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The Pioneer Post

October 2020 Newsletter



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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

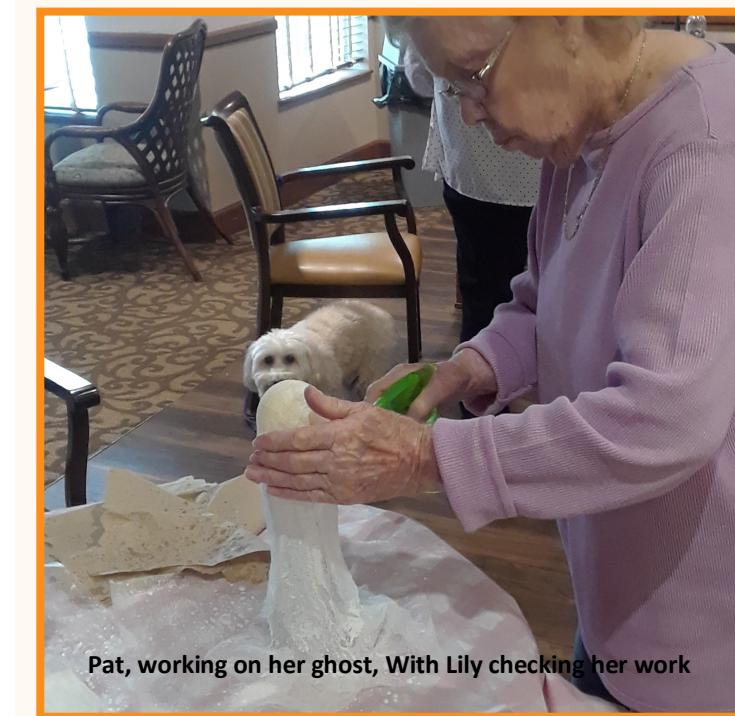
Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at cancer.gov.

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.



LAUGH
LOUDLY
LOVE
OTHERS
DREAM
BIG

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.
Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- 01 Homemade Cookies Day; Hair Day
- 02 Custodial Worker Day; Car Naming Day
- 03 Techies Day
- 04 Golf Love Day; Taco Day; Cinn. Bun Day
- 05 Rhode Island Day; Get Funky Day
- 06 Mad Hatter Day; Orange Wine Day
- 07 Frappe Day; Pumpkin Seed Day
- 08 Fluffernutter Day; Pierogi Day
- 09 Moldy Cheese Day
- 10 Angel Food Cake Day; Chess Day
- 11 Sausage Pizza Day; Clergy Apprec. Day
- 12 Gumbo Day; Native Americans Day
- 13 Yorkshire Pudding Day; Navy Birthday
- 14 Fossil Day; Dessert Day
- 15 Cheese Curd Day; I Love Lucy Day
- 16 Sports Day; Global Cat Day; Bosses Day

- 17 Pasta Day; Sweetest Day
- 18 No Beard Day; Choco Cupcake Day
- 19 Seafood Bisque Day; Kentucky Day
- 20 Brandy Fruit Day; Youth Confidence Day
- 21 Pumpkin Cheesecake Day; Reptile Day
- 22 Nut Day; Color Day; Make a Dog's Day
- 23 Boston Crème Pie Day; Talk Show Day
- 24 Make a Difference Day; Bologna Day
- 25 Mother In Law Day; Greasy Food Day
- 26 Pumpkin Day; Mincemeat Day
- 27 American Beer Day; Black Cat Day
- 28 Chocolate Day
- 29 Oatmeal Day;
National Cat Day
- 30 Candy Corn Day;
Breadstick Day
- 31 Halloween



Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
⅔ cup granulated sugar	1 tsp baking soda
½ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	½ tsp salt
⅓ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	½ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
¾ cup whole-wheat flour	¼ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)

Bird Watch

With the first signs of fall, some of our summer favorites decide it's time to vacation in the sun of our neighbors to the south. We say goodbye to most of the Anna hummingbirds (the Rufous hummers get a head start and go south in August), the swallows and many warblers. One of the most choreographed exits is that of the Turkey Vultures, with up to hundreds of birds gathering in a great funnel shaped "kettles" before crossing the Siskiyou's, heading for California and points beyond. It is thrilling to watch as one bird soars into the lead, followed one by one, until they all disappear over the mountains. But soon, Dark-eyed Juncos ('Oregon' and "Slate-backed"), Ruby, - crowned Kinglets, raptors and such as Merlin's show up to fill the gaps. How do they all know when and where to go? It is a question that has puzzled scientist for centuries.

Anna Hummingbird



Vulture "kettle's"



Dark-eyed Junco



World Tour

Bosnia & Herzegovina

We started the week, making Tufahije (Too-fach-e-yah) it is a cream and walnut filled cooked apple topped with whipped cream, it is unbelievably amazing. This is a dessert that should be served at a holiday dinner. One of the more popular drinks in Bosnia and Herzegovina is flavored brandy (Rakija), such as apple, pear or plum. We had a good time trying to recreate Trench Art, it is one of the crafts born out of the war. Soldiers would be find spent shell casings using a nail they would etch pictures on them, they are remarkable to say the least. One of the common snacks served is goat cheese and flat bread. I am not a fan of goat cheese, however many did enjoy it. To end the week we made Burek (Boo-wreck) This is made with yeast dough rolled out very thin in a rectangle, at one end we had hamburger, egg, onion, and spices mixed together, it was then rolled up like a rope, we then set the end in the center of the pan and coiled it. We baked it for about 30 minutes. It came out beautiful, and tasty. Burek is a standard dish cooked in Bosnia and Herzegovina.

Our next destination is Romania, come enjoy the fun while learning about other cultures.

Tufahije



Trench Art



Burek



OCTOBER 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines	<u>Residents</u> Dick C. Helen H. 10/2 10/21	 <u>Employees</u> Josh D.. Taylor K. Kimberly M. Michael E. 10/3 10/6 10/16 10/20		1 Transportation 9:00 Tai Chi withIN2L TF 9:00 One on One Visits 10:00 Homemade Cookie Day Making Cookies AK 1:00 Holiday Craft Time B Melted Crayon Fall Art 3:00 BINGO TF 4:00 IN2L Word Games AL	2 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 The History of the Car Making Autumn Wild Rice Soup 12:30 One on One Visits 1:30 Cooking with Peggy AK Cozy Autumn Wild Rice Soup 1:30 IN2I Games AL 3:00 Wine Social B	3 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 2:00 Music Outdoors PL Louis Faro 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Fried Green Tomatoes
4 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	5 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Pumpkin Bread 1:00 IN2L Explore AL Dracula, the true story 2:00 Cookbook Project B 3:00 Resident Council B	6 Transportation 9:00 Tai Chi with IN2L TF 10:00 Welcome Comm B 11:00 Activity Meeting B 1:30 Craft Time B Making Oatmeal Soap 2:30 Mad Hatter Day B Tea Party 3:00 Cocktail Hour B 4:00 IN2L Game Time AL TAKE OUT TUESDAY - ARBYS, Lunch	7 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Flu Shot Clinic B 1:00 Frappe Day B Enjoy a cold Frappe 2:30 Wii Games B 3:00 Balance Class CR 4:00 One on One Visits 6:00 Series Belgravia CR	8 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Fluffernutter Day B Enjoy Fluffernutter Snack 1:00 Holiday Craft Time B Dripping Pillar Candles 3:00 BINGO TF 4:00 IN2L Word Games AL	9 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 History of Cheese Enjoy Fluffernutter Snack 12:30 One on One Visits 1:30 Cooking with Peggy AK Incredible Potato Casserole 1:30 IN2I Games AL 3:00 Wine Social B	10 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Painting Class 2L 1:00 Music Outdoors PL Tracy Davey 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Letters from Iwo Jima
11 World Tour, Romania 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 IN2L Games AL 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	12 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Romanian Fruit Coffee Cake 1:00 IN2L Explore AL Romania 2:00 Cookbook Project B 3:00 Creekside Chat B 4:00 IN2L Trivia AL	13 Transportation 9:00 Tai Chi with IN2L TF 10:00 Morning Walk 11:00 IN2L Google Earth AL 1:30 Craft Time B Making Clay Trinket Box 3:00 Cocktail Hour B White Romanian 4:00 IN2L Game Time AL TAKE OUT TUESDAY - NEW CHINA, Dinner	14 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 National Dessert Day B Sample A Variety of Cheese Curds 2:30 Wii Games B 3:00 Balance Class CR 4:00 One on One Visits	15 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Cheese Curd Day B Sample A Variety of Cheese Curds 1:00 Holiday Craft Time B Mason Jar Fall Luminaries 3:00 BINGO TF 4:00 IN2L Love Lucy Day AL	16 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Carole Neilsen Notorious Women of the Wild West 12:30 One on One Visits 1:30 Cooking with Peggy AK Chiftele (Meatballs) 1:30 IN2I Games AL 3:00 Wine Social B	17 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 1:00 Music Outdoors PL Chris & Dom 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Poseidon
18 USA Road Trip, New York 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 IN2L Music Appreciation 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	19 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Lemon Almond Butter Cake 1:00 IN2L Explore AL New York 2:00 Cookbook Project B 3:00 IN2L Explore AL Costumes of the world 4:00 IN2L Trivia AL	20 Transportation 9:00 Tai Chi with IN2L TF 9:00 Tai Chi with IN2L TF 10:00 Morning Walk 11:00 IN2L What Did it Cost 1:30 Craft Time B Painted Tea Towels 3:00 Cocktail Hour B New York Lemonade 4:00 IN2L Game Time AL TAKE OUT TUESDAY - Roadhouse, Lunch	21 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 Pumpkin Cheesecake B Made fresh in the Activity Kitchen 2:30 Cat Contest Finals 3:00 Balance Class CR 4:00 One on One Visits	22 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 National Nut Day B Enjoy a portion of mixed nuts 1:00 Holiday Craft Time B Pilgrim Hat Treats 3:00 BINGO TF 4:00 IN2L Word Games AL	23 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Boston Cream Pie Day Come enjoy a bite B 12:30 One on One Visits 1:30 Cooking with Peggy AK New York City Krish 1:30 IN2I Games AL 3:00 Wine Social B	24 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Painting Class 2L 1:00 Music Outdoors PL Swing A Longs 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR The Haunted Mansion
25 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 IN2I International Artist Explore AL 2:00 Wine Tasting B 3:00 Movie Matinee CR	26 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Cinnamon Swirl Bread 1:00 IN2L Explore AL Halloween Traditions 2:00 Cookbook Project B 3:00 IN2L History of Halloween 4:00 IN2L Trivia AL	27 Transportation 9:00 Tai Chi with IN2L TF 9:00 Tai Chi with IN2L TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:30 Craft Time B 3:00 Cocktail Hour B New York Lemonade 4:00 IN2L Game Time AL TAKE OUT TUESDAY - The Wharf, Dinner	28 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 Meet & Greet B 2:00 Halloween Costume Contest B 3:00 Balance Class CR 4:00 One on One Visits	29 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Make a Jack O Lantern B You can paint or carve your pumpkin 1:00 Holiday Craft Time B Thankful Tree 3:00 BINGO TF 4:00 IN2L Word Games AL Drive thru Trick or Treating 5pm to 7pm	30 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Carole Neilsen Halloween 12:30 One on One Visits 1:30 Cooking with Peggy AK Zuppa Toscana Soup 1:30 IN2I Games AL 3:00 Wine Social B	31 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 1:00 Music Outdoors PL Sheila Winn 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Hocus Pocus