

SEPTEMBER 2017

# Transitions Times

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



## Celebrating September

**International Square  
Dancing Month**

**Library Sign-Up Month**

**Ice Cream Shake Month**

**College Colors Day**  
*September 1*

**Opposite Day**  
*September 9*

**Assisted Living Week**  
*September 10–16*

**International Country  
Music Day**  
*September 17*

**Love Note Day**  
*September 26*

**Good Neighbor Day**  
*September 28*

## Television's Fall Feast

It's September, and that means it's time to ring in another new season of television. Why does the television season begin in September? This harkens back to the days of radio, when new radio shows would begin their runs in September, continue through the winter into the spring, and then take the summer off when most people spend time outside away from their radios and televisions. September is also an important time for television networks because the Nielsen Company begins its measurement of television audiences and ratings. The better the ratings for a television show, the easier it is for a network to sell advertising. So September marks a frantic time for television makers, raters, and advertisers, not to mention fans awaiting the return of their favorite shows like NBC's *This Is Us* and the premieres of new ones such as CBS's *Young Sheldon*, a spin-off of the wildly successful comedy hit *The Big Bang Theory*.

Great classics like *Cheers*, *M\*A\*S\*H*, *All in the Family*, *The West Wing*, and *Seinfeld* adhered strictly to the September schedule. However, cable now competes with network TV for dominance. Cable channels HBO, Showtime, and Starz all draw Hollywood talent for their small-screen gems, such as *The Young Pope*, *American Gods*, and *Game of Thrones*. And cable shows do not have to air in September. They can premiere new shows whenever they want.

Even more disruptive of television is streaming video. Netflix, Hulu, and Amazon Prime all offer shows that can be accessed only by paying for their particular service. The advantage is that you no longer have to pay for cable to watch popular shows like *House of Cards*, *The Handmaid's Tale*, and *Mr. Robot*. Viewers can watch them whenever they like directly from a computer, smartphone, or Internet-connected television. September may offer a bonanza of new network television, but there are countless ways to watch new shows all year long.

## Hitting the Century Mark



What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents

of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

## Calling All Rock Hounds

September 16 offers a holiday for all the rock hounds, from the professional geologist to the casual collector at the beach. It's Collect Rocks Day! What's the attraction to collecting rocks? For many, it's the incredible diversity of rocks in the natural world. Not only do many rocks look different but they are formed by different geological processes that give us clues to the geologic history of the area they are found in. Half the fun of rock collecting is identifying and cataloging your rocks by kind, where you found them, and why they're special to you. Minerals, crystals, and gemstones are often admired for their brilliant colors, shapes, and structures. But many of the best rocks in a collection are judged valuable not because they are gemstones or minerals but because they were found someplace meaningful: on a vacation, perhaps, or on a trip with someone special. Whether you adore igneous, sedimentary, or metamorphic, you'll never grow tired of the amazing diversity of rocks out there just waiting to be found.

### HUMOR CORNER

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



## RECIPE OF THE MONTH

### Zesty Lemon and Yogurt Zucchini Bread

#### Ingredients:

- Cooking spray
- 1 2/3 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup sugar
- 2 tablespoons lemon zest
- 1/2 cup canola oil
- 2 large eggs
- 1/4 cup plain Greek yogurt
- 3 tablespoons fresh lemon juice, divided
- 1 cup shredded zucchini
- 2/3 cup powdered sugar

#### Directions

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Combine flour, baking powder, and salt in a medium bowl. Set aside.
3. Mix sugar, lemon zest, oil, eggs, yogurt, and 1 1/2 tablespoons lemon juice in a medium bowl with a hand mixer until smooth.
4. Stir in flour mixture in small amounts at a time until incorporated. Fold in zucchini.
5. Pour mixture into the prepared loaf pan.
6. Bake 45–50 minutes. Allow to cool slightly before inverting onto a cooling rack.
7. Whisk remaining lemon juice and powdered sugar together in a small bowl. Drizzle over loaf, cut, and serve.



## Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic. Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning? Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete? Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that *she* wants, not that you want her to have.

### SEPTEMBER OUTINGS AND SPECIAL EVENTS

- SEPT. 4<sup>th</sup> LABOR DAY BIG BUCKS BINGO
- SEPT. 5<sup>th</sup> LIVING TREASURES ZOO OUTING
- SEPT. 6<sup>th</sup> FOOD COMMITTEE MEETING
- SEPT. 11<sup>th</sup> ENTERTAINMENT BY JOE LEGE
- SEPT. 13<sup>th</sup> SHOPPING AT WALMART
- SEPT. 14<sup>th</sup> HORSE RACES WITH CARING HOSPICE
- SEPT. 19<sup>th</sup> LUNCH AT EAT'N PARK
- SEPT. 20<sup>th</sup> ICE CREAM SOCIAL
- SEPT. 22<sup>nd</sup> RESIDENT BIRTHDAY PARTY AND ENTERTAINMENT BY
- SEPT. 25<sup>th</sup> PUZZLE PROJECT MEETING
- SEPT. 29<sup>th</sup> COUNTRY VAN RIDE AND ICE CREAM

## Appleseed Fact and Fiction



On September 26, 1774, John Chapman was born, yet the world would come to know him as Johnny Appleseed and memorialize his life work in fantastic tales. For this reason, September 26 is Johnny Appleseed Day.

Unlike the fictional tall-tale characters Paul Bunyan and John Henry, Johnny Appleseed was a real man. His passion for apple trees began in his teenage years, when he got a job working in an apple orchard. While the popular image of Johnny Appleseed is that of a man wandering the continent spreading handfuls of apple seeds, Johnny Appleseed was far more deliberate in his plantings. The law of the frontier granted land rights to anyone who developed a homestead, and a nursery of 50 trees fit that definition. In this way, Johnny would raise his nursery and then sell the land to settlers. In this manner, Johnny Appleseed came to own over 1,200 acres over 100,000 square miles of frontier wilderness.

Furthermore, Johnny's apples weren't for eating. He planted the small, tart varieties of apples known as "spitters," because that's what you did when you tasted them. These were the perfect apples for making hard cider, which in Revolutionary America was a far more valuable commodity than edible apples. Water was considered unsafe for drinking due to harmful bacteria, whereas fermented, alcoholic cider was far safer. Sadly, during the Prohibition Era of the 1920s, many of Johnny Appleseed's original nurseries were axed, and the American tradition of cider making was decimated.

Despite the government's best efforts during Prohibition, the legacy of Johnny Appleseed lives on. The image of Johnny, barefoot and wearing threadbare clothes, is not fiction but fact. As a member of the New Church, he preached that nature and God were intertwined. As such, he lived a spare, nomadic life, loved animals, and was a vegetarian. But that tin pot on his head? It most likely sprang from the rumor that he wore a tin cloth hat that he used as a dinner plate.

## September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 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.

Sept. 4<sup>th</sup> Stephen Hayes  
Sept. 12<sup>th</sup> Joyce Redshaw  
Sept. 15<sup>th</sup> Catherine Yurechko  
Sept. 18<sup>th</sup> Margaret Busch  
Sept. 19<sup>th</sup> Wayne Brewer  
Sept. 23<sup>rd</sup> Robert Rose  
Sept. 26<sup>th</sup> Karen Madia

CONGRATULATIONS TO OUR  
AUGUST KUDOS WINNER  
JILL (PJ) HINKLE



CONGRATULATIONS!  
Transitions Resident Council recognizes  
DIANE BAKALON  
As an outstanding employee for September



Walt Kingera, Administrator  
Leslie King, Director of Nursing  
Danielle Lowry, Admissions Director  
Rob Kalas, Social Service Director  
Kim Bartos, Environmental Services  
Len Lekovitch, Maintenance  
Jackie Austin, Dietary Manager  
Marsha Kirker-Bozich, Life Enrichment  
Director