

Gull Creek Gazette

OCTOBER 2022

At A Glance



Pumpkin Mug Cake Recipe



Fall is here!

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From the Desk of the CEO

Rod Burkett

Recently, I was surprised and humbled to learn that I would be receiving the 2022 Jan Thayer Pioneer Award from the National Center for Assisted Living (NCAL).

NCAL describes the award as a recognition of individuals who have moved the senior care profession forward, positively affecting the lives of those served and those who serve. Recipients must demonstrate dedication, leadership, and considerable contributions to the profession. I am to receive the award at NCAL's annual convention in October in Nashville, Tennessee.

While it is a great honor to be named the recipient, I am accepting this award on behalf of our company's mission of increasing accessibility and affordability in the assisted living sector, and in honor of all our caregivers and support staff, our community Administrators, our leadership teams and our owner/investor groups that make our mission and passion come to life every day.

I am so proud that we have provided love, compassion, and dignity to more than 31,000 deserving residents over the last 23 years, and it's further gratifying to know that we have been inclusive and innovative in providing this compassionate care by serving those in small rural towns, in both blue collar and affluent suburbs, and in some of our nation's most challenged inner-city neighborhoods...all while being committed to serving seniors of all income levels.

Where once stood a corn field or a decaying urban building, our mission focused on turning that into a community of caring people that positively impacted thousands of lives. While I co-founded the company and helped it to grow, this award is dedicated to the thousands of caregivers who are the heart and soul of what we accomplish every day!



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IN THE NEWS

ABOUT OCTOBER

Rick Banas

On Oct. 13, 1792, the cornerstone of the White House was laid by George Washington. Eight years later, President John Adams and his wife, Abigail, became the first occupants. The building was burned by British Soldiers during the War of 1812. It was rebuilt, enlarged and was ready to be reoccupied in 1817. Constructed of white-gray sandstone, the White House today has more than 130 rooms.

The Chicago Fire erupted on Oct. 8, 1871, destroying 17,500 buildings and taking the lives of more than 300.

In October 1908, the Model T went on sale for the first time. Henry Ford designed the car for the common man – affordable, simple to operate, and durable.

In October 1927, the film “The Jazz Singer” opened in New York. Starring Al Jolson, the movie was the first feature length film to feature spoken dialogue.

The Halloween episode broadcast on “*Mercury Theatre on the Air*” in 1938 incited panic among many listeners to the CBS radio station as they mistakenly assumed that the adaptation of “The War of the Worlds” directed and narrated by Orson Welles about a Martian invasion of New Jersey was actual news.

After 14 years of work, the Mount Rushmore National Monument in the Black Hills of South Dakota was completed in October 1941. The sculpture stands roughly 60 feet high and features George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.

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

Halloween originates from a Celtic festival for the dead. The Irish Celts believed ghosts of the dead would roam the earth on this day so people dressed in costumes to hide from the ghosts and left treats outside their front door for the spirits.

The Irish also started the tradition of making jack-o’-lanterns for Halloween. They first used potatoes and turnips before finding that pumpkins were much easier to carve.

Pumpkin is incredibly healthy. It is a low-calorie food that is rich in vitamins, minerals and antioxidants that may help boost your immune system, protect your eyesight, lower your risk of certain cancers, and promote heart and skin health.



WELLNESS

OCTOBER 2022

Deborah Denham RN, MSN, CPPS, CPHRM

Fall is here and the leaves are changing color. It's refreshing to feel the crisp air and watch the leaves change color.

Autumn brings so many seasonal opportunities.

The autumn decorations are unique in color and theme. Enjoy the seasonal offerings. Fill a bowl with pretty colored leaves and use as a center piece on the table.

It is also time to get out the sweaters and hats. Take a moment to sit in the afternoon sun, close your eyes and feel the cool air and the smell of nature preparing for winter.

Enjoy pumpkin everything! Coffee, muffins, and cheesecake. If you are not a pumpkin lover, it is all good. Apples are in season and can be included in room scents, desserts, main dishes.

Apples and pork are a delightful combination. When is the last time you had a caramel apple? They make these little cups of caramel to dip the apple in now, so much easier than a whole apple on a stick. (But I can make that work also.)

Review your stash of scarves, hats, gloves, and boots. Now is the time to refresh your supply or pick up items if you have the need.

Autumn also is the beginning of the holiday season. Family gatherings are so special, especially after the last couple years of so many cautions and restrictions. If you do not have family to go to, embrace your friends. They will appreciate the time and companionship.

Autumn is a time of reflection and appreciation. Of quietness and beauty. Allow a few moments to enjoy the season.

Recipe Corner

Pumpkin Mug Cake

- 1 egg
- 1/4 c. brown sugar
- 1/3 c. flour
- 1/4 c. canned pumpkin puree
- 1 Tbs. white sugar
- 1/2 tsp. Vanilla extract
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- Pinch salt

Directions

1. Crack egg into a microwave-safe large mug, whisk in brown sugar. Add flour, pumpkin puree, white sugar, vanilla extract, cinnamon, ginger, nutmeg, and salt. Whisk until well blended.
2. Cook in the microwave on high until puffed and golden, about 1 minute 15 seconds.
3. Top with whipped cream.





LIFESTYLE

Birthdays

Resident Birthdays:

Herbert B. 10/5
Ralph G. 10/20

Leadership Team

Administrator

Terri Dukes

Director of Nursing

Renee Rascona (October 17th)

Business Office / HR

Beth Bloom

Marketing Director

Megan Richmond

Dining Director

Kim Hinman

Maintenance Director

Jay McCaulley

Resident Services Coordinator

Jamie Triplett

Memory Care Director

Heidi Litton

A Note from the Administrator

Terri Dukes

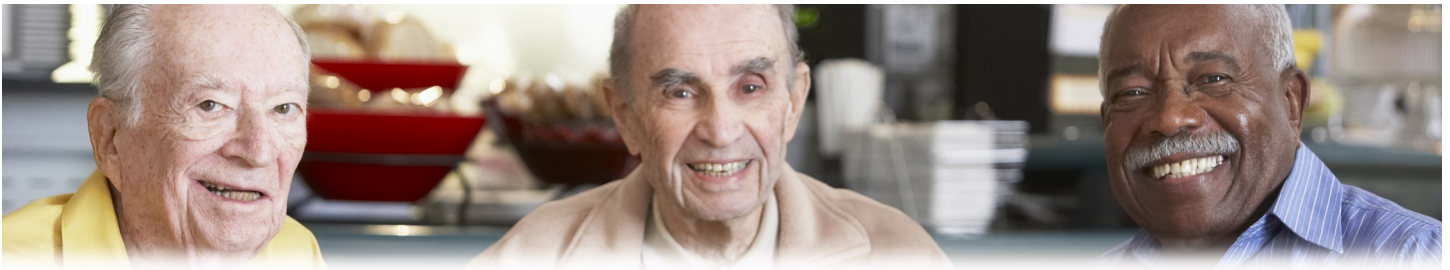
Flu season is upon us!
Gull Creek will be welcoming
Coastal Pharmacy this year on
October 27th from 9am to 2pm in
the Sun Room to provide flu
shots for our residents.

October Council Meetings

Resident Council will be held in the Activity Room on Tuesday October 25th at 2pm.

Family Council will be held in the Sun Room





LIFESTYLE

Special Events this Month

10/27-10/31 - Be sure to stop by the lobby and vote for your favorite pumpkin. Residents and visitors voting only

Residents and visitors voting only

10/ 28 - Wear your Black and Orange Day for the Halloween Spirit

10/28 - Eastern Shore Early Learning Center will be visiting for some Trick or Treating

10/31 - Happy Halloween! Wear your Halloween Costume for the day or join us for a Spooky good time at 2 pm in the Sun Room.



Up coming Event

The Berlin Christmas Parade will take place December 1st, 2022. This will be the 51st year of the Christmas Parade and the theme for this year is “An Eastern Shore Christmas”. We are excited to be able to join the parade this year. If you have any ideas for decorating the Gull Creek Bus, please share your ideas with us. Also if you would like to be a part of the parade in the bus, please let us know.



Horoscope

Aquarius (1/20-2/18)

Teach children the values of life.

Pisces (2/19-3/20)

You will have harmony in your love life like never before.

Aries (3/21-4/19)

New challenges will bring growth and knowledge!

Taurus (4/20-5/20)

Health prospects this month are excellent.

Gemini (5/21-6/20)

You have all it takes to bring happiness into your married and family life.

Cancer (6/21-7/22)

Your health will be superb, but make sure that your loved ones also enjoy good health.

Leo (7/23-8/22)

Ensure that you eat healthy meals and drink plenty of water. Your immune system will need it.

Virgo (8/23-9/22)

You will have great relationships with co-workers at work.

Libra (9/23-10/21)

Follow a path that will lead to financial freedom and stability.

Scorpio (10/22-11/21)

Great health and romance this month!

Sagittarius (11/22-12/21)

Do not hold yourself back in challenges.

Capricorn (12/22-1/19)

You will advance in your career because of you loved ones support.



WORD SEARCH

Halloween Word Search

Instructions: Try to find all of the hidden Halloween words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

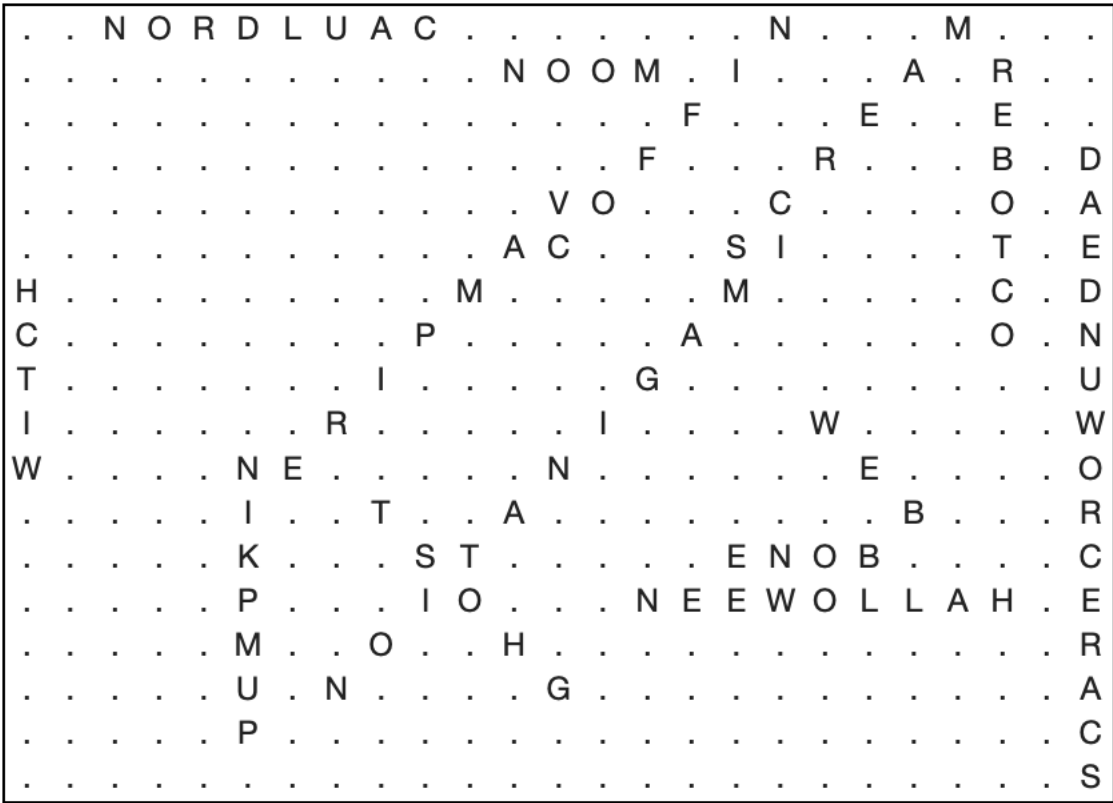
BONE	IMAGINATION	SCREAM
CAULDRON	MOON	UNDEAD
COFFIN	OCTOBER	VAMPIRE
GHOST	PUMPKIN	WEB
HALLOWEEN	SCARECROW	WITCH





ANSWERS

Halloween Word Search Key



Word List

BONE	IMAGINATION	SCREAM
CAULDRON	MOON	UNDEAD
COFFIN	OCTOBER	VAMPIRE
GHOST	PUMPKIN	WEB
HALLOWEEN	SCARECROW	WITCH

