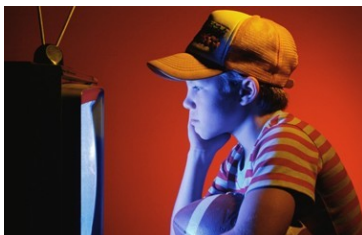




## Lies Your Parents Told You As A Kid (that you still kinda believe)

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.

Continued on page 4

### Table of Contents

Lies Your Parents Told You As A Kid.....	1
Birthdays, Welcome, Information .....	2
Trips, Tours & Shopping .....	2
The History of Halloween .....	3
Pumpkin Carving & Trick or Treat.....	3
Monthly Fun Facts .....	4
Lies Your Parents Told You continued .....	4
Resident's Biography .....	5
Religious Services .....	5
Who's Who .....	6

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



## Happy, Happy Birthday

Bea 10/01  
 Duffy 10/28  
 Marylee 10/31

The Resident's Birthday Party is the last Wednesday of every month, in the Dining Room. Entertainment w/ Larry sponsored by Compassion Care, Birthday Cake sponsored by CareMore.

Meet  
 Your  
 New  
 Neighbors



Clary 139 Ron 265  
 Norma 144 Jeanne 351

# 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 - 4:15	Wal-Mart Krispy Kreme Donuts & Deseret Industries Thrift Store
Thursday	4	9:00 - 11:30 2:15 - 4:15	The Dollar Tree Aliante Casino
Tuesday	9	9:00 - 11:30 12:00 - 1:00	Wal-Mart Roberto Taco Shop, Port of Subs, Dickey's or WingTime & more
Thursday	11	9:00 - 11:30 2:15 - 4:15	Bank, Post Office &/or DMV WinCo, Target or Ross
Tuesday	16	9:00 - 11:30 2:15 - 4:15	Wal-Mart Trader Joe's
Wednesday	17	9:00 - 11:00	Knitting & Crochet group trip to Catholic Charity's
Thursday	18	9:00 - 11:30 2:15 - 4:15	The 99 Cent Store and Dairy Queen Aliante Casino
Tuesday	23	9:00 - 11:30 2:15 - 4:15	Wal-Mart Kohl's or Mimi's Cafe
Thursday	25	9:00 - 11:30 2:15 - 4:15	Sprouts Farmers Market Hobby Lobby, Target, Ross or WinCo
Tuesday	30	9:00 - 11:30 2:15 - 4:15	Wal-Mart Aliante Casino

# 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 &  
October Birthdays.  
You are welcome to  
come in costume!  
Treat-or-treat



## LIES YOUR PARENTS TOLD YOU CONTINUED

- 11. If you eat that watermelon seed, a tree will grow in your stomach** - This one is almost true, only, it forgot one crucial step: you have to poop out the seed for the tree to grow. Unless you live in a Skittles commercial.
- 12. If you keep making that face, it'll get stuck like that forever** - This is one of the classics and it's entirely erroneous. Your face muscles are elastic and will always return to their original shape. Otherwise, Jim Carrey would look permanently like this.
- 13. If you sneeze with your eyes open, they might fall out** - Sneezes are mysterious things. Do they hurt? Do they feel good? We don't know, and so it makes sense that we make stuff up about them. Most people naturally close their eyes when they sneeze, but if you hold them open, even though the blood pressure behind your eyes is technically elevated, your eyes will absolutely not pop out of your head.
- 14. Cracking your knuckles will give you arthritis** - Is it annoying to hear tiny child bones repeatedly sucking and popping in and out of their lubricated joints? Undoubtedly, yes. But will it result in permanent damage? No, so long as it doesn't cause pain.
- 15. Reading in the dark will damage your eyes** - Adults will say anything when it's time to get their kids to bed. And he may give himself a headache (and you a headache too when he's less than pleasant the next morning), but reading in insufficient light does not damage eye sight.





## RESIDENT - PHYLLIS CHRISTIAN



Phyllis w/ her Great Granddaughters  
Phenix & Tegan

Phyllis was born to Bertha and Fred Lewellyn in Unionville MO. She had 2 brothers and 7 sisters.

Phyllis and her family moved to Lomita California. Phyllis attended Orange Street School and Narbonne High School. Phyllis's favorite activity as a youth was barn dancing and riding horses.

Phyllis's first job was a gas station attendant on Roller-skates. She later worked as a retail clerk for 16 years at Savon-Drugs.

Phyllis and her husband Curtis Phillip Christian met in high school and married in the Naval Chapel in Long Beach California. They had three children, Phillip Robin, James "Jimmy" Wayne and Cynthia "Cindy" Bea.

Sadly, her son Robin was diagnosed with cancer at age 9. Two years later, Robin passed away. Prior to his passing, Robin's story was known throughout the Los Angeles Communities. Red Skeleton sent Robin a letter and autograph picture. The Los

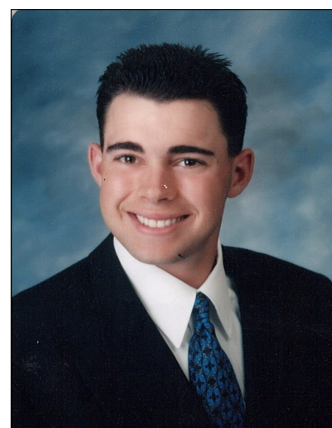
Angeles Dodgers sent him a letter and invited Robin and his family to a game. Robin was invited to watch the game from the dugout where he was given a team signed baseball. Similarly, The Los Angeles Angels hosted Robin during one of their games where he had his picture taken with the players.

Many of Phyllis's favorite memories are those raising her children. Phyllis chauffeured Cindy all around town selling Girl Scout Cookies. Her biggest customer was the entire local fire department. Phyllis enjoyed playing tennis and joined a traveling league playing doubles with daughter Cindy.

Phyllis never missed any of Jimmy's youth sports games. He played both football and baseball. He loved playing 1<sup>st</sup> base and was not a happy camper when they moved him to centerfield. Jimmy was an open field dirt bike rider. Fathers and Phyllis the only mother, typically supervised the activity. Phyllis enjoyed watching Jimmy at dirt bike riding so much, she decided to give it a try. On one occasion Phyllis rode up a very steep hill and took a bad fall. Jimmy was right there to help his mother up.

Phyllis is known as "Nana" by her grandchildren, a name affectionately started by her niece Claudine's son Joe.

It seems Phyllis's love for horses continues to run in her family. Grandson Christian Michael Salerno began riding horses at 4 years old and her great-grand daughter Phenix attends horse camp.



Grandson Christian

## RELIGIOUS SERVICES

Sundays 7:30 AM Catholic Mass Channel 6 KVCW (TH)

Fridays 11:00 AM Catholic Services w/Deacon Frank (MR) Rosary to follow service



**Think Pink Luncheon**  
**11:30 - 12:30**  
**On Friday,**  
**October 12th**

In Decatur Pines Recreation Room

**Guest Speaker Jessica Reynolds**  
**From CareMore**

Please RSVP by 10/5 at the front desk  
 For more information call 702-462-7700

**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 R.N., R.F.A. - Vice President Assisted Living

Nicole Graham M.H.A., R.F.A. - Executive Director

Megan Testa LPN - Assistant Wellness Director

Joe Leininger - Food Service Director

Erin Butler - Assistant Administrator

Barbara Phillips - Activity Coordinator

Roselee Coleman - Dining Services Coordinator

Michael Mendicino - Lead Facilities Technician

Shadé Momodu & Airamae Markley - Receptionists

Nancy Voag - Transportation

**Office Hours:**

**If you have any questions,**  
**Please call or come by,**  
**Monday - Sunday**  
**8:00AM - 6:00PM**

**Silver Sky**  
**at Deer Springs**  
 Assisted Living

6741 N. Decatur Blvd. Bldg. 3  
 Las Vegas, NV. 89131  
 (702) 462-7700



**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!  
 Saturday, October 20, 2018

