

# GOOD Life News

*at Summer Hill*

OCTOBER 2018

[www.summerhill-assistedliving.com](http://www.summerhill-assistedliving.com)



## Executive Director

In the health care industry, a number of professionals work together to provide care for patients.

Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.



The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year, Oct. 6-12.

**Our Talk.  
Our Walk.  
Every Day!**

## Health Literacy Month

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

## New Residents

Let's give a warm Summer Hill welcome to our new residents!

## Heidi's Outreach

I once read a humorous sign that simply stated, "My idea of a stressful job is one where you have to work with other people." Although I'm sure that comment was made "tongue in cheek", it could be applicable to other "close" situations also ... such as having challenging next-door neighbors, people in your life who want to "call the shots" or conversing with someone who is never wrong.

At times, I find it hard to let things go and I keep replaying the scenario. It could be that I choose to hold onto negative thoughts or feelings and let them weigh on my mind. I am then reminded of a story I once heard. A Native American elder once described his own inner struggles in this manner: "Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time." When asked which dog wins, he reflected for a moment and replied, "The one I feed the most."

I would like to encourage all of us to be positive with one another. Speak cautiously and express kindness. If we dwell on negativity, we will stand the chance of saying something without thinking. All of us have feelings and need affirmation to feel purpose and self-worth. Be careful with your words ... someday you may have to eat them!

— Heidi Kuzina

## Nursing/Health Care

Fall is a perfect time to refocus your life and create a new fresh start.

Start a new routine. After breakfast take a little walk, either outside or inside. If

there is a FIT Class going on, join in! Take time to read something uplifting every morning to start your day. Make a point to visit with someone who looks lonely and could use some conversation. Gather some fallen leaves (or have someone do it for you) and put them someplace in your room so you can enjoy the colors of fall. Think about a fall decoration for your door so that others can enjoy it! Maybe change out a little of the "summer decor" in your room for more of a fall look. Time to get cozy! Most of all, sit back and enjoy this new season!



## Food and Beverage/ Dining Services

### Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:



**Italy** — The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

**Brazil** — Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

**Japan** — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

**Costa Rica** — Coconut is the number-one pizza topping in this Central American country, and it's often paired with shrimp.

**Sweden** — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

### Resident Birthdays

Ruth F., 2nd	Agnes B., 20th
Edna F., 7th	Honey F., 23rd
Linda C., 19th	Ginny W., 26th
Ethan P., 20th	Dan S., 27th

### Employee Birthdays

Patty Y., 21st

### Service

### Anniversaries

Leslie B., 10/1/2002	Jheza C., 10/28/2016
Mikhaila R., 10/12/2016	Dan S., 10/30/2017

## Life Enrichment

### Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and

romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.



## Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.

## Kathleen's Column

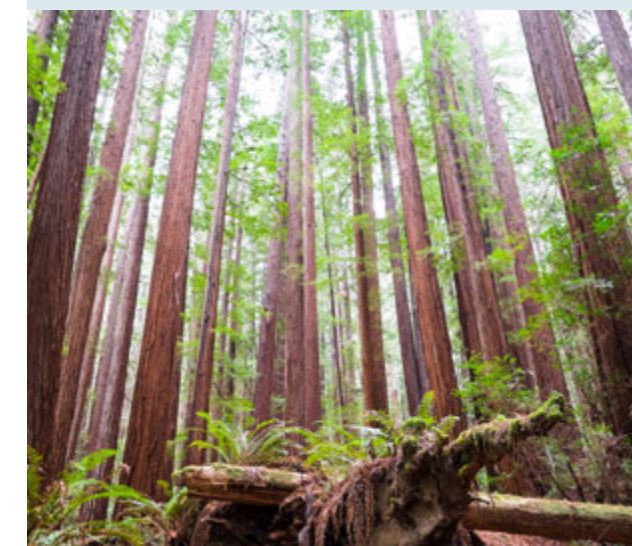
### Preserving the Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated October 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National Park, 90 percent of the giant trees had been cut down.

Spanning nearly 132,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500-700 years old.

The park is home to diverse species of animals, including elk, black bears, bald eagles, coyotes and mountain lions. Visitors exploring the beach trails can spot sea lions, harbor seals, porpoises and whales.





**SUMMER  
HILL**

Senior Living

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MANAGED BY  
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## Patty's Post

It's October and fall has officially fallen! Autumn is my favorite season of all so I am delighted to see the leaves changing color and feel the cool crispness of the air! Monday Night Football gatherings and planning for the holidays are two of my very favorite fall activities! Oh, and buying boots. Who doesn't love boots? What are your favorite things about fall?



Just a quick reminder that October is the month for our annual flu shot clinic. Please check the sign-up sheet in the lobby for date and time. If you haven't already, please sign up as soon as possible so that we can make sure we have the proper doctor's orders and insurance information in place. Further instructions will be given on the day of the clinic.

That's all for now; have a wonderful autumn!

Warmly,  
*Patty*



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