



LETTER FROM THE ADMINISTRATOR

BOO!!! October is here, and so is Halloween. The pumpkins are out, fall Mums are blooming all around us. If I did not know better, I would say Fall has arrived. One of my favorite seasons of the year is upon us. Cooler weather, brisk night air, and no sweating on the golf course.

You might be asking why Fall would be my favorite time of the year. There are lots of reasons. Football season is back. Go Tigers!! The weather is cooler and less humid. The nights are brisk and perfect for jackets. Kids are anticipating Halloween and filling their plastic pumpkins with good treats. Pumpkins are aplenty. And it is really the perfect weather for some great golf outing. Here is the main reason, though, that Fall is so special to me. My Grandfather was a farmer his entire life, and the fall meant harvest time. Countless times I would

go up to Missouri and help with the harvesting of the crops. The smells of the farm, the tractors, the dust are so vivid still in my mind. Getting the grains into the silos and grain bins to prepare for the long, cold winter months. Grandpa always reminded me that we plant in the spring, grow in the summer, gather in the fall, and rest during the winter. Grandpa also said this is about life as well as for raising crops. He loved the gathering, or harvest time most of all, as he said it showed the fruits of his labor for that year. There is just something about harvesting that is so special to me. I put Grandpa's words to good use, and try to "gather" for this season and prepare to rest during the winter. A Wise Man was my Grandpa. Oh how I miss that time with him.

So start harvesting and filling your barns in preparation for Winter. Enjoy

the nice, cool outdoor weather. Enjoy the brisk evenings and jacket weather. Take in a good Friday night football game. And buy lots of good candy to give out to the Trick or Treaters that will ring your doorbell on that scary night!! They will appreciate your good candy treats.

And stop by my office to see the picture of my Grandson crawling over the pumpkins at the pumpkin patch to get just the right one! It is a great photo of him.

**Happy Fall. Happy Harvesting.
Happy Halloween.**

Kevin W. Garriga

Administrator



Trick or Treat with us!

We have been working on decorations and ideas all month, Bring your trick or treaters to see us

Happy Birthday

Aubry

October 05

ACTIVITY HIGHLIGHTS

Look at our Great work!
Arts and crafts taken to the next level!



Health Services

We will be doing Flu Shots in October. I will also be doing more personal visits in October. Thank you for letting us work in your House!

Welcome to Southern Knights!

We would like to welcome Mr. Carl C, Evelyn B, Carrol V, Barbara V, Joann C and Lillian R to Southern Knights. We are so glad you're here and we are looking forward to getting to know you and your family!

FROM THE KITCHEN

We are kicking off 2 meat choices on our Lunch Menu. We appreciate your patience as we work out the new process. Join us for the Men's and Women's Luncheon on October 5th.

Special Thanks to Maria C for staying and keeping us fed during Hurricane Harvey! You are AWESOME!



Oct. 28 is National Chocolate Day

If you always like to accompany your cup of coffee with a chocolate cookie or other chocolate-based treat, you should probably be familiar with at least its three main categories:

Most notably used for cooking, **Dark Chocolate** can contain anything from 30% to 75% cocoa solids. It has a slightly sweet, slightly bitter flavor and a dark color. This chocolate is often called luxury or continental chocolate.

Milk Chocolate, as its name suggests, contains milk and has lovely creamy, mild, and sweet flavor. It is mostly used as an eating chocolate. However it does have its place in chocolate cookery, especially for decorations, and when a milder, creamy flavor is required.

White Chocolate contains lower cocoa butter content and cocoa solids. It can be quite temperamental when used in cooking. Always choose a luxury white cooking chocolate to avoid problems and take great care not to overheat when melting it.

Oral Hygiene: Goes Beyond a Good Smile and Fresh Breath

Oral hygiene is very important, as we have been told since we were young.

In fact, brushing our teeth and gargling were usually among the first practices many of us were taught as kids. Most of us probably learned how to brush our teeth well before we could utter words clearly or speak straight. If asked about the significance of oral health, we usually think of cute smiles and fresh breath. Who would want to risk their reputation by smiling in front of friends or the camera with unclean teeth? Or imagine how embarrassing it would be when you suddenly notice that your friend has intentionally, yet subtly stopped breathing while you are talking.

The need to maintain oral health far exceeds the desire for a confident smile or sweet smelling breath.

Poor oral hygiene and untreated oral problems can greatly affect the quality of people's lives. If the eyes are the window into people's innermost being, the mouth is a mirror that reflects the health condition of their body. Recent research indicates that there is a link between periodontal (gum) disease and heart diseases such as stroke. **Moreover, 90% of all**

systemic health problems have manifestations in the mouth.

Based on the latest Surgeon General's report regarding oral hygiene, the quality of life of many Americans is often reduced due to oral health diseases and pain. The disturbing pain is usually caused by gum infections, which can also result to loss of teeth.

The study also said that 75% of the American population suffers from gingivitis or periodontal disease.

These oral infections can seriously affect major organs of the body, leading to diseases such as bacterial endocarditis (an inflammation of the lining of the heart and its valves), intestinal failure, irritable bowel syndrome, and oral cancer.

Since maintaining good oral health is vital, please observe the proper ways of oral hygiene. Aside from personal practices such as brushing, gargling mouthwash, and using dental floss, we recommend visiting your dentist every six months. You should inform your dentist not only of your dental history, but also your medical history or recent health problems. Your dentist is usually one of the first individuals to detect and diagnose a health problem and he can help you in identifying these diseases in their earliest phase.



Chocolate Cake

Ingredients:

- 3 ounces unsweetened chocolate squares
- 1/2 cup water
- 3/4 cup butter
- 2 1/2 cups brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking soda
- 1 cup water

Directions:

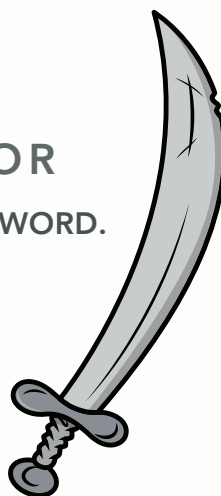
1. Melt chocolate and 1/2 cup water together (can be done in microwave if you are careful not to burn it) and set aside to cool.
2. Cream butter and brown sugar until light and fluffy. Add eggs and vanilla extract to butter mixture and beat well. Blend in cooled chocolate.
3. Mix together flour and baking soda, and add alternately with 1 cup water on low speed. Pour batter into two 9-inch greased layer pans or two 8-inch square aluminum foil pans, or one 9 x 13-inch sheet cake pan. Bake at 350F degrees for 25 minutes or until inserted wooden pick comes out clean. Cool 10 minutes before removing from pans for layering.
4. Ice with your favorite icing.

Note: This cake is very moist; take care to line the bottoms of the cake pans with parchment or wax paper before pouring in the batter, as the cake has a tendency to stick to the pan. (Even if you're using non-stick!)

STAFF QUOTE: SUSAN GUTIERREZ, HEALTH SERVICES DIRECTOR

The best weapon in the bottle of life is your SWORD.

Spend time with God's people in fellowship
Worship God for who He is
Open up honestly "O' God in prayer"
Read the Bible daily
Decide to obey God



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OCTOBER – WORD SEARCH

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AWARENESS

BREAST

BREATH

CAKE

CHOCOLATE

DEPRESSION

DIFFERENCE

HALLOWEEN

HYGIENE

PHYSICAL

POSITIVE

PUMPKIN

SMILE

SPIDERS

SUCCESS