

SEPTEMBER 2018

TRANSITIONS TIMES

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



Celebrating September

Sewing Month

World Alzheimer's Month

Classical Music Month

Labor Day: U.S.

September 3

Grandparents Day

September 9

Line Dance Week

September 10-15

CARNIVAL DAY

September 21

AUTUMN BEGINS

September 22

Johnny Appleseed Day

September 26

Newsworthy

Perhaps we take for granted the convenience of finding our daily newspapers on the front stoop or in the mailbox. On September 4, give extra thanks to our delivery boys and girls on Newspaper Carrier Day, for it was on this day in 1833 that New York City news publisher Benjamin Day hired the very first paperboy, 10-year-old Barney Flaherty. Day's advertisement looking for help requested "steady men" for the job, but Flaherty proved a sincere and hardworking lad. Soon, boys and girls could be found manning the city's street corners yelling, "Extra! Extra! Read all about it!"

Nowadays, newspaper carriers are a rare breed. A 2016 study showed that in the United States, only two out of 10 adults get their news from an actual paper. More than half of us watch the news on television. But a recent 2017 survey showed that 67% of all Americans now get the latest news through social media outlets like Facebook and Twitter. Cell phones have dramatically contributed to this change, with 72% of Americans using their phones to find out the latest headlines. While many lament that print newspapers are going obsolete, there is some good news: journalism is actually getting better.

The world is better informed today than it has ever been. Thanks to cell phones, people can follow the news with a few quick swipes of the finger. Moreover, journalists have better access to the technology that allows them to uncover facts and stories, as well as to widely distribute those facts. So, the good news is that there is a lot of good news out there. However, with so much news out there competing for our attention, it has never been more important to check the news for ourselves and get our facts straight. While those printed newspapers delivered by our celebrated newspaper carriers undergo rigorous editorial processes, sometimes online outlets do not. Reading the news is a responsibility we should all take seriously.

RECIPE OF THE MONTH:

Chocolate Coconut Bars

Ingredients:

- 1/2 cup salted butter, melted
- 1 1/2 cups graham cracker crumbs
- 1 (14-ounce) can sweetened condensed milk
- 2 cups chocolate chips
- 1 cup butterscotch morsels
- 1 1/2 cups coconut

Directions

1. Preheat oven to 350°F.
2. Combine butter and graham crackers in the bottom of a 9 X 13-inch baking pan. Press mixture evenly into the pan, covering the bottom completely.
3. Pour condensed milk evenly over crust.
4. Sprinkle remaining ingredients evenly over condensed milk.
5. Bake 25 minutes. Allow to cool before cutting and serving.

Makes about 45 servings



HUMOR CORNER

The term *blooper* originates from the wartime censorship of documents and correspondence and is short for the “blue pencil” that had been used to cross out anything unacceptable.

HEADLINE BLOOPERS:

1. Something Went Wrong in Jet Crash, Experts Say
2. Include Your Children When Baking Cookies
3. Police Begin Campaign to Run Down Jaywalkers
4. Iraqi Head Seeks Arms
5. Panda Mating Fails; Veterinarian Takes Over
6. Teacher Strikes Idle Kids
7. Miners Refuse to Work After Death
8. War Dims Hope for Peace
9. If Strike Isn't Settled Quickly, It May Last a While
10. Man Struck by Lightning Faces Battery Charge
11. New Study of Obesity Looks for Larger Test Group
12. Kids Make Nutritious Snacks
13. Local High School Dropouts Cut in Half
14. Typhoon Rips Through Cemetery: Hundreds Dead
15. Lawyer Says Client Is Not That Guilty
16. Fried Chicken Cooked in Microwave Wins Trip
17. Woman Improving After Fatal Crash
18. Georgia Peaches California Grown 89 Cents lb.
19. Properly Drafted Will Reduces Anxiety After Death
20. Man Found Dead in Cemetery
21. Publicize Your Business Absolutely Free! Send \$6
22. Bugs Flying Around with Wings Are Flying Bugs
23. Diana Was Still Alive Hours Before She Died
24. Federal Agents Raid Gun Shop, Find Weapons
25. Total Lunar Eclipse Will Be Broadcast Live on Northwoods Public Radio

Oktoberfest in September

The annual German celebration of Oktoberfest begins on September 22, which is confusing to many. Why would a festival named for the month of October actually begin a month early? It wasn't always the case.



Oktoberfest began as a fabulous wedding celebration on October 12, 1810, when the Bavarian Crown Prince Louis married Princess Therese von Saschen-Hildburghausen. The Bavarian royal family invited all the citizens of Munich to celebrate the occasion on the fields in front of the palace gates. The fields were named *Thereseinwiese*, "Therese's meadows," in honor of the bride. For five days, the people

of Munich ate, drank, danced, and otherwise partied to their hearts' content. Finally, on the last day, a dramatic horse race ended the reveling. The townspeople had to wait only a year before the celebration was held again, and then every year afterward as an annual festival. Over the years, it became bigger and better.

Oktoberfest became an agricultural fair, showcasing the bounty of Bavaria's farms. Carnival games like bowling and tree climbing were added, and prizes were awarded. So much was packed into Oktoberfest that organizers had no choice but to extend the celebration to 16 and sometimes 18 days. Finally, it was decided that October was far too cold for such an event. The shorter days meant chilly nights, so the start of Oktoberfest was moved to September, and no one ever bothered to change the name—not that anyone even cared, for Oktoberfest has always been a point of pride for Bavarians. It is still celebrated today as the world's largest *Volksfest*, or beer festival and fun fair. Indeed, the Bavarian beer halls and their Oktoberfest beer are famous. Since 1887, participating breweries have enjoyed their own parade to kick off the festivities. And since 1950, the celebration has officially begun with a 12-gun salute and the tapping of the first keg of beer by the Lord Mayor of Munich. As they say in Bavaria, "Prost!"

SEPTEMBER OUTINGS AND SPECIAL EVENTS

- 5TH ...FOOD COMMITTEE MEETING**
- 6TH ...MANAGER'S BONUS BINGO**
- 7TH ...PICNIC AT INDIAN LAKE**
- 13TH ...DOLLY AND BILL HALAS' 60TH ANNIVERSARY WITH ENTERTAINMENT BY KAITIN CONTI**
- 19TH ...ICE CREAM ON WHEELS**
- 21ST ...CARNIVAL DAY**
- 25TH ...SHOPPING AT 5 BELOW**
- 26TH ...RESIDENT COUNCIL MEETING**
- 28TH ...RESIDENT BIRTHDAY PARTY WITH ENTERTAINMENT BY BENNY MEYER**

A Hummer of a Bird



September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

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CONGRATULATIONS!
Transitions Resident Council
Recognizes
Marlene Sudie, Housekeeping
As an outstanding employee for
September 2018

Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Asst. Director of Nursing
Rachel McGrew, Admissions Director
Sandy Bertani, Business Office Mgr.
Rob Kalas, Social Service Director
Marsha Kirker-Bozich, Life Enrichment
Director
Jackie Austin, Dietary Manager
Mark Wargo, Maintenance Director
Kim Bartos, Environmental Services

September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

September Birthdays:

4th... Stephen H.
5th... Mary D.
6th... Cynthia B.
14th... Jacquelyn P.
15th... Catherine Y.
18th... Margaret B.
19th... Wayne B.
20th... Margaret F.
23rd... Anne M.
27th... Donna H.
29th... Nellie N.



Don't miss Carnival Day
Friday Sept. 21
9:30 - 4:00

*****NOTICE*****

If you are interested in voting in the November election please see the activity department for absentee ballot applications. Applications for absentee ballots need to be received no later than October 19th and completed ballots need to be received by November 2nd.