

# Fuel the Brain

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box

<p>pizza, soup, fries thought thought thought thought</p>	<p>dudownmps</p>	<p>FENDER</p>	<p>SUNDAY MONDAY TUESDAY END</p>
1. _____	2. _____	3. _____	4. _____
<p>citizenship citizenship</p>	<p>heaven heaven stinks</p>	<p>coming coming coming coming</p>	<p>oooook</p>
5. _____	6. _____	7. _____	8. _____
<p>I SEEN CAKE</p>	<p>bumper bumper bumper</p>	<p>spieky</p>	<p>close close close close</p>
9. _____	10. _____	11. _____	12. _____

Solution: 1. Food for thought 2. Down in the dumps 3. Fender bender 4. Days on end 5. Dual citizenship 6. Stinks to high heaven 7. Forthcoming 8. 401k 9. Icing on the cake 10. Bumper to bumper 11. Pie in the sky 12. Foreclose

1. What 1942 movie starred Humphrey Bogart and Ingrid Bergman in French Morocco?
2. What African animal's name translates to river horse in Greek?
3. Harriet Tubman guided other slaves to freedom through what secret network?
4. What do you call the "blueprints" found within each string of DNA?
5. Jonathan Swift, Bram Stoker, and James Joyce are all novelists from what country?

Answers: 1-Casablanca, 2-Hippopotamus, 3-The underground Railroad, 4-Genes 5-Ireland



THE PLAZA  
AT PARKSQUARE

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ALF # 13252



## Your Community Staff

**Keith Litman**  
Executive Director

**Laura Buitrago**  
Director of Administration

**Barry Ger**  
Director of Sales & Marketing

**Lourna St. Vil**  
Director of Resident Care

**Rolf Nettesheim**  
Director of Food Service

**Brenda Siino**  
Director of Activities

**Georgina Scott**  
Director of Resident Relations

**Jose Cabral**  
Director of Maintenance  
& Housekeeping

## Help slow the spread



Wear a mask



Wash or sanitize  
your hands often



Stay 6 feet  
from others

# From the Executive Director



Dearest Residents,

Wow! October already! And what a year so far. Sure, most of it has been dominated by Covid and politics, but at least we can now accept limited visitors to The Plaza! Remember, for you to have a visitor you must submit a list of up to five people to Georgina or the front desk. We are also implementing some special events and activities for you throughout the month.

October is breast cancer awareness month and to show your support be sure to attend the various "Pink" events listed below. This month is also Halloween.

Brenda and Rolf are brewing up a special spooky day for all of you that includes Costume and Pumpkin contests and a Mystical Magic Show by you know who. Be there, or be scared.

I must remind all of you to keep your masks on at all times while in the common areas, if tolerable. Wearing masks is a deterrent to spreading viruses and should be taken seriously. You will notice signs throughout the building reminding the importance of hand washing and there are hand sanitizer stations located throughout the lobby and on every floor. Please wash hands often and do not touch your face. As always, it is a pleasure serving you all every day.

Love,

Keith Litman,  
Executive Director

## October Highlights

### Pink Mimosas

Sunday Mornings

### Pink Walking Club

Sundays, Wednesdays and Fridays

### Pinkna Colada

Wednesdays

### Real Men Wear Pink

(Men's Club)

Thursday, 10/15

With Keith and Rolf

### Grease-Tober

### Women's Club Fashion Show

10/21

### Mystical Magical Night

10/31



## Activities

This year so far has been pretty spooky, but now Spooky Season has officially arrived.

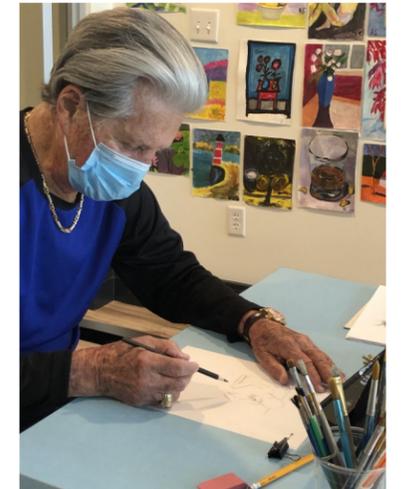
Last month we bid farewell to summer with a Rio Carnival social, complete with dancing and fun. After months of limited activities, it felt amazing to have a party. Also, it warms my heart to see family members visiting once again.

Our top priority is always our residents' safety and it will continue to be as we plan increased activities in the coming months. I invite you all to join us in our group activities daily and I look forward to seeing your bright smiles.

Brenda Siino

Director of Activities

# moments & memories



## Breast Cancer History

Breast cancer has been known since ancient times. With no reliable treatments, and with surgical outcomes often fatal, women tended to conceal the possibility of breast cancer as long as possible. With the dramatic improvement in survival rates at the end of the 19th century—the radical mastectomy promoted by William Stewart Halsted raised long-term survival rates from 10% to 50%—efforts to educate women about the importance of early detection and prompt action were begun.

Early campaigns included the "Women's Field Army", run by the American Society for the Control of Cancer (the forerunner of the American Cancer Society) during the 1930s and 1940s. Explicitly using a military metaphor, they promoted early detection and prompt medical intervention as every woman's duty in the war on cancer. In 1952, the first peer-to-peer support group, called Reach to Recovery, was formed. Later taken over by the American Cancer Society, it provided post-mastectomy, in-hospital visits from women who had survived breast cancer, who shared their own experiences, practical advice, and emotional support, but never medical information. This was the first program designed to promote restoration of a feminine appearance, e.g., through providing breast prostheses, as a goal.



## Pink ribbon

A pink ribbon is a symbol of breast cancer awareness. It may be worn to honor those who have been diagnosed with breast cancer, or to identify products that a manufacturer would like to sell to consumers that are interested in breast cancer. Pink ribbons are sometimes sold as fundraisers, much like poppies on Remembrance Day.

The pink ribbon is associated with individual generosity, faith in scientific progress, and an optimistic "can-do" attitude. It encourages individuals to focus on the emotionally appealing ultimate vision of a cure for breast cancer, rather than the reality that there is no certain cure for breast cancer, and no guarantee there will ever be such a cure. The practice of blindly wearing or displaying a pink ribbon without making other, more concrete efforts to cure breast cancer has been described as a kind of slacktivism due to its lack of real effects, and has been compared to equally simple yet ineffective "awareness" practices like the drive for women to post the colors of their bras on Facebook. Critics say that the feel-good nature of pink ribbons and "pink consumption" distracts society from the lack of progress in curing breast cancer. It is also criticized for reinforcing gender stereotypes and objectifying women and their breasts.

## October Happenings

**October** is the tenth month of the year on the Gregorian calendar and one of seven months with 31 days. October's name, containing the Latin word octo, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

### October is:

Bat Appreciation Month  
Billiards Month  
Blue Jeans & Sneakers Month  
Boo! Month  
Book Month  
Caramel Month  
Computer Learning Month  
German Heritage Month  
Italian Heritage Month  
Magic Month  
Pumpkin Month  
Scarecrow Month  
Seafood Month  
Stamp Collecting Month  
Waltz Music Month  
World Series Month

### Special Days:

**World Smile Day**  
October 2  
**Simchat Torah Begins at Sundown**  
October 10  
**Columbus Day (U.S.) & Thanksgiving (Canada)**  
October 12  
**Sweetest Day**  
October 17  
**Halloween**  
October 31

## Celebrating October Birthdays

### Staff Birthdays:

**Lourna Isnady-St.Vil,**

October 9

**Leighton Thomas**

October 11

**Guirlaine Bros**

October 13

**Kersuzanne Conze Desamour**

October 22

**Sheila Pierre**

October 23

**Bonnie W.**

October 10

**Jacqueline C.**

October 11

**Judy T.**

October 11

**Eva S.**

October 20

**Bonnie H.**

October 30



### What's Lucky in October?

**Lucky Color:** Yellow  
**Lucky Animal:** Tiger  
**Lucky Letters:** W and G  
**Lucky Day:** Wednesday  
**Lucky Plant:** Pumpkin

### October Zodiacs



**Libra** (The Scales)  
October 1–22

**Scorpio** (The Scorpion)  
October 23–31



**Birthstone – Opal**  
**Flower—Calendula**  
**Tree of the Month – OLIVE**

