

Gold Key Referral Program

Do you know someone who wants to make Shavano Park Senior Living their new home? Have you told them just how much you enjoy living at Shavano Park Senior Living? If not, here's a great reason to share our community! For every resident who refers a new resident **\$1,500 rent credit*** will be applied to their monthly rent after the new resident has resided at the community for 30 days. Enjoy your new neighbor and free rent, it's a win-win!
**program subject to change at any time*

Welcome to the Shavano Park Family

"Home is where love resides, memories are created, friends always belong, and laughter never ends."

October Birthdays!!

10/03 David C.
10/24 Barbara L.
10/31 Gearlene C

Culture Keeper of the Month

Never Settle for Good Enough, Good is the Enemy of Great



SHAVANO PARK
SENIOR LIVING

Assisted Living and Memory Care

October's Monthly Newsletter & Special Events 2020

Dear Residents & Families of Shavano Park Senior Living,

We are happy to announce we have been cleared from our previous COVID outbreak status with San Antonio Public Health as evidenced by 2 consecutive rounds of negative test results for associates and residents. I have had the pleasure to speak with many of you over the course of the last few weeks and would like to extend a heartfelt thank you on behalf of our team for the dialogue, support and notes of appreciation.

We are thrilled at the opportunity to soon resume some of our small group wellness opportunities as well as some fun filled activities and music entertainment. We are also now poised to garner approval for masked and socially distant visitation for residents in the courtyard and common areas.

We are also excited to work out the details in the State's guidance to allow each resident up to two documented visitors in the very near future. Once we finalize the criteria and what this will look like, we will move with focus and expediency to get this program up and running. Lastly, we are told that the Salon folks are going to be given access back into the communities. I know that many of you will be lined up for your appt and chance to get in to see the Salon folks.

While we remain enthusiastic about our next phase of operations, I would like to remind you that this will be a fluid environment and our lifestyle offerings; containment initiatives and safety restrictions will change from time to time based on the prevalence of COVID-19 in our community as well as the compliance of all residents and visiting guests. Masks must always be worn covering both the nose and mouth and physical distancing must be at least six feet. As always if you have any questions, comments, or concerns please let me know.

Sincerely,
Michael J. Dorazio
Executive Director

Management Team

Michael Dorazio
Executive Director

Donna Crosby
Sr. Business Office Director

Serena Currie
Director of Sales & Marketing

Jem Dove, LVN
Resident Care Director

Johnnie Richardson, LVN
Generations Program Director

Diana Ibarra
Vibrant Life Director

Don White
Culinary Service Director

Lupe Ramirez
Building Service Director

Orlando Alva
Lead Concierge

Leadership is unlocking people's potential to become better. –
Bill Bradley



Riddles & Jokes

1. Why don't skeletons watch horror movies?
2. Why didn't the vampire have any friends?
3. How are vampires like false teeth?
4. What happens when a ghost gets lost in the fog?
5. What do ghosts serve for dessert?

The nurse walked into the busy doctor's office and said, "Doctor, the invisible man is here." The doctor replied, "Sorry, I can't see him."

A family of fall leaves were trying to change a light bulb. A squirrel walked by and asked why the bulb wasn't changed yet. The red leaf said, "Because we keep falling."

Answers

1. Because they don't have the guts. 2. Because he was a pain in the neck! 3. They both come out at night. 4. He is mist. 5. I scream.

Columbus Day

Columbus Day is a U.S. holiday that commemorates the landing of Christopher Columbus in the Americas in 1492, and Columbus Day 2020 is on Monday, October 12. It was unofficially celebrated in a number of cities and states as early as the 18th century, but did not become a federal holiday until 1937. For many, the holiday is a way of both honoring Columbus' achievements and celebrating Italian-American heritage. But throughout its history, Columbus Day and the man who inspired it have generated controversy, and many alternatives to the holiday have proposed since the 1970s including Indigenous Peoples' Day.

Christopher Columbus
Christopher Columbus was an Italian-born explorer who set sail in August 1492, bound for Asia with backing from the Spanish monarchs King Ferdinand and Queen Isabella aboard the ships the Nina, the Pinta and the Santa Maria.

Columbus intended to chart a western sea route to China, India and the fabled gold and spice islands of Asia. Instead, on October 12, 1492, he landed in the Bahamas, becoming the first European to explore the Americas since the Vikings established colonies in Greenland and Newfoundland during the 10th century.





Health Benefits

Pumpkin – The Symbol of Harvest Season

You'll find these fall fruits almost everywhere in the fall. And it's a good thing! Pumpkins are rich in fiber, beta-carotene and other antioxidants, protein, magnesium, and potassium.

And these squash help boost your immunity to keep you well, cleanse your liver, keep your eyes and skin healthy, reduce inflammation, prevent cancer and type 2 diabetes, and are a heart-healthy choice.

Because of the thick skin on pumpkins, they can be intimidating if you're unfamiliar with how to prepare them. Here's what to do: Cut the pumpkin in half; use a spoon to remove the seeds; cut in half again; remove the stem and the base; peel the pumpkin with a vegetable peeler; and then cut it into cubes, and use it in a variety of ways.

Pumpkins are mainly grown in the U.S. in Illinois, Ohio, Pennsylvania, and California, as well as Mexico, India, and China.

You can store uncut pumpkins and winter squashes, such as butternut squash, in cool, dark places for months. But once cut, the flesh should get used right away.

Find some great, healthy pumpkin recipes at the end of this article here.

And don't forget the seeds! Enjoy this Sweet and Salty Roasted Pumpkin Seed recipe from Eating by Elaine or for a sugar-free alternative, simply place the seeds in a single layer on a cookie sheet and roast them in the oven at 160-170°F for 15-20 minutes.

"October, the extravagant sister, has ordered an immense amount of the most gorgeous forest tapestry for her grand reception."

- Oliver Wendell Holmes

Events

- 10/01 Pumpkin Spice Social - 2:00 pm
- 10/07 Cookie Decorating - 1:30 pm
- 10/14 Creative Craft "Toilet Paper Pumpkin"
- 10/16 Pink Party "Wear Pink"
- 10/20 "Zoom" Fall Prevention Presentation w/Rene from S.A. Lighthouse for the Blind
- 10/21 Creative Craft "Autumn Snow Globe"
- 10/22 October Birthday Celebration
- 10/26 Candy Apple Making
- 10/28 Creative Craft "Halloween Masks"
- 10/30 Halloween Bash "Wear a Costume"



Breast Cancer Awareness

Breast Cancer Awareness Month (BCAM), also referred to in America as **National Breast Cancer Awareness Month (NBCAM)**, is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

Breast cancer awareness month is a yearly campaign that intend educate people about the importance of early screening, test and more. This campaign starts on October 1 and ends on October 31 every year.

NBCAM was founded in 1985 in October as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs). The aim of the NBCAM from the start has been to promote mammography as the

most effective weapon in the fight against breast cancer. In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, founded The Breast Cancer Research Foundation and established the pink ribbon as its symbol, though this was not the first time the ribbon was used to symbolize breast cancer: a 68-year-old California woman named Charlotte Haley, whose sister, daughter, and granddaughter had breast cancer, had distributed peach-color ribbons to call attention to what she perceived as inadequate funding for research. In the fall of 1991, the Susan G. Komen Foundation had handed out pink ribbons to participants in its New York City race for breast cancer survivors. In 2010, Delta Air Lines painted N845MH, a Boeing 767-432ER in "Breast Cancer Research Foundation" special colors. In September 2015, a newer version of the livery was repainted on the same plane.