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October Dates to Remember!

Bat Appreciation Month

Positive Attitude Month

Mystery Series Week
October 6–12

World Day of Architecture
October 7

National Chess Day
October 9

Be Bald and Free Day
October 14

International Artists Day
October 25

All Hallows Eve
October 31



Sierra Ridge Management Team

Joyce Perkins
Executive Director

Lynda Murray
*Health & Wellness
Director*

Heather Michaud
*Sales & Marketing
Director*

Jennifer Fuston
*Senior Business Office
Manager*

Colleen Magda
*Senior Lifestyle and
Leisure Director*

Robert Selvester
Culinary Director

Mathew Ashtari Rad
Maintenance Director

Shannon King
*Resident Care
Coordinator*

Sierra Ridge Newsletter

October 2019

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Community News

Congratulations Micah!!



Congratulations on
being voted the
Employee of the Year
for Sierra Ridge!! We
Love and appreciate
you!!

Mission Statement

Sierra Ridge is
committed to being
the leader in providing
quality personal
service for our
residents while
honoring the
experience of aging
through our
In the Moment
Program



Employee of Month.



Shirley

Thank you for your
hard work in
housekeeping and
caregiving! You are
appreciated!
Congratulations!

Fun Photo



Thank you to everyone
who supported and
helped Sierra Ridge raise
money for Meals on
wheels. Thanks!!



Please Join us for a Traditional
Octoberfest Lunch
When: **Wednesday 16th** of
October at 12:00N
Please RSVP at
sllld@sierraridge.net or call
530-887-8600

We look forward to seeing you
here!



Chick and Shari having fun!

The Big History of Small Toys

Few toys can light up a child's face like a dollhouse, complete with its rooms full of miniature furniture and housewares. This October, Dollhouse and Miniature Month, we look at the evolution of dollhouses from ostentatious displays of wealth to mini classrooms of domestic chores, from children's toys to adult hobbies. The very first dollhouses, engineered in Germany, Holland, and England in the 17th century, were designed for one audience: adults. These "cabinet houses" were elaborate displays of wealth. Cabinet doors opened to reveal tiny rooms outfitted with priceless little trinkets and objects. In the late 17th century, designs moved away from display and toward pedagogy. Miniature "Nuremberg kitchens" contained tiny pots, brooms, and other domestic tools. Such displays taught girls their domestic duties. These dollhouses even contained miniature people so that girls could also learn how to direct

servants. In the 18th century, England saw the creation of "Baby houses," so-called because they were miniature versions of real-life dwellings. Rather than display expensive trinkets, the houses boasted miniature replicas of all the home's wares: grandfather clocks, rugs, wallpapers.

Attitudes about childhood and play evolved during the 19th century, and so the importance of toys was elevated. Dollhouses now became playthings. Thanks to the advent of mass production, dollhouses were made on a massive scale, reducing costs and widening availability. A growing middle class hungered for the toys. Dollhouses have even returned as an adult pastime, allowing grownups to live out interior design and architecture fantasies with expensive and custom-made miniatures.



Giants Among Us

On October 2, 1969, President Lyndon Johnson signed a bill creating Redwoods National Park in California. While it is estimated that over two million acres of old growth redwoods once existed along California's coast, today 133,000 acres of those remaining forests are protected as national and state parks. The coastal living conditions for these trees are perfect, and they get much of their water from the thick fog that rolls in off the coast. The redwood "Hyperion" stands 379 feet tall and is the tallest known tree in the world. The tree is hidden deep within a rugged and inaccessible section of Redwood National Park and is considered so valuable that its location has been hidden to discourage visitors.



Notable Quotable

"I have great faith in fools; self-confidence my friends call it."

~ Edgar Allan Poe, author

The Funny Pages

Be sure to pick up a newspaper on October 18 so that you can celebrate Newspaper Comic Strip Appreciation Day. The very first comic strips appeared in the rival New York newspapers of the 19th century. Joseph Pulitzer's *New York World* featured the first comic strip in 1894, *The Yellow*

Kid, about a down-on-his-luck boy who hung out in Hogan's Alley. Two short years later, William Randolph Hearst's *Morning Journal* introduced a weekly full-color comic strip supplement. Hearst even went so far as to lure *The Yellow Kid* and his creator Richard Outcalt away from the *New*

York World.

Soon, all the papers wanted in on the comic strip act. Classics like *Mutt & Jeff*, *Gasoline Alley*, *Popeye*, *Dick Tracy*, and *Blondie* began to appear all across the country thanks to syndication. All we have to do is pick up any newspaper to still find our favorites.



Left, Right, and Center

Logical people are left-brained, and creative people are right-brained, or so goes the persistent myth, a myth so popular that October had been declared Right Brainers Rule! Month. The idea that the brain has two different hemispheres and that people lean more favorably to one side than the other was largely perpetuated by research conducted in the 1960s. Those suffering from severe epilepsy had the bridge of nerves that connects both sides cut, and doctors showed that each side could act independently of the other. Of course, most of us have our bridges left intact, allowing both sides of our brain to operate together and function in integrated and coordinated ways. For this reason, there is no such thing as a truly right- or left-brained person.

Notable Quotable

"You can go through comic strips alone and study the common man. You can trace our history."

~ Mort Walker, creator of Beetle Bailey

More Fun Photos



Mark, Buzz and Cathy at our Harley/Meals on Wheels fundraiser.



Patty and Linda enjoyed Posing for their Harley Picture.



Lynda with Moe and Chris Enjoying the outdoor BBQ.