

October
2021

Sierra Ridge Memory Care

3265 Blue Oaks Drive
Auburn, CA 95602



Sierra Ridge Management Team

Joe Dunham

Executive Director

Jennifer Fuston

Associate Executive Director

Colleen Magda

Senior Lifestyle and Leisure Director

Robert Selvester

Culinary Director

Barbara Tarlton

Resident Care Director

Jami Koopman

Resident Care Coordinator

Levi Phillips

Maintenance Director

Elizabeth Morris

Sales and Marketing Director



Congratulations on being promoted to
Resident Care Coordinator Jami!!



Congratulations on being **Employee of the Month** Cheryl!! Thanks for your dedication!

Get out your Lederhosen and
Join us fun with your loved ones at our

Sierra Ridge Oktoberfest!



When: Friday 22 October from 12:00 – 1:00 Pm.

Please RSVP by Oct 8th to sld@sierraridge.net

Due to Covid regulations we are limited to 2 guests per resident.

We're serving beer along with a traditional Oktoberfest meal

Prepared by our Chef!

We would love to see you here!!

Please remember your vaccination record
Or a Negative Covid Test taken within 72 hours



Kathryn and Helen enjoying a nice visit and chat together.



Carol baking and enjoying a visit with Ralph at the same time.



October Horoscopes and Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

Happy October birthday to:

Doug - 12th of October

Naydene - 16th of October

Jean - 18th of October

Dorothy - 21st of October

Kelly - 29th of October

Hope you have a birthday filled with happiness and sweet surprises!

October's poplars
are flaming torches
lighting the way to winter.

– Nova Bair



Joann looking lovely with a pretty crafty clip that was made for her, in her hair.



Margaret is also looking lovely with her crafty clip.



When you have a loved one or family member with memory loss, it is important to find ways to deal with this difficult challenge. Joe, our executive director, who is a avid supporter of Laura Wayman's "A Loving Approach to Dementia Care", and teaches a dementia 101 class, will be helping Colleen to facilitate this support group. The **Support Group** will be held on **Wedneseday 27 October from 11:00am - 12:30pm**. In addition to our support group Joe will be doing a seperate **Dementia 101 Class** on **Wednesday the 20th of October from 11:00 am - 1:00pm**.

Due to Covid19 restrictions mandated by the CDC, we require all attendees to show proof of vaccination, while we will also continue to social distance and wear masks. Support Groups are held every month on the last Wednesday of the month at 11:00am. We look forward to seeing you here and hope that you can come to Joe's Dementia 101 class as well.

Why do we have a Support Group and Dementia 101 training?

Having a listening ear and a feeling of support is often identified as a key component of stronger psychological health. Essentially a support group provides you with answers to questions and guidance in dealing with your problems. It is support that builds people up during times of stress and often gives them the strength to carry on. In addition to relying on others, you also serve as a form of support for others, giving advice when they are facing a difficult situation and providing empathy and concern for others in need. This may help you to feel less anxious and stressed out about the problems that you are trying to solve yourself.

Without support people are more inclined to have feelings of depression and loneliness. Lack of support has also shown to alter brain function and increase the risk of cardiovascular disease and other health problems.

Informational support, like the the Dementia 101 class that Joe teaches, involves providing guidance, advice, information, and mentoring. Such support can be important when making decisions or when there are big changes in one's life.

By being part of a support network, you are more likely to receive the type of support that you need when you really need it.



Jean showing off her nails after spa time



Marge doing a coloring project.

Don't Be Scared

Each October, scarecrows begin to appear in and around the village of Pietrebais in Belgium. In some years, hundreds of scarecrows appear. In others, a scant dozen or fewer. No one knows why or how the tradition began 21 years ago in the year 2000, but it is a tradition that has continued ever since.

In the 1500s, it was common for farmers to hire guards to protect their crops from animal pests and thieves. The guards sometimes slept in the fields in straw huts or stood watch on wooden platforms.

But as farms grew, farmers could no longer afford to employ vast numbers of guards. They began instead to use human-like watchers. These first scarecrows were erected in the spring, topped with animal skulls or fashioned out of rotting vegetables, or hung on crosses in the image of Christ's crucifixion. They served one purpose: to scare pests like crows away from valuable crops. It seems that these scarecrows have earned a spooky reputation ever since.



Hats Off

You don't have to be a fan of Lewis Carroll's *Alice's Adventures in Wonderland* to celebrate Mad Hatter Day on October 6. Famed illustrator John Tenniel depicted the Mad Hatter character with a card in his hatband reading, "In this size 10/6." Here, the 10/6 refers not to the date October 6, but the hat's price of 10 shillings and six pence. While the interpretation of the hat card may have been mistaken, the hatter's "madness" is a matter of historical fact.

In the mid-19th century, the process of turning fur into felt involved the use of the chemical mercury nitrate, a poison that caused shakes, speech problems, unpredictable behavior, and hallucinations in many hatters. The idiom "mad as a hatter" developed as a result. Of course, one needn't be mad to celebrate this offbeat holiday. Instead, enjoy Lewis Carroll's classic novel of fantasy and nonsense, and perhaps engage in some nonsensical antics yourself.



Linda enjoying the harp music provided by Laura.

Who's There?

Knock knock. Who's there? October 31st. October 31st who? Did you know that October 31st is Knock-Knock Joke Day? It is no coincidence that this holiday coincides with Halloween. As children rove door-to-door asking "Trick or treat," they can offer knock-knock jokes as compensation for their candy and goodies.

The origin of the knock-knock joke is anything but clear-cut, but clever historians have uncovered bits of American popular culture that present a convoluted history of its creation. Before the knock-knock joke, there was the "Do You Know" joke. Around the year 1900, it was common for joke tellers to ask something like, "Do you know Arthur?" To which the person would reply, "Arthur who?" The jokester would then reveal the punchline: "Arthurmometer!" This groan-worthy punchline, with its silly play on words, foreshadowed the sort of punchlines knock-knock jokes would become famous for.

But where did the door-knocking imagery come from?

In 1929, author Henry Bett wrote the book *The Games of Children: Their Origin and History*. In it, Bett describes a common game called "Buff" in which a player would tap with a stick and say, "Knock knock," to which another player would respond, "Who's there?" Is it coincidence that by the mid-1930s the joke form and the children's game had been combined? Knock-knock jokes were suddenly everywhere. Businesses held knock-knock joke contests. Bands incorporated knock-knock jokes into their songs. By the end of 1936, knock-knock jokes were so ubiquitous that psychologist D.A. Laird called the compulsion to tell knock-knock jokes a mania and a sickness. Perhaps just calling them an infantile sort of humor would have sufficed.



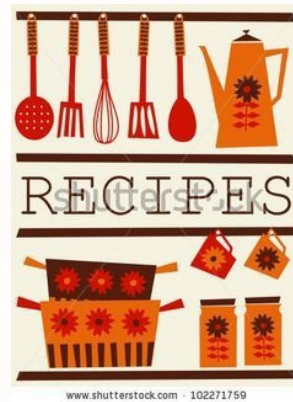
Mark helping out and sorting cards.



Joan doing some creative corner coloring.



Jean and Tom working together to put a puzzle together.



What's Cooking!

October is Cookbook Month, which means it's time to get into the kitchen and dust off those pots and pans. While many forms of print media have suffered in the digital age, cookbook sales are booming.

Even for seasoned chefs, cookbooks provide a means of reinvigorating a stale cooking routine. This doesn't mean that you should go out and buy Buck Peterson's *Road Kill Cookbook*. Adventurous foodies could instead try *Bugs for Beginners*. Historians might like *Cooking Apicius*, recipes from ancient Rome. Mechanics will appreciate *Manifold Destiny*, which teaches how to cook on your car engine. There is truly a cookbook that appeals to every possible taste.



Naydene participating in some exercises.