

Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

OCTOBER 2020

SCHOLL CANYON STAFF

Managers..... CLIFFORD & JANET HANNEMANN
Executive Chef ALESSANDRA "ALEX" MCBRIDE
Sous ChefJOSUE LUNA
Activity CoordinatorALLYSON SEVERYN
MaintenancePAUL GONZALES
Bus DriverJUAN PARRA

HOPE BEAUTY SALON

Susie Lopez, Owner

Wednesday-Friday, by appointment
818-288-2429

HAWTHORN
SENIOR LIVING

Meet Your New Activities Coordinator



Hello, Residents of Scholl Canyon Estates!

My name is Allyson Severyn and I am so excited to be a new addition to your family, and serve you as your Activities Coordinator.

A little background on me: I was born and raised in Monterey Bay, California. Since the young age of two, I've been singing and dancing. I also spent many summers in theater camp and performing in all kinds of musicals at my local community theater. So really, I've spent almost every year of my life on this earth involved in the performing arts. I moved to the LA area in the fall of 2008 to attend Azusa Pacific University where I studied theater arts. Since graduating college, I've had been working professionally in theater all over the West Coast. My most recent job was at the Disneyland Resort where I played Princess Anna in Frozen! Live at the Hyperion. Right now, I am in graduate school pursuing my MBA and I am about halfway through the program. I've always been passionate about the elderly community and I look forward to getting to know each and every one of you.

I have an open door policy so please, stop by the Activities Room any time and say hi!

Happy October!

Allyson Severyn



Carl's Corner (Words, Trivia, Drivel, Humor)

A Freudian slip is when you mean one thing but say your mother.

A pessimist's blood type is always B negative.

Shotgun wedding: A case of wife or death.

Divorce is the mourning after the knot before.

Corduroy pillows are making headlines.

Is a book on voyeurism a peeping tom?

Does the name Pavlov ring a bell?

A successful diet is a mind over platter.

Time flies like an arrow. Fruit flies like a banana.

Without geometry life is pointless.

Dreaming in color is a pigment of your imagination.

A man's home is his castle, in a manor of speaking.

Dijon vu — the same mustard as before.

When two egotists meet, it's an I for an I.

The definition of a will? (Come on, it's a dead giveaway.)

In democracy your vote counts. In feudalism your vote counts.

A lot of money is tainted: t'aint yours and t'aint mine.

Reading while sunbathing will make you well-red.

Santa's helpers are subordinate clauses.

A chicken crossing the road is poultry in motion.

So much for you groan ups.

Simple Ways To Make Someone Smile

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced blood pressure
- Reduced stress
- Improved mood

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.





The Halloween Pumpkin: An American History

“We have pumpkins at morning and pumpkins at noon, if it were not for pumpkins we should be undone.”

This line is taken from a poem written by a Massachusetts settler in the 1630s, and it is absolutely perfect to describe the way we celebrate Halloween today. Starbucks has pumpkin spice lattes, Trader Joe’s has a pumpkin version of almost all of their products, and we spend countless hours baking our favorite treats in the kitchen that center around one special ingredient — pumpkin.

But where did our association with pumpkins and Halloween come from? And where does our modern day Halloween celebration originate?



Jack-o'-lantern

Well, modern Halloween actually originates from the Irish festival Samhain, which was an occasion that marked the passage from the summer harvest season into the dark of winter. Tradition tells of huge bonfires being built and fairy spirits lurking in the shadows. In order to distract these spirits and keep them out of their houses, people would carve faces into turnips and place candles inside them. These turnip lanterns would both light the way for travelers along the road and keep away any unwanted spirits.

These traditions didn’t reach American until the 1800s as Irish and Scottish immigrants started making their way to our shores. Pumpkins are native to North America, so while there’s no exact date when the first pumpkin was carved and lit, the first mention of pumpkins turning into Jack-o’-lanterns was in 1866 when the children’s magazine “Harper’s Young People” reposted that “A great sacrifice of pumpkins had been made for this year’s Halloween celebrations.” Pumpkin carving slowly became more popular over the years and by the 1920s, it was fully embraced across the United States. Parties, costumes, and trick-or-treating became the norm around the mid-1930s.

As you might expect, pumpkin carving slowly turned into a multi-million dollar industry, that now has farmers specifically growing pumpkins meant for carving. Massachusetts farmer John Howden developed the Howden pumpkin in the 1960s and it is still the most popular pumpkin for carving in America today. What makes this pumpkin absolutely perfect for carving is its thick stem, shallow ribs, and thin flesh.

Many people nowadays also paint their pumpkins, using them as a canvas to create incredible designs and pictures. We will be discovering our artistic capabilities and embarking on our own adventure of carving and painting pumpkins to celebrate Halloween. Please join us in the Activities Room on Wednesday, October 21st and show us what you got! There will be a pumpkin patch, a contest, and all residents will be able to vote for their favorite pumpkin. We look forward to all of you joining us.

Article source: <https://www.history.com/news/the-halloween-pumpkin-an-american-history>

OCT 2020		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Grace Larson, 3rd Gordon Reynertson, 5th Raye Ann Spratt, 10th Jeff White, 21st Pat Geary, 22nd Dean Roche, 28th								
Transportation <u>Monday, 9:30 a.m.</u> 1st, 3rd and 5th — Ralph's and Post Office 2nd and 4th — Von's and Rite Aid <u>Monday, 11 a.m.</u> 1st, 3rd and 5th — Von's and Rite Aid 2nd and 4th — Ralph's and Post Office <u>Monday, 2 p.m.</u> CVS Pharmacy <u>Tuesday and Thursday, By Appointment Only</u> Doctor & Medical Appointments <u>Friday, 10:15 a.m.</u> 1st — 99 Cent Store 2nd — Big Lots 3rd and 5th — Trader Joe's/Walgreens 4th — Walmart <u>Friday, 2 p.m.</u> 1st — Trader Joe's/Walgreens 2nd — Target and Macy's 3rd — Dollar King 4th — T.J. Maxx, Ross, Nordstrom Rack		<div>4</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>5</div> <div> 9:30 Shopping: Ralphs and Post Office 11:00 Shopping: Vons and Rite Aid 2:00 Shopping: Cvs Pharmacy 2:00 Game of Taboo  </div>	<div>6</div> <div> 9:30 Workout with Weights 2:00 Bingo! 3:00 Bible Study with Idell 3:30 Adventures with Doug </div>	<div>7</div> <div> 9:00 Yoga 2:00 Game of Taboo 3:00 Bible Study with Idell </div>	<div>8</div> <div> 9:30 Workout with Weights 12:00 Chef Meeting with Residents 2:00 Bingo! </div>	<div>9</div> <div> 9:30 Gentle Yoga 10:00 Shopping: 99 Cent Store 2:00 Hangman! 2:00 Shopping: Trader Joe's/Walgreens </div>	<div>10</div> <div> 2:00 Bingo 3:00 Bible Study with Juan 6:45 Movie Night!  </div>
		<div>11</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>12</div> <div> COLUMBUS DAY 9:30 Shopping: Vons and Rite Aid 11:00 Shopping: Ralphs and Post Office 2:00 Shopping: Cvs Pharmacy 2:00 Game of Taboo </div>	<div>13</div> <div> 9:30 Workout with Weights 12:00 Managers' Meeting with Residents 2:00 Bingo! 3:00 Bible Study with Idell </div>	<div>14</div> <div> 9:00 Yoga 1:30 Julie Andrews Tribute Concert 2:00 Game of Taboo 3:00 Bible Study with Idell </div>	<div>15</div> <div> 9:30 Workout with Weights 2:00 Bingo! </div>	<div>16</div> <div> 9:30 Gentle Yoga 10:15 Shopping: Trader Joe's/Walgreens 2:00 Shopping: Dollar King 2:00 Hangman! </div>	<div>17</div> <div> 2:00 Bingo 3:00 Bible Study with Juan 6:45 Movie Night! </div>
		<div>18</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>19</div> <div> 9:30 Shopping: Ralphs and Post Office 11:00 Shopping: Vons and Rite Aid 2:00 Shopping: Cvs Pharmacy 2:00 Game of Taboo </div>	<div>20</div> <div> 9:30 Workout with Weights 2:00 Bingo! 3:00 Bible Study with Idell </div>	<div>21</div> <div> 9:00 Yoga 2:00 Pumpkin Carving & Painting! 2:00 Game of Taboo 3:00 Bible Study with Idell  </div>	<div>22</div> <div> 9:30 Workout with Weights 2:00 Bingo!  </div>	<div>23</div> <div> 9:30 Gentle Yoga 10:15 Shopping: Walmart 2:00 Hangman! 2:00 Shopping: T.J. Maxx, Ross, Nordstrom Rack </div>	<div>24</div> <div> 2:00 Bingo 3:00 Bible Study with Juan 6:45 Movie Night! </div>
		<div>25</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>26</div> <div> 9:30 Shopping: Vons and Rite Aid 11:00 Shopping: Ralphs and Post Office 2:00 Shopping: Cvs Pharmacy 2:00 Game of Taboo </div>	<div>27</div> <div> 9:30 Workout with Weights 2:00 Bingo! 3:00 Bible Study with Idell </div>	<div>28</div> <div> 9:00 Yoga 2:00 Game of Taboo 3:00 Bible Study with Idell  </div>	<div>29</div> <div> 9:30 Workout with Weights 2:00 Bingo! </div>	<div>30</div> <div> 9:30 Gentle Yoga 10:15 Shopping: Trader Joe's/Walgreens 2:00 Hangman! </div>	<div>31</div> <div> HALLOWEEN 12:30 Raffle for Prizes 2:00 Bingo 3:00 Bible Study with Juan 6:45 Movie Night! </div>



Recipe Central

This month is all about the pumpkin! Join us as we cook together and eat these amazing fall recipes. Keep an eye out on the weekly schedule for times and dates.

Pumpkin Bars:

Looking for a little something sweet? This pumpkin bar recipe is sure to deliver just that!

Ingredients

- 29 oz. can of pumpkin puree
- 1 cup granulated sugar
- 1/2 cup brown sugar, packed
- 3 eggs
- 1 cup vegetable oil
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp pumpkin pie spice
- 2 tsp ground cinnamon
- 1-2 tsp salt; if a hint of saltiness is a good thing to you, definitely add 2 tsp

Frosting Ingredients

- 4 oz. cream cheese, softened brick, not tub style, cream cheese
- 1/2 cup butter, softened
- 2 1/2 cups powdered sugar
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1-2 tbsp. heavy cream milk or half and half can be used

How To: Come to the Activities Room and find out! We will be cooking this delicious treat together. Time and date TBD

Cinnamon Sugar Pumpkin Muffins: (Dairy-Free)

Ingredients

- 2 3/4 cups all purpose flour
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp baking soda
- 2 cups sugar
- 2/3 cup brown sugar
- 3 eggs
- 15 oz. pumpkin 1 can
- 3/4 cup coconut oil
- 1/4 cup milk or almond milk
- 1 tsp vanilla extract
- Cinnamon Sugar Topping
- 2/3 cups sugar
- 2/3 cup chopped pecans
- 1 tsp ground cinnamon OR pumpkin pie spice

How to: Come to the Activities Room to find out! We would love to see you there. Time and Date TBD.



Adventures With Doug

Last month, we journeyed across the back roads of Colorado to magnificent Rocky Mountain National Park and the gorgeous lakes trail. But our adventure won't end there! When we visited Dream Lake, we spied an imposing tower above ... Hallet Peak.

Join us for our slideshow adventure as we climb this remarkable mountain, experience unforgiving weather, have encounters with curious animals, spot gorgeous flora and are awed by incredible vistas.

Adventure to Hallet Peak:

Tuesday, October 6th

3:30 p.m.

Activities Room



Hallet Peak



The Surprising Health Benefits of Pumpkins

There is no better symbol for fall than a pumpkin, but did you know that besides being the perfect addition to your fall décor, pumpkins are also a nutritious addition to your fall menu? Pumpkins are packed with fiber, vitamins, and minerals and can be consumed regularly to help you thrive throughout fall and winter! Below are just a few health benefits of pumpkins.



1. Pumpkins help boost immunity to keep you well. Both pumpkin flesh and seeds are high in vitamin C and antioxidants, including beta-carotene and other carotenoids.

In fact, pumpkin is one of the best sources of beta-carotene and the other synergistic carotenoids. Together, they give pumpkins their bright, eye-catching color. Beta-carotene is good for your immune system because it's converted into vitamin A, triggering the creation of white blood cells, which fight infection and help keep you well.

2. Pumpkins help keep your eyes healthy. In addition to their immune benefits, beta-carotene and the other carotenoids, including lutein, are important for eye health. But these are only some of the many antioxidants found in pumpkin that can help you prevent degenerative damage to your eyes. According to the National Institutes of Health, a cup of cooked pumpkin contains more than 200% of your recommended daily intake of vitamin A — which aids vision, particularly in dim light.
3. Pumpkins can help you feel full! Supporting weight loss, pumpkin is packed with fiber, helping you feel fuller and more satisfied for longer. Fiber is associated with weight loss, too. It slows the rate of sugar absorption into the blood and is beneficial for digestion.
4. Pumpkins are a heart-healthy choice. The potassium in pumpkins can have a positive effect on blood pressure. A 2017 study published in "Nutrition, Metabolism and Cardiovascular Diseases" suggests that consuming enough potassium may be almost as important as decreasing sodium (salt) intake for treating high blood pressure.

The soluble fiber in pumpkin is also useful for lowering cholesterol and triglycerides.

Let's Celebrate Julie Andrews!

October is the birthday month of none other than the amazing Julie Andrews! This Oscar and Tony award-winning actress and singer who is most famous for her roles in "The Sound of Music" and "Mary Poppins" was born on October 1, 1935.

Fun Facts About Julie Andrews:

1. She has a lovely four octave singing voice who launched her stage career acting in a production of "Cinderella"!
2. She was named a Dame on December 31, 1999, by Queen Elizabeth II on the Millennium New Year's Honor's List.
3. She received a broach instead of a ring when Tony Walton proposed to her.
4. She is the youngest person to ever appear in a Royal Command performance and she performed for King George the VI, Queen Elizabeth, Queen Elizabeth II, and Princess Margaret.
5. Her performance as Mary Poppins in the movie of the same name has been given the rank of number 45 on Premiere Magazine's 100 Greatest Movie Characters of All Time list.

Please join us for a special concert performed by your favorite Activities Coordinator, Allyson, in honor of Julie Andrews and some of her best work on October 17th.

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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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