



Ripley Healthcare Gazette!



October, 2019

Issue No. 8

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Department Heads @ RHC

Jennifer Pitts-Administrator
Syed Zaidi- Medical Director
Vivian Bridges-DON
Libby Butterworth-ADON
Michael McCloud-SDC
Andrea Long- MDS
Mary Walker- BOM
Judy Ray-Payroll/BCAP
Lisa Cohill-Medical Records/Central Supply
Vicki Boyd- Social Services
Emily K. Caton-Admissions
Andrea Pearson-Activities
Diane Cotton- Director of Rehab
LaQuita Edwards-Dietary
LaKeisha Lattimore-House keeping
Curt Langley-Maintenance
Shellie Hargett- Resident Voice Advocate

Fun Facts:

- The Anglo-Saxons called October "Wintetirfyllith", meaning "fullness of winter" because it had the first full moon of the winter season.
- Another Fun fact about October is that, according to folklore, if the deer have a gray coat in this month you should expect a hard winter.
- The traditional flower of the month of October is the calendula,

Current Events:

- Oct. 1st – International Day of Older Peron's
- Oct.6th- National Mad Hatter Day!
- Oct.10th- World Mental Health Day!
- Oct. 14th- Columbus Day!
- Oct. 21st- National Apple Day!
- Oct. 23rd- National Croc Day
- Oct. 26th- National Pumpkin Day!
- Oct. 28th- National First Responders Day!
- Oct. 31st- Halloween
- October is Breast Cancer Awareness Month!

Ancient Origins of Halloween

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1st. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31st they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter. To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. When the celebration was over they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter. By 43 A.D., the Roman Empire had conquered the majority of Celtic territory. In the course of the 400 years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain. The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the

apple, and the incorporation of this celebration into Samhain probably explains the tradition of bobbing for apples that is practiced today on Halloween.

Shout outs!:

- Tasia- thank You for being a wonderful Nurse and always going above and beyond for our residents!
- Bethanie- Welcome to our Team! We are so glad to have you!
- Emily T.- We are so happy to have you here with us !
- Alicia- Thank you for being a great CNA ! We appreciate everything that you do !

Dress up days for Breast Cancer awareness!

10/4-wear a pink ribbon or headband let's tie this cancer up.

10/11- wear your pink scarf, let's wrap this cancer up.

10/18- wear your camouflage let's hide from cancer.

10/25-Wear your Breast Cancer Shirt let's support the sure for cancer!



Sweet Treat: Pumpkin Bars

Ingredients:

Bars

- 2 cups Original Bisquick™ mix
- 2 cups granulated sugar
- ½ cup vegetable oil
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 4 eggs, beaten
- 1 can(15 oz.)pumpkin (not pumpkin pie mix)
- ½ cup raisins

Cream Cheese Frosting

- 1 package (3oz) cream cheese, softened
- 1/3 cup butter or margarine, softened
- 1 tablespoon milk
- 1 teaspoon Vanilla
- 2 Cups powdered sugar



Steps :

1. Heat oven to 350°F. Grease bottom and sides of 15x10x1-inch pan with shortening or cooking spray.
2. In a large bowl, beat all bar ingredients except raisins with electric mixer on low speed 30 second, scraping bowl frequently. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in raisins. Pour into pan.
3. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 2 hours.
4. In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar on low speed until smooth. Spread over bars. For bars, cut into 8 rows by 6 rows. Store covered in refrigerator.