A Home for the "Gentle Giants"

The massive redwood trees have graced the coast of California for thousands of years, yet it wasn't until October 2, 1968, that Redwood National Park was founded to protect these "gentle giants" as national treasures. After the discovery of gold along the Trinity River in 1850, Northern California experienced a mini-gold rush, and many miners turned to logging, which decimated the redwood population. Various conservation groups attempted to save the old-growth forests, and many stands of trees were saved. The outbreak of World War II led to a construction boom, and once again the trees were eyed as a rich source of lumber. It was not easy for President Lyndon Johnson to sign legislation establishing Redwood National Park, especially in the face of opposition from timber companies. But thankfully, 58,000 acres of forest were set aside for preservation. Today that number has grown to over 130,000 acres, providing a vast coastal shelter for the tallest trees in the world. Nurtured by the dense fog of the coast, some of these trees soar more than 300 feet into the sky. Even the smallest specimens are wondrous to behold.





Marjorie helping to make some cheesy biscuits.





Sierra Ridge Management Team

Joyce Perkins Executive Director

Lynda Murray Health & Wellness Director

Jennifer Fuston
Senior Business Office Manager

Colleen Magda Senior Lifestyle and Leisure Director

> Robert Selvester Culinary Director

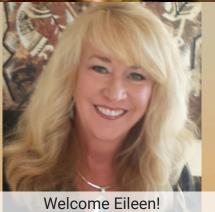
Barbara Tarlton
Resident Care Director

Ryan Countz

Maintenance Director



Congratulations on being the Employee of the Month Shannon!!



We are very happy to welcome **Eileen Bonomo-Kingston as Sierra Ridge's Community Relations Director!**

Eileen started her career in the Publishing and Printing industry where she worked in San Jose, CA for 20 years. During that time she was Treasurer and Board member for Valley Monte League - a charitable organization for the Alzheimer's Activity Center, The Centre for Living with Dying.

Eileen moved to the Placer County area with her family and transitioned into Senior Living in 2010. Making the switch to Senior Living changed everything. "I have a different attitude and appreciation towards life. No awards or recognition can compare to getting a hug from a resident or earning his or her appreciation and thanks....puts a smile on my face and melts my heart!" We are thankful and blessed to have Eileen as a part of the Sierra Ridge Team! Welcome Eileen!!

Pleasure in the Post

The first full week of October brings International Postcard Week. Experienced *deltiologists* (the official term for postcard collectors) value postcards for their rarity, beauty, and condition, yet anyone can collect postcards as a fun and enjoyable hobby. Postcards are often set into two categories: those depicting topographical and social history, such as photos or illustrations of historical scenes; and subject or "topical" cards created by notable artists. Of course, International Postcard Week is not just for collectors. Many people celebrate by creating their own postcards and mailing them to someone they love. You never know, your postcard could end up in a deltiologist's collection someday.





Beth, Donna, Kelly, Mary Ellen enjoying a game of ball toss.



I agree Edna, the best way to catch a ball is with your eyes shut.



Bill and Naydene playing ball toss on a different day. Ball toss is one of our residents favorite activities.



Jim enjoyed tossing the colorful beach ball

October Is a Hoot

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin

to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that

evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder then that owls, with their midnight hooting and hunting on silent wings, are associated with Halloween? As creatures of the night, they are the perfect symbols for a

festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow, adopted the owl as her companion animal thanks to its perceived wisdom and seriousness. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. In Afghanistan, it is said that the owl brought humans the gifts of flint and iron, tools to make fire. In return, humans gave owls their feathers.

Thankfully, most cultures have learned to share these myths while preserving the species, ensuring the survival of these magnificent animals for generations to come.



Kelly getting into the mood for fall.



Excuses To Celebrate In October

Country Music Month

Global Diversity Awareness Month

Emotional Wellness Month

World Smile Day October 2

World Teachers Day October 5

Indigenous Peoples Day October 12

Character Counts Week
October 18-24

International Chefs Day October 20

International Artist Day October 25

> Halloween October 31



Arlene enjoyed having her talented family join in during entertainment

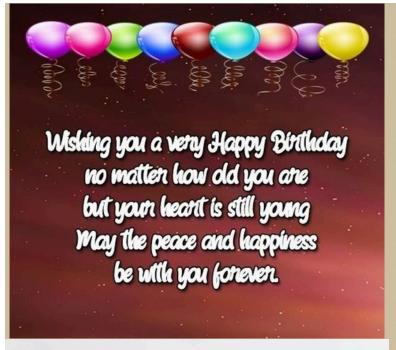


We are so grateful for our entertainers who come and play all kinds of music for our residents!

Pasta's Path to Italy

Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.





October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpios are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Happy Birthday to:

Kathleen G. - 6th of October Kathleen F. - 13th of October Naydene - 16th of October Jean Q - 18th of October Barbara - 19th of October Dorothy - 21st of October Mary Ellen - 22nd of October Donna - 26th of October Kelly - 29th of October

Wishing each of you a fantastic birthday filled with lots of happy surprises and love!



Jean enjoying her lunch with new friends



October 2020 In The Moment - Me Sunday	emory Support Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sierra Ridge Memory Care	Location Keys Dining Room DR	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	9:00 Coffee and Crossword 10:15 SS Spiritual Moments 11:15 Tap your Toes 2:30 Cards/Games 4:15 PE Sittercise 6:00 Games		9:30 AE Creative corner 10:15 CE Reading Roundtable 1:00 Spa Time 2:30 Busy Hands 3:30 Sing-a-Long 6:30 CE Trivia
9:30 Folding 10:15 Alexis Entertains 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:30 AE Artistic Moments 6:00 Evening Stroll	10:30 Reading Round table 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 Whistle while you work. 3:45 Sittercise 6:00 Reminisce	9:30 Famous Quotes 10:30 Service Project 11:30 Fitness Fun 1:00 Kitchen crafts 2:30 Puzzle Perfect 6:00 Finish the Phrase	9:30 Art Therapy 11:15 PE Exercise 12:00 Family Council 1:00 CE Word Games 2:00 LL Sewing Circle 3:30 Let's Sing 6:00 Aromatherapy	9:00 Puzzles 10:15 SS Spiritual Moments 11:30 Let's move it! 2:30 Cards/Games 3:00 Ice Cream Sandwiches 6:00 Mind Joggers	9:30 Folding 11:15 PE Let's move it! 1:00 Puzzles/Spa Time 3:45 Fitness Fun 4:15 AE Sing-a-Long 6:30 LL Spa Time	9:30 AE Art fun 10:15 CE Reading Roundtable 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Rhythm & Motion 6:30 Games
9:30 Art fun 10:30 SS Mike & Friends 1:00 Baking/Busy Hands 3:00 Snacks and Chats 4:00 Sing-a-Long 6:00 LL Games	9:00 Art Time 10:30 E Reading Round table 1:00 Spa Time 4:15 Stretch and Flex 6:00 E Arm Chair Travels	9:30 Positive Quotes 10:00 Snacks and Chats 10:30 Busy Hands 1:00 Desert Making [DR] 3:30 Sing-a-Long 6:00 Ball Toss	9:00 Folding 14 11:15 Sittercise 1:00 Music Therapy 3:30 Rhythms &	9:45 CE Taste and Tell 10:15 SS Spiritual Moments 1:00 Busy Hands 2:30 Curt Entertains 3:30 Cards/Games 6:00 Tall Tales	10:00 Snacks and Chats 11:00 Let's move it! 1:00 L Cooking Fun 3:00 Puzzles 4:00 PE Rhythms & Motion 6:00 Reminisce	9:30 Busy Hands 11:15 Silver Sneakers 1:00 Magazines 3:00 Snacks and Chats 4:00 AE Singing 6:30 Games
9:30 Busy Hands 10:00 Folding 11:00 PE Move and Groove 1:00 Baking/Busy Hands 4:00 Singing 6:00 Catch that Ball	9:30 AE Artistic Moments 10:30 CE Reading Round table 1:00 Watercolors 1:30 Alvin Entertains 3:30 LL Sing-a-Long 7:00 Snacks and Chats	9:30 Busy Hands 10:00 Tea Time 10:30 CC Service Project 1:30 Spa Time 4:15 PE Tap your Toes 6:00 Hand Massages	9:00 Artistic Moments 10:30 Lisa Entertains 11:15 PE Flexible Stretch 2:00 CC Sewing Circle 3:30 Musical Moments 6:00 CE Finish the Phrase	10:00 CC Diana Entertains 1:00 LL Kitchen crafts 3:30 Games	10:00 Snacks and Chats 10:30 AE Artistic Moments 1:00 CE Puzzle Perfect 3:30 AE Sing-a-Long 6:00 Ring Toss	10:00 Snacks and Chats 10:15 CE Reading Roundtable 1:00 Spa Time 3:30 Music Time 6:00 Matinee
9:30 Art fun 10:00 Coffee time 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:00 Puzzle Perfect 6:00 Finish the Phrase	10:30 CE Reading Round table 11:15 Stretch and Flex 1:00 Craft Fun 2:30 LL Whistle while you work 3:30 Music Time 6:00 Evening Stroll	9:00 Artistic Moments 9:30 Puzzle Perfect 10:30 Artistic Moments 11:15 Silver Sneakers 3:30 AE Musical Moments 6:00 Ball Toss	10:30 Artistic Moments 11:15 Light and Lively 1:00 Music Therapy 3:00 LL Birthday Bash 7:00 Snacks and Chats	10:15 SS Spiritual Moments 1:00 AE Crafty Corner	9:30 Busy Hands 30 10:00 Snacks and Chats 11:15 Fitness fun 1:00 Puzzles/Spa Time 3:00 Snacks and Chats 6:30 Matinee	Halloween 9:30 Art fun 10:15 CE Reading Roundtable 11:15 PE Stretch and Flex 4:00 Rhythm & Motion 6:30 Games