

Springfield Rehab & HealthCare Center

2020

Care Connection



October Highlights

**Breast Cancer
Awareness Month**

Emotional Wellness Month

**World Smile Day
October 2**

**World Teachers Day
October 5**

**Indigenous Peoples Day
October 12**

**International Artist Day
October 25**

**Halloween
October 31**

Welcome October!!

It's hard to believe that Halloween is already knocking at our door. With all the ups and downs this year it's hard to keep track of where the time is going. October is full of festivities and fun for our staff and residents. Thursday October 29th we'll be having our Halloween Boo-nanza! Details to be announced as it approaches. Although celebrations are different in a world dealing with a pandemic, there is still a lot of fun to be had and memories to be made by celebrating each and every moment. The silver linings in each day might be hard to see, but they are always there somewhere.

There are a lot of happenings around Springfield Rehab this month, one being the introduction of our family visitation booth that will be located in the main dining room. Families will be able to enter from the outside and be able to visit with our residents on a more personable level, while still maintaining the safety of our building.

Let's all be sure to take the time to make the most of each and every moment and have some ghoulish fun as Halloween approaches!





Springfield Rehab & HealthCare

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Springfield Rehab & HealthCare

Administrator: **Troy Lacey**

Director of Nursing: **Lysandra Harmon**

Assistant DON: **Gail Redfearn**

Director of Rehab: **Rodel Ravela**

Social Services Director: **Amy Devane**

Head Bookkeeper: **Jerome Irmen**

Dietary Manager: **Drew Martin**

Plant Operations Director/Laundry & House-keeping: **Tony White**

Health Information Mgr: Recreation Director: **Joshuah Hyde**

Medical Director: **William Rosen MD**

Marcelo Mantala MD



October Resident Birthday's

Dixie Payne 10/04/1933

Gary Bell 10/09/1958

James Moss 10/10/1956

Ann Schild 10/10/1953

Arlene Huechteman 10/12/1920

Thomas Groundwater 10/20/1941

Donald Houston 10/20/1932

James Lewis 10/22/1930

Sharon Looney 10/25/1942

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. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Julie Andrews (actress) – October 1, 1935

Desmond Tutu (cleric) – October 7, 1931

Chevy Chase (comedian) – October 8, 1943

Dick Gregory (comedian) – October 12, 1932

Mae Jemison (astronaut) – October 17, 1956

Chuck Berry (musician) – October 18, 1926

Dizzy Gillespie (musician) – October 21, 1917

Pelé (soccer star) – October 23, 1940

Mahalia Jackson (singer) – October 26, 1911

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 depict owls as emissaries of doom, death, and 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. Owls are unique amongst birds. Their unusual characteristics—nocturnal nature, hooting calls, large eyes, and their uncanny ability to rotate their necks—all have captured our imaginations and, in many ways, let our fears get the better of us. Thankfully, most cultures have learned to share these myths while reserving the species, ensuring the survival of these magnificent animals for generations to come.

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The Legend of "Stingy Jack"

Pumpkins with ghoulish faces and illuminated by candles are a sure sign of the Halloween season. The practice of decorating jack-o'-lanterns originated in Ireland, where large turnips and potatoes served as early canvasses. In fact, the name, jack-o'-lantern, comes from an Irish folktale about a man named Stingy Jack. Irish immigrants brought the tradition to America, home of the pumpkin, and it became an integral part of Halloween festivities.

People have been making jack-o'-lanterns at Halloween for centuries. The practice originated from an Irish myth about a man nicknamed "Stingy Jack." According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn't want to pay for his drink, so he convinced the Devil to turn himself into a coin that Jack could use to buy their drinks. Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form.

Jack eventually freed the Devil, under the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree's bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years.



Soon after, Jack died. As the legend goes, God would not allow such an unsavory figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell. He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved-out turnip and has been roaming the Earth with ever since. The Irish began to refer to this ghostly figure as "Jack of the Lantern," and then, simply "Jack O'Lantern."

In Ireland and Scotland, people began to make their own versions of Jack's lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away Stingy Jack and other wandering evil spirits. In England, large beets are used. Immigrants from these countries brought the jack-o'-lantern tradition with them when they came to the United States. They soon found that pumpkins, a fruit native to America, make perfect jack-o'-lanterns.



Seasonal Affective Disorder

Do the short, gray days of fall and winter leave you not feeling like your perky old self? It's normal to experience a bout of the winter blues, but if you routinely feel sad for no reason, have trouble sleeping, and regularly spend your days lounging around, eating comfort foods and binge watching a lot of T.V., you might be experiencing seasonal affective disorder.

SAD, also called seasonal depression, is a form of depression that generally happens in the late fall, when there is less natural sunlight and the days become shorter and colder. (Seasonal depression can also happen in the summer, but that is much less common.)

Women are more likely than men to experience SAD, and it's more commonly seen in cloudy parts of the country or areas farther away from the equator.

Symptoms of SAD include:

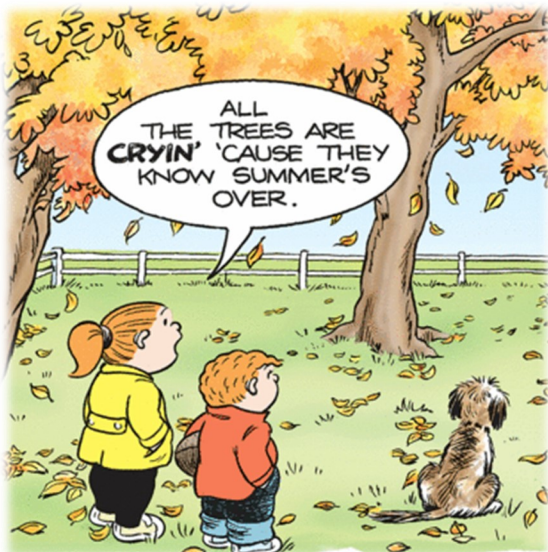
Feelings of sadness or a serious mood shift when the seasons change.

Lack of energy.

Cravings for carbohydrates or overeating.

Loss of interest in pleasurable activities.

Difficulty with sleep, either by sleeping too much or experiencing insomnia.



Here are a three ways you can have a brighter mood and combat SAD this winter:

1. Try an exercise program

Most people naturally spend less time outside and, as a result, decrease their physical activity in the winter. But if you think you may have SAD, pushing yourself to exercise is a good way to combat it, says psychologist Scott Bea, PsyD.

“Moving your body will compete with that tendency to be sluggish and can produce good brain chemistry,” he says.

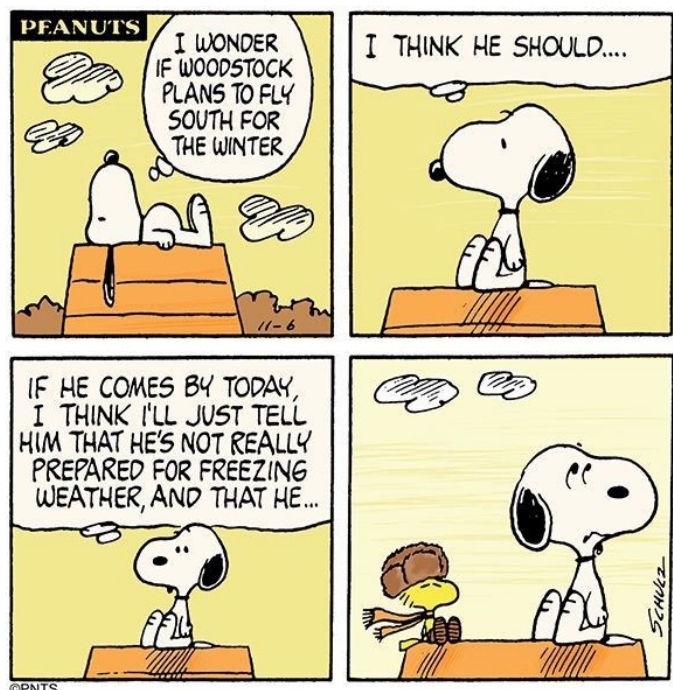
Look for indoor activities that you enjoy, such as yoga or other forms of indoor exercise.

2. Create social situations

During the wintertime, the urge to hunker down and stay home can result in less social interaction, too. If this sounds like you, Dr. Bea recommends that you try to push yourself to regularly connect with others. Often, once you make the effort, social interaction can lift your spirits.

3. Distract yourself with a good book or project

Dr. Bea says the key is to get your attention and thoughts away from yourself. Submerge yourself in your favorite type of book, or indulge in a hobby or game with a friend, or try coloring!



A look back at September



Residents love Wii bowling!



Taking advantage of a beautiful day & playing the "What's in a Phrase" word game outside.



Cheers! A happy hour toast to good friends!



"Around the world Happy Hour" with each one themed for a different country.



Painting with Citrus stamps & Kool-Aid make for some unique masterpieces and an unintentional aromatherapy session!



Residents enjoying a more traditional type of painting. Sunflowers for fall.



And beautiful fall trees using sponges for the sky and bundles of Q-tips to paint the leaves.



Celebrating National Wildlife Day during Enrichment Hour by making pine cone bird feeders.



Introducing hallway Bingo! Making the most of a quarantine & having some fun!



Ice cream room deliveries!



And a lot of coloring fans.



life hacks 2020

You can “rewire” your brain to be happy by simply recalling three things you’re grateful for every day for twenty-one days.

life hacks 2020

Try to stretch for a solid five to ten minutes each day. Most people spend the majority of their day sitting or lying down, which causes muscles to tense up, producing that stress/anxiety feeling.

life hacks 2020

If you’re having trouble falling asleep, count back from 99. Most times you’ll fall asleep before even getting to 50.

life hacks 2020

Need to cool down your body temperature? Run your wrist under cold water for at least five minutes. It’ll cool your blood down.

life hacks 2020

Drinking two glasses of Gatorade can relieve headache pain almost immediately, without the unpleasant side effects caused by traditional pain relievers.

life hacks 2020

No bug repellent? Put dryer sheets in your shoes and in your pockets. It will help keep mosquitos away.

life hacks 2020

Avocados boost serotonin levels. Eating them is a good way to improve your mood and relieve depression.

life hacks 2020

Eating bananas is a natural cure to reduce the effects of stress and anxiety.

Thanks again to Wilda Williams for the great life hacks!