



## Lies Your Parents Told You As A Kid (that you still kinda believe)

Remember when your parents told you these things? Most children are raised to believe that their parents know best. And many do...at least until they grow up and realize all the nonsense they've been fed over the years. But, hey, can you really blame parents? Kids ask a lot of questions and sometimes it's just easier to lie. From popular health misconceptions to the little white lies that help get our kids to do what we want them to, here are the most common lies your parents told you (that you kinda still believe).



1. **Sitting too close to the TV will ruin your eyesight** - Not only is this not true, but it just so happens that children are better at focusing at up-close objects than adults. So...old people in the back. Beware, however, that sitting close to the TV may be an indication of nearsightedness.
2. **Looking inside the microwave while it's running will deform your future babies** - Unless your "Science Oven" has a leak in it, you, your future babies and your frozen Michelina's should be A OK.
3. **If you pee in a pool, there's a special dye that will turn it red so everybody knows** - While it's a fact that this is a great idea, sadly, it's just a myth. Not a bad one to propagate, though.
4. **Eating carrots will give you night vision** - This one's not all fiction, but it's not exactly an "if one than the other" situation. The fact is that vitamin A promotes good eye health, and carrots contain beta-carotene, which the body converts to Vitamin A. So, while it won't increase your visual acuity (at night or during the day), and there are plenty of other foods that deliver Vitamin A (eggs, milk, sweet potato), it's still the best reason we can think of for you and your kids to finish those carrots. All of them.
5. **Oh, you don't want the middle of the watermelon slice. That part is sour** - This one usually only works the first couple of times. At least, we hope there's aren't any adults out there still throwing away the middle

part of the watermelon...that would just be sad.

6. **If you swallow your gum, it will stay in your stomach for seven years** - Given all the gum found on the undersides of school desks, benches and basically any other public surfaces you dare to run your fingers beneath, you'd think parents would want to be propagating the opposite, that gum was best swallowed. When gum is swallowed the stomach just pushes it right along...along with whatever other weird things your child swallows.
7. **Drinking coffee will stunt your growth** - Some still view giving caffeine to a child as tantamount to giving them cigarettes. And while it's true that we could all likely do with a little less caffeine in our daily lives (and the sugar that often comes with it), it will not stunt a child's growth.
8. **You can't go swimming for 30 minutes after eating** - There's no doubt that water is a danger for kids at any time, but eating does not exacerbate that danger. A better reason for them to wait to go in the pool after dinner: dishes.
9. The family pet went to live on a farm...where he'll have lots of room to run and play FOREVER! -Sometimes, when a young one asks a difficult question, the easiest answer is a straight up lie.
10. If you touch a toad, you'll get warts - As a famous frog once said, "it's not easy being green." And toads, too, have a bad rap. But you'll have to think of another reason why your son can't have a pet toad, because this one's out. Children are more likely than adults to get warts, as their immune systems have yet to build proper defenses, but nobody ever contracted a wart from handling a toad.

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## BIRTHDAYS... WELCOME... INFORMATION...



### Happy, Happy Birthday

Leone F. 10/5      Zoe V. 10/18

Judy S. 10/8      Eddie A. 10/18

Bonnie R. 10/12      James S. 10/24

*The Resident's Birthday Party is on **October 30th, 2018 at 2:30pm** in the **Dining Room**. Birthday Cake & Musical Entertainment by Martin Mancuso sponsored by Compassion Care.*

Meet  
Your  
New  
Neighbors



Jonathan G. 313

Suzanne D. 104

## TRIPS, TOURS AND SHOPPING

Mondays, Wednesdays & Fridays are Doctor Appointment Days  
Tuesdays & Thursdays Trips, Tours and Shopping



Day	Date	Time	Location of Activity
Tuesday	2	9:00 - 11:30 2:15 - 4:30	Wal-Mart Wal-Mart
Thursday	4	9:00 - 11:30 2:15 - 4:30	Smith's Grocery The Bank / Post Office
Tuesday	9	9:00 - 11:30 2:15 - 4:30	Wal-Mart Savers Thrift Store / Big Lots
Thursday	11	9:00 - 11:30 2:15 - 4:30	Dollar Tree Joann's / Bed Bath & Beyond
Tuesday	16	9:00 - 11:30 2:15 - 4:30	Wal-Mart Wal-Mart
Thursday	18	9:00 - 11:30 2:00 - 4:30	Kohl's Department Store Seasonal Adventures Pumpkin Patch
Tuesday	23	9:00 - 11:30 2:15 - 4:30	Wal-Mart HomeGoods / Burlington
Thursday	25	9:00 - 11:30 2:15 - 4:30	Hobby Lobby / Barnes & Noble Suncoast / Rampart Casino
Tuesday	30	9:00 - 11:30 2:15 - 4:30	Wal-Mart Wal-Mart

# THE HISTORY OF HALLOWEEN - HOW IT STARTED

**Halloween began as the festival of Samhain. It was part of the ancient Celtic religion in Britain and other parts of Europe.**

At the end of summer, the Celts thought the barrier between our world and the world of ghosts and spirits got really thin.

This meant weird creatures with strange powers could wander about on Earth.

The Celts had a big party. It was all about scaring away the ghosts and spirits.

Later, with the Christian religion, the day became known as All Hallows' Eve - the day before All Saints' Day on 1 November.

It's in America that Halloween has really taken off.

Irish immigrants to the United States raised the popularity of Halloween during the 19th century.

During the 20th century it became more and more popular, with **traditions like pumpkin carving and trick or treating** becoming part of TV shows, books and movies.



## PUMPKIN CRAVING

**Jack-o-lantern is the real name for the carved pumpkin.**

Its glowing face was supposed to scare away evil spirits.

You carried it around the edge of your village or let it burn outside your house on Halloween night.

In Ireland, Jack-o-lanterns were originally carved out of turnips.

Lots of Irish people went to live in America. They still wanted to make lanterns, but they couldn't find enough turnips. So they used pumpkins instead.



## TRICK OR TREAT

**If you are going out trick or treating you probably dress up in scary costumes and knock on doors hoping to be given sweets or money - the treat.**



If you don't get anything or it's not a great treat, such as a lump of coal, children sometimes may play a joke on the people living in the house.

But many people think this is unkind and unfair.

Some people think this tradition started with the Celts, who believed that on Halloween - that they used to call Samhain - some ghosts tried to return to their old homes.

They tried to get the visiting ghosts in a good mood by offering them nice food.

They thought if the ghosts were angry they would mess up the farms and frighten the animals.

But others believe trick or treating comes from a tradition where people would go door-to-door asking for food or "soul cakes".



# MONTHLY FUN FACTS

## Special Days in October History

**10/4/57** - The Space Age began as the Russians launched the first satellite into orbit. Sputnik weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.

**10/6/27** - The first "talkie" opened in New York. *The Jazz Singer*.

**10/12 1492** - After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted *El Salvador*, claiming it in the name of the Spanish Crown. Columbus was seeking a western sea route from Europe to Asia and believed he had found an island of the Indies. He thus called the first island natives he met, 'Indians.'

**10/14/64** - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.

**10/29/29** - The stock market crashed as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

**10/30/38** - The War of the Worlds radio broadcast panicked millions of Americans. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.

## Zodiac Sign

Libra Sept. 23 - Oct. 22

Scorpio Oct. 23 - Nov. 21



Marigold is October's  
Birth Flower

Birthstone is Opal

## HALLOWEEN PARTY

### Wednesday, October 31st

Come out and enjoy a Special  
Halloween Lunch, employee's



costumes,  
Treat-or-treaters  
Have a costume?  
Please wear it!

## FUN TIMES IN OUR COMMUNITY



Blackjack Night w/ the Cromwell Casino



Table full of winners!



Always a good time in Planting Class



Welcome back Tommy & Susan!



Thank you CareMore for hosting the Tea



The scones were a crowd favorite



Lovely visits from Service Dogs Peppa & Ruby



Outing to the Silverton Aquarium

## GET TO KNOW RESIDENT RUBY W.



Meet Ruby W.! Ruby was born in Berea, Kentucky and grew up in Toledo, Ohio with her three sisters and one brother. Ruby loved school and graduated from high school in Toledo. Even more than school, Ruby loved to dance. Ruby and her sister grew up dancing and even won a few tap dance contests along the way!

Shortly after high school, Ruby attended a dance with one of her friends and met her husband-to-be, Louie. Louie fell for Ruby's spectacular jitterbug and the rest is history. Ruby and Louie were married for over 50 years and, not surprisingly, danced through all of them. In between dancing, they raised 4 children together. In addition to raising her family, Ruby worked outside of the home. Ruby worked as a butcher and was a trailblazer as a female in the field. Eventually the job was designated for men only and Ruby moved on to wrapping meat instead. Ruby's Mom was instrumental in helping Ruby juggle raising a family of 4 and holding down a job.

Ruby and Louie visited Las Vegas on vacation in the 1950's. Two years later they moved to the Valley and made it their home. The couple liked to go out – dancing, of course, and anything with friends that included having fun. Believe it or not, Ruby standing at 4 feet 9 inches and Louie at 5 feet 10 inches, were quite the dance partners, often clearing the dance floor as others stopped to watch them dance!

Ruby moved to Silver Sky in May of 2014. She loves it here. She likes the people - her neighbors and the staff. She loves to have fun and you can find her in arts & crafts activities, and playing bingo. You can spot her dressed in a color-coordinated outfit every day, including color coordinating her decorated walker.

Ruby's surviving children visit as often as they can. Her daughter, Vicky, lives in Las Vegas and her son, Tom, lives in Apple Valley, California. Ruby says that she has so many grandchildren and great grandchildren that it's hard to count them all! Ruby's surviving brother also lives not too far away in Denver, Colorado.

Although we don't see Ruby jitterbugging, we do get to enjoy her positive attitude, warm greetings and enjoyment for life...which is infectious!

## RELIGIOUS SERVICES AND BIBLE STUDY GROUP

<b>Wednesdays</b>	2:30pm	Torah Class (AR/ Every Other Wednesday)
<b>Thursdays</b>	2:00pm	Catholic Services (TH)
<b>Saturdays</b>	10:00am	Prayer Group & Communion (TH)
<b>Saturdays</b>	2:00pm	Bible Hymns & Fellowship Group (TH)



Think Pink  
Luncheon  
11:00am  
**On Friday,  
Oct. 19**

In the Activity Room

Dr. Rachael Shirley

Please RSVP by Oct. 12 at the Front Desk

For more information call 702-835-9040

## Breast Cancer Awareness Day Friday, October 12th

Be sure to wear pink today!

Look good & do good in the fight against breast cancer by joining men and women across the country in taking part in Breast Cancer Awareness Day.

## WHO'S WHO AT YOUR COMMUNITY

Robert Colbert, RN, RFA - Vice President Assisted Living

Mike Trail, CPhT, RFA - Administrator

Jeanne Koester, RN - Director of Wellness

Joe Leininger - Executive Chef

Erin Butler - Assistant Administrator

Sabrina Severson - Medication Care Specialist

Barbara Phillips - Activity Coordinator

Karen Rodriguez - Activity Specialist

Jorge Reyes - Dining Services Coordinator

Jose Monroy - Lead Facilities Technician

Yvonne Vera - Receptionist

Angela Cohill - Transportation

### Office Hours:

If you have any questions,  
Please call or come by,  
Monday - Sunday  
8:00AM - 6:00PM  
(702) 835-9040

## Silver Sky Assisted Living

8220 Silver Sky Dr.  
Las Vegas, NV 89145  
(702) 835-9040



**Sweetest Day** began, October 8, 1921, it is a holiday originally celebrated in the Midwestern United States, and parts of the Northeastern United States, on the third Saturday in October. It is a day to eat sweets & remember your sweetheart!

