She realized that if the dream had frightened her, then it would frighten audiences. On the next morning she began writing *Frankenstein*. Of all the writers present, only Shelley finished her novel.

Mary Shelley's *Frankenstein* has become world-famous and is lauded as the first science fiction story ever written. It is also a philosophical masterpiece, examining the relationship between creator and created, and forcing us to wonder how much knowledge is too much. And of course, it is important to remember that Frankenstein is the name of the doctor, not the monster that the doctor created.

CONGRATULATIONS TO OUR SEPTEMBER KUDOS WINNER

Teresa Vitagoy, RN



CONGRATULATIONS!

Transitions Resident Council recognizes
Evenyn Kominsky, CNA
As an outstanding employee for October



Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Assistant Director of Nursing
Danielle Lowry, Admissions Director
Staci Gaffney, Business Office
Rob Kalas, Social Service Director
Kim Bartos, Environmental Services
Jackie Austin, Dietary Manager
Marsha Kirker-Bozich, Life Enrichment
Director

OCTOBER OUTINGS AND SPECIAL EVENTS

OCT. 3 OCTOBERFEST WITH MUSIC
BY JOE LEGE

OCT. 11 AUTUMN CRAFTS WITH
CARING HOSPICE

OCT. 13 ACORN DAY

OCT. 16 STORYTELLING BY
RICK BRUENING

OCT. 19 LUNCH OUTING AT
RED ROBIN

OCT. 26 CHILDREN'S TRICK OR TREAT

OCT. 26 FALL VENDOR'S SHOW

OCT. 30 FALL COUNTRY
VAN RIDE

RECIPE OF THE MONTH

Pumpkin Caramel Cookies

Ingredients:

- 1/2 cup salted butter, room temperature
- 1 1/2 cups sugar, divided
- 1/3 cup canned pumpkin puree
- 1/2 teaspoon vanilla extract
- 1 1/2 cups flour
- 2 tablespoons + 1/2 teaspoon ground cinnamon, divided
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 (14-ounce) bag caramel candies (such as Rolos or Kraft Caramels), unwrapped

Directions

1. Line two baking sheets with parchment paper.
2. Whip butter and 1 cup sugar in the bowl of a stand mixer until fluffy. Add pumpkin puree and vanilla and mix until combined.
3. Combine flour, 1/2 teaspoon cinnamon, pumpkin pie spice, baking soda, and baking powder in a medium bowl. Add to the butter mixture and beat on low until just combined.
4. Cover and chill for 30 minutes.
5. Scoop dough by rounded tablespoonful and place one caramel in the center of each dough ball. Wrap dough around the caramel. Place on prepared baking sheets. Cover and chill until firm (about one hour).
6. Preheat oven to 350°F.
7. Combine 1/2 cup sugar and 2 tablespoons cinnamon in a shallow bowl. Roll each dough ball in the mixture, coating completely.
8. Bake 13–15 minutes. Allow to cool on baking sheets before serving.

Makes 28 servings



October Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Oct. 7	Sandra Geisler
Oct. 3	Elise Hartsoe
Oct. 6	John Weber
Oct. 14	Eva Loughner
Oct. 18	Edith Geisler
Oct. 20	Robert Ford
Oct. 28	Kathleen (Cass) Sofaly
Oct. 28	Paul Schultz

HUMOR CORNER

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat!"

