

# CAMBRIDGE HOUSE TIMES

OCTOBER 2023

## At A Glance



It's Pumpkin Season!



Halloween is October 31st!

Managed by



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## From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

October brings the crisp fall air we have all been waiting for after those 90-degree days. The leaves begin to change and fall to the ground. Also, a new sense of slowing down

seems to take hold of our lives. But with this new season of change, maybe it's your time for a change too!

Change can be positive, and we always look at change as a way of growing. Recently, Gardant Management Solutions had a change where we added more communities to our portfolio, which allowed us to grow and impact more lives in the senior living industry, and for that we are grateful of that change.

Maybe a change in your life could be that you are new and just moved in to one of our wonderful communities. You moved away from a home you once knew, to a new one. The change from moments of "I used to be able to do this" to "I have help and the assistance I need when doing this." We hope this change in your life forgives your struggles and focuses on new beginnings.

Some benefits of assisted living that many don't highlight as much like adding new friends to your circle, building relationships with the staff, having everything in the same building as hairdresser, exercise classes, crafts, entertainment, and food. Not only are residents receiving the help they need on a day-to-day basis, but the everyday living fulfills your new life too! If you or a loved one is searching and wondering if the change to assisted living is for them, please let them know all about the new changes their lives could have!

Just like the leaves in the fall, change can be hard, but it can also be beautiful!



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# IN THE NEWS

## ABOUT THE MONTH OF OCTOBER

Rick Banas

Henry Ford introduced the Model T to the world on Oct. 1, 1908. It was designed to be a car that was affordable, simple to operate, and durable.



Captain Kangaroo and The Mickey Mouse Club premiered on television on Oct. 3, 1955.



On Oct. 14, 1964, civil rights leader Martin Luther King Jr. became the youngest recipient of the Nobel Peace Prize. He donated the money from the prize to the civil rights movement.

The first physician’s assistants graduated from Duke University on Oct. 6, 1967. This year we celebrate National Physician’s Assistant Week from Oct. 3 through 9.

October is National Physical Therapy Month and National Dental Hygiene Month.

Oct. 7 is Ageism Awareness Day. It provides the opportunity to draw attention to the existence and impact of ageism in our society and to how we can reframe aging. The World Health Organization (WHO) considers ageism to be a global problem that leads to poorer health, social isolation, and premature death and cost economies billions of dollars.



Oct. 11 is It’s My Party Day – a great excuse for having a party for no reason at all.



Oct. 13 is National Train Your Brain Day. A healthy brain has many benefits – better memory, clearer thinking, improved problem solving. It can help you guard against memory loss and improve balance, coordination, and mobility.

Here are some things you can do to train your brain – read; work on a jigsaw or crossword puzzle; play a memory or matching game; solve a few brain teasers; learn a new language or learn one new word every day; take turns with others telling and solving riddles; change your routine, use your non-dominant hand.

The fourth Saturday in October is Make a Difference Day. What can you do to make a difference for a family member, friend, or neighbor? It can be as simple as a Thank You.



# WELLNESS

## Breast Cancer Awareness

Chrisi Karcz VP Clinical Operations

The month of October is recognized as Breast Cancer Awareness month. According to the Centers for Disease and Control, breast cancer is the most common form of cancer in women in the United States. While breast cancer deaths have declined, it is still the second leading cause of cancer deaths in all women and the leading cause of death in Hispanic women. Every year in the United States, 240,000 women and about 2,100 men are diagnosed with breast cancer. About 42,000 women and 500 men, die every year to breast cancer. With Black women having a higher rate of death than all other women.



Signs and symptoms of breast cancer are different for everyone. Some people have no signs or symptoms. Some warning signs of breast cancer include:

- New lump in breast or under arm (arm pit)
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Should you have any signs or symptoms, see your doctor right away for evaluation.

Staying healthy throughout your life will reduce your risk of cancer and improve your chances of surviving should it occur. Do your best to maintain a healthy weight, stay physically active, drink alcohol in moderation, and ask about risks associated with hormone replacement therapy. Also, ask about ways to lower your risk if you have a family/genetic history of breast cancer.

Breast cancer screening is an important way to detect breast cancer sooner and treat it earlier. Screening should include monthly self-examination. Annual examination by physician. For women 40 years and older, or with family history, a mammogram is recommended at least every two years.

## Recipe Corner Microwave Mug Pumpkin Pie

- 2 small cookies, crushed into 2 Tb. of crumbs (graham crackers, digestives, or gingersnap cookies)
- 1/3 cup pumpkin puree
- 1 Egg
- 1 Tb Milk
- 1 Tb. Brown Sugar
- 1 tsp pumpkin pie spice
- 1 pinch of salt
- 1/2 tsp. vanilla



### Directions

1. In a small bowl, whisk together the pumpkin puree, egg, milk, brown sugar, pumpkin pie spice, salt and vanilla extract until there are no lumps.
2. To the bottom of a microwavable mug, add your crushed cookies
3. Pour your pumpkin pie mix on top
4. Microwave roughly 1-1/2—2 min. checking every 30 sec. The top may look slightly damp but it will set as it cools.
5. Carefully remove the mug from the microwave. Let it stand for a couple minutes to cool. Serve with whipped cream.



# LIFESTYLE

## Birthdays/Anniversaries

### Resident Birthdays:

- Judy Mc. 10/1
- Mary Ann L. 10/2
- Theresa R. 10/2
- Kay O. 10/5
- Margaret B. 10/8
- Joan C. 10/18
- Gordon F. 10/18
- Joan M. 10/22
- Georgann W. 10/27

### Staff Work Anniversaries:

- Ed Mc. (20 years)
- Lisa S. (3 years)

### Welcome New Staff:

- Yasmine W.
- Linda C. (Housekeeping)

## A Note from the Executive Director

Jacque Dearborn

October you may think of jack-o-lanterns and Hocus Pocus but there's so much more to the tenth month than just goblins, ghouls, and the Sanderson sisters. From Mystery Series Week to Breast Cancer Awareness, there's an engaging conversation starters to fire up tons of social gatherings. October is a month to honor Black people's ongoing accomplishments and contributions to the USA and the world as a whole. It's the a perfect time to continue fighting racisms, reclaim black history and make sure Black History is recognized all year long. Breast Cancer Awareness Month is an international campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its causes, prevention, diagnosis, treatment and cure. Let's not forget Customer Service Week where we celebrate our own staff that services us. It is an international celebration of value of customer service and of the people who service and support us on a daily basis. As you enjoy this new crisp weather and warmth of a cozy blanket, let's all reflect on the whole of October and celebrate each day!!

## Community Partner in the News

As we move into the month of October we celebrate many new and fun activities. Remember to look over the activities calendar to see what activities are scheduled. If there is an activity that I am missing or an activity you are interested in, reach out to Amanda or Jacque. Have a wonderful day!!!



# LIFESTYLE

## Events You Don't Want to Miss!

Date: October 13th                      Time: 11-3pm  
Location: Cambridge House of Swansea Lobby  
Details: We are hosting a health vendor fair on October 13th from 11-3pm. We will have a variety of health vendors here in our community to discuss different companies and health topics. This is a free public event, so come and join in on the fun and learn a few things along the way.

Date: October 27th                      Time: 6-8pm  
Location: Cambridge House of Swansea Front Parking Lot  
Details: We are hosting a trunk or treat event on October 27th from 6-8pm. Come see the different Halloween costumes, grab some candy and join in on the fun. We will have music, games, and a ton of goolish fun to go around!!

Date: October 31st                      Time: 7pm  
Location: Cambridge House of Swansea dining room  
Details: To celebrate Halloween, we will be hosting an indoor movie night where we will be playing the movie "Boo- a Madea Halloween". Come in and enjoy this spooktacular event.

## Horoscope

### Aquarius (1/20-2/18)

Commitment is key in relationship happiness.

### Pisces (2/19-3/20)

Mars will help in meeting your life targets.

### Aries (3/21-4/19)

No health problems, and continue to work on your goals.

### Taurus (4/20-5/20)

Jupiter and Saturn ensure slow and steady progress.

### Gemini (5/21-6/20)

Good decisions will require a peaceful mind.

### Cancer (6/21-7/22)

Star align to help with family togetherness.

### Leo (7/23-8/22)

More profits from investments are expected.

### Virgo (8/23-9/22)

Stay social and create new bonds with others.

### Libra (9/23-10/21)

You can achieve your objectives through forethought and sensibility.

### Scorpio (10/22-11/21)

Mars will help you make the right decisions.

### Sagittarius (11/22-12/21)

Finances will see an uptrend.

### Capricorn (12/22-1/19)

Diplomacy with others will bring success in life.





# WORD SEARCH

## Fall Word Search

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



CORN  
 AUTUMN  
 BONFIRE  
 BOOTS  
 OCTOBER  
 RAKE

THANKSGIVING  
 HARVEST  
 LEAVES  
 CARNIVAL  
 APPLES  
 APPLE CIDER

PUMPKIN  
 FOOTBALL  
 SWEATER  
 NOVEMBER  
 SEPTEMBER  
 SUNFLOWER





# ANSWERS

## Fall Word Search

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

CORN

THANKSGIVING

PUMPKIN

AUTUMN

HARVEST

FOOTBALL

BONFIRE

LEAVES

SWEATER

BOOTS

CARNIVAL

NOVEMBER

OCTOBER

APPLES

SEPTEMBER

RAKE

APPLE CIDER

SUNFLOWER

