



# CARE CONNECTION



Newsletter

2019



## Springfield Rehab & HealthCare Center

# October



### YOUR INVITED

**Wednesday October 30th  
6:30pm** We will have a **Trick or treat** here at the facility. **Residents, family members and staff that have children can bring them by in costume and a bucket or bag to collect treats from the resident's participating.**

**We will also have a first-second-third place prize for best costume. Come see us that night for some good fun!**

*Welcome to a new month even though the weather Is warmer than usual. Fall brings us into the holiday season where we tend to party and eat more. As we transition from summer to fall, detox from the Summer with Fiber, Electrolytes, and Antioxidants. Fill Up on Root Veggies and Fall Squashes. Fight Allergies with Immune-Boosting, Seasonal Greens. Eat More Healthy Fats to Combat Dry/Itchy Skin. Keep Warm with Seasonal Spices. Be sure to get outdoors in the fall to see the beauty it brings. The cool crisp nights, the brilliant colors of the trees before the falling of the leaves. Enjoy the seasonal produce that makes this season so tasty! And celebrate the holidays like a health pro – by enjoying foods without overindulging.*

*Here's a few good tips for Fall:*

*Get your flu shot and yearly check-up. Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life. Yuck.*

*Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.*

*Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!*

## Springfield Rehab & HealthCare

Administrator: **Stephanie Grant**

Director of Nursing: **Lysandra Harmon**

Assistant DON:

Director of Rehab: **Rodel Ravela**

Social Services Director: **Amy Devane**

Head Bookkeeper: **Jerome Irmien**

Dietary Manager: **Drew Martin**

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

Health Information Mgr: **Zella Boyd**

Recreation Director: **Joshuah Hyde**

Medical Director: **William Rosen MD**

**Marcelo Mantala MD**

# HAPPY BIRTHDAY

## Resident October Birthday's

10-3	Lajohna Meyers
10-4	Dixie Payne
10-4	Anna Jean Young
10-5	Gary Jeffries
10-6	Marshelene Frankcka
10-7	James Moles
10-10	James Moss
10-11	Cindy Becker
10-12	Arlene Huechteman
10-12	Donald Smith
10-13	Carolyn Price
10-16	Patricia Jean Warren
10-17	Robert Langston
10-20	Lester Bennett
10-20	Thomas Groundwater
10-20	Donald Houston
10-25	James Luttrell

## Springfield Rehab & HealthCare

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**"Enough! You can't discuss the candy you got after every house or else we'll never finish our rounds."**

## People Born in October

- are attractive
- loves to chat
- does not lie or pretend
- bad tempered and selfish
- are emotional
- touchy and easily jealous
- treats friends importantly
- are daydreamer
- inner and physical beauty
- does not care of what others think

Our resident monthly Craft project for fall. In the making of center pieces for the dining room.



### Left, Right, and Center



Logical people are left-brained, and creative people are right-brained, or so goes the persistent myth, a myth so popular that October had been declared Right Brainers Rule! Month. The idea that the brain has two different hemispheres and that people lean more favorably to one side than the other was largely perpetuated by research conducted in the 1960s. Those suffering from severe epilepsy had the bridge of nerves that connects both sides cut, and doctor showed that each side could act independently of the other. Of course, most of us have our bridges left intact, allowing both sides of our brain to operate together and function in integrated and coordinated ways. For this reason, there is no such thing as a truly right- or left-brained person



## The Funny Pages



Be sure to pick up a newspaper on October 18 so that you can celebrate Newspaper Comic Strip Appreciation Day. The very first comic strips appeared in the giant rivals of New York's newspaper industry during the 19th century. Joseph Pulitzer's New York World featured the first comic strip in 1894, The Yellow Kid, about a down-on-his-luck boy who hung out in Hogan's Alley. Two short years later, William Randolph Hearst's Morning Journal jumped on the comic strip bandwagon and introduced a weekly full-color comic strip supplement. Hearst even went so far as to lure The Yellow Kid and his creator Richard Outcault away from the New York World.

By 1897, comics were in high demand, and Hearst meant to capitalize on the phenomenon. He called upon Rudolph Dirks to create a new strip for the Sunday edition of his New York Journal. The strip followed two boys, Hans and Fritz, who were constantly running into trouble with their parents and schoolteachers. The Katzenjammer Kids, which ran continuously from 1897 to 2006, remains the longest-running comic strip in history.

Soon, all newspapers wanted in on the comic strip act. In 1915, the San Francisco Chronicle debuted the first daily black-and-white comic, Bud Fisher's Mr. A. Mutt, which would later become Mutt and Jeff. Classics like Gasoline Alley, Popeye, Krazy Kat, Dick Tracy, Li'l Abner, and Blondie began to appear all across the country thanks to syndication. It was only a matter of time before publishers realized that they could create entire books from comics. Detective Comics and Action Comics soon spawned enduring heroes like Batman and Superman. Even Walt Disney, that beloved master of on-screen animation, started serving audiences a Mickey Mouse daily comic strip in 1930. Lucky for us all, comic strips endure with an almost unlimited variety. All we have to do is pick up any newspaper to find our favorite comic characters.

## A Howling Good Time



Falling just a few days before Halloween, October 26 is Howl at the Moon Night. To hear a pack of wolves howling at the moon might make your hair stand on end, but there is really no scientific evidence to show that wolves do howl specifically at the moon. The truth is that wolves howl for a variety of reasons, none of which have to do with the moon. Some howl when they are lonesome. Some howl in confrontation. Others howl to share their location or to warn of danger. The howling of a pack is done to exaggerate their numbers to rivals. Interestingly, wolves have been associated with the moon since ancient times. So, too, have werewolves, that gruesome transformation of people into wolves. Luckily, werewolves are also just a myth.



"I have this empty feeling inside."