



Fall wreath craft created by one of our residents.

Notable Quotable

“Everything you see I owe to spaghetti.”

~ Sophia Loren, actress



Regent Park Recipe Corner: Chicken Parmesan Sliders. We will have to try these out at Happy Hour!

October Horoscopes and Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds. As masters of compromise and diplomacy, they act as wise mediators. Those born from October 23–31 are Scorpio’s

scorpions. Scorpios are passionate and intense, yet you may never know given their calm demeanors. They value truth and loyalty in friends and family.

Shirley – October 1st
Maureta – October 16th

October Is a Hoot *continued from pg. 1*

the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder that owls are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow,

adopted the owl as her companion animal thanks to its perceived wisdom. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. Owls, with their hooting calls and nocturnal natures, have long captured our imaginations. Thankfully, most cultures have learned to both share these myths and preserve the species, ensuring the survival of these magnificent animals for generations to come.

Recipe Corner: Chicken Parmesan Slider Bake

Ingredients

- | | |
|---------------------------------------|--------------------------------|
| 24 oz- frozen breaded chicken tenders | ½ cup – butter cubed |
| 1 package – Hawaiian sweet rolls | 1 tsp – crushed pepper flakes |
| 1 package – Sliced provolone cheese | 1 tsp – garlic powder |
| 1 package – Sliced mozzarella cheese | ¼ cup – grated Parmesan cheese |
| 1 jar – marinara sauce | 2 tbsp – minced fresh basil |

Directions

1. Preheat oven to 375 degrees
2. Prepare chicken tenders according to package directions.
3. Without separating the rolls – cut the rolls horizontally in half; arrange the roll bottoms in a greased 13 x 9-inch baking dish. Place half of the cheese slices over roll bottoms. Bake until cheese has melted, 3-5 minutes.
4. Layer the rolls with half of sauce, chicken tenders, remaining sauce and remaining cheese slices. Replace top halves of rolls.
5. For topping, microwave butter, garlic powder and red pepper flakes covered, on high, stirring occasionally, until butter is melted. Pour over rolls, sprinkle with Parmesan cheese.
6. Bake uncovered until golden brown and heated through, 20-25 minutes. Sprinkle with minced fresh basil before serving.

Park News

October 2020

Celebrating October

Emotional Wellness Month

World Smile Day
October 2

World Teachers Day
October 5

Physician Assistant Day
October 6

Fire Prevention Day
October 9

National Motorcycle Ride Day
October 10

Columbus Day
October 12

Bosses Day
October 16

International Chefs Day
October 20

International Artist Day
October 25

Halloween
October 31



October Is a Hoot

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these instinctual rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as

emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between

Cont'd on pg. 4

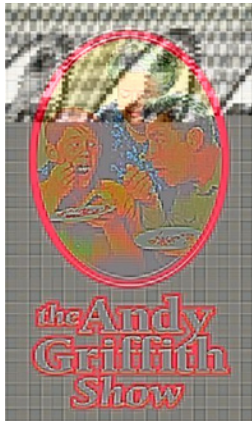


Pleasure in the Post

The first full week of October brings International Postcard Week. Experienced *deltiologists* (the official term for postcard collectors) value postcards for their rarity, beauty, and condition, yet anyone can collect postcards as a fun and enjoyable hobby. Postcards are often set into two categories: those depicting topographical and social history, such as

photos or illustrations of historical scenes; and subject or “topical” cards created by notable artists. Of course, International Postcard Week is not just for collectors. Many people celebrate by creating their own postcards and mailing them to someone they love. You never know, your postcard could end up in a deltiologist’s collection someday.

Classic T.V. Anniversaries



The Andy Griffith Show followed Andy Taylor, the sheriff of Mayberry, North Carolina.

I Love Lucy and *The Andy Griffith Show* celebrate milestone anniversaries.

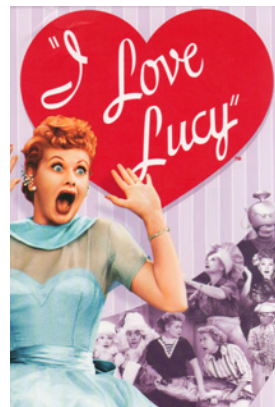
The Andy Griffith show aired for the first time on October 3, 1960. It showed on CBS for 8 years. The cast included legendary names like Andy Griffith, Ronny Howard, Don Knotts, Frances Bavier and Jim Nabors.

The show was set around Andy Taylor, the widowed sheriff of the fictional community of Mayberry, North Carolina. On October 3, 2020, the show will be celebrating the 60th Anniversary of the shows' premiere date.

I Love Lucy aired for the first time on October 15, 1951. It showed on CBS for 6 years. The cast included legendary names like Lucille Ball, Desi Arnaz, Vivian Vance, William

Frawley and Richard Keith.

The show followed the life of Lucy Ricardo, a young middle-class housewife in New York City, who either concocted plans with her best friends Ethel and Fred Mertz to appear alongside her bandleader husband Ricky Ricardo in his nightclub, or tried numerous schemes to mingle with, or be a part of show business. On October 15, 2020, the show will be celebrating the 69th Anniversary of the shows' premiere.



A Home for the "Gentle Giants"

Massive redwood trees have graced the coast of California for thousands of years, yet it wasn't until October 2, 1968, that Redwood National Park was founded to protect these "gentle giants." After the discovery of gold along the Trinity River in 1850, Northern California experienced a mini-gold rush, and many miners turned to logging, which decimated the redwood population. Conservation groups attempted to save the

old-growth forests, and many stands of trees were saved, but the outbreak of World War II led to a construction boom, and once again the trees were eyed as a rich source of lumber. It was not easy for President Lyndon Johnson to sign legislation establishing Redwood National Park, but thankfully, 58,000 acres of forest were set aside for preservation. Today that number has grown to over 130,000 acres, providing a safe haven for the world's tallest trees.



Coast redwoods can reach towering heights over 300 feet tall.

COVID-19 Policy Updates



Patio visits will continue for now, weather permitting.

We are very excited to announce that we will be using the more up to date County Positivity rates for our visitation policies. Sedgwick County, currently, has a positivity rate of 5%.

The decreased positivity rate also allows us to start scheduled indoor visits again! Indoor visits must be scheduled at least 48 hours in advance. Families and friends of our residents can **call the front desk at 316-337-5450 ext. 0** to schedule these visits.

According to the CMS guidelines that are in place, we will limit the number of scheduled visits in order to keep the appropriate precautions in place.

The indoor visits will be limited to 30 minutes. We ask that all families designate two visitors who will be visiting your loved one. We will only allow these two visitors unless there is a unique situation that has been approved by the Executive Administrator.

We will be assigning each visitor a face shield that must be disinfected and kept for each visit. We will require a face mask

and personal protective equipment during the visit. All visitors will continue to require 6 feet of distance to maintain social distancing guidelines, and visits will be conducted in the Bistro area.

Unfortunately, if we have a single case of COVID-19 then indoor visits will be stopped immediately for 14 days from our last positive result. In the event of a positive case we will continue the patio visits, which can be scheduled **by email with the Executive Administrator at ebenefield@regentparkrehab.net**.

We have discontinued quarantining items coming into the facility, as recent studies have shown that the virus actually does not live on surfaces as long as originally thought. We will continue to wash all clothing coming in and disinfecting everything as much as possible before taking the items to your loved one. We want to thank you all for allowing us to safely take care of our residents. We appreciate everyone's understanding during these ever-changing times!

Resident Council

Council will meet in the Dining Room Areas of Amherst and Belmont Neighborhoods on October 21st at 3p.m.

Join us to give feedback on our community, hear latest updates on Covid-19 and what we are doing here at Regent Park and to help us plan our next month!