



Catholic Eldercare

RiverVillage East

assisted living and memory care

2919 Randolph St. NE • Minneapolis, MN 55418 • (612) 605-2515
www.catholiceldercare.org

Mission Statement

Catholic Eldercare provides the care, housing and services needed by older adults to continue living fully with dignity in an intentionally created caring community.

Popcorn Pick: 'Mister Roberts'

Harbored in the Pacific in the final days of World War II, the U.S. Navy supply ship Reluctant battles monotony more than the enemy. Henry Fonda stars as Lt. Doug Roberts, the ship's cargo officer, frustrated in his post and desperate to join the fighting, but beloved by his weary men for his leadership against their tyrannical captain (James Cagney). Meanwhile, the ship's morale officer, Ensign Pulver (Jack Lemmon), and doctor (William Powell) provide Roberts with both laughs and sympathy. This 1955 comedy-drama was nominated for a best picture Oscar, and Lemmon won the award for best supporting actor.

On Deck for the World Series

Batter up! The 2015 World Series—the best-of-seven playoff between Major League Baseball's American League and National League champions—begins Oct. 27. Get on deck with these facts about the Fall Classic:

- The winning team is awarded the Commissioner's Trophy, first presented in 1967.
- Championship rings became a tradition in the 1930s. Previously, players were honored with watch charms or lapel pins.
- With 10, former New York Yankee Yogi Berra has won more World Series rings than any other player in history.

Oct/Nov 2015



October by the Numbers

500. Average number of seeds in a medium-sized pumpkin. A low-calorie snack, pumpkin seeds are high in fiber, zinc, iron, protein and antioxidants.

17,897. Number of published comic strips of "Peanuts" produced by Charles Schulz. The beloved strip debuted Oct. 2, 1950.

Five. Number of fingers (including the thumb) in the wings of a bat, the only flying mammal in the world.

Hand-Washing Tip

With cold and flu season underway, it's more important than ever to wash your hands to fight germs. While many of us were taught to always use soap and warm water, the Centers for Disease Control and Prevention reports that when it comes to killing bacteria, the temperature of the water doesn't matter—the amount of time spent scrubbing does. Using cold water will save energy as well as prevent the skin on your hands from becoming cracked and dry.

Positive Thought

"No act of kindness, no matter how small, is ever wasted." —Aesop

Fun Felines

Cats have been living alongside humans for at least 4,000 years. However, there are a few things you might not know about cats, such as:

- Domestic cats, no matter their breed, are all members of the species *Felis catus*.
- In Japan and Great Britain, black cats are considered symbols of good luck.
- There are more than 30 domestic cat breeds, and researchers believe they all originated from the African wildcat.
- A female cat is called a queen or a molly.
- A cat can travel for a short distance at a top speed of about 30 mph.
- The sense of touch is acute in cats. The eyebrows, whiskers and tufts of hair on the ears are all extremely sensitive to vibrations.
- About 200 feral cats live at Disneyland, helping control the rodent population in the park.
- A cat's nose is ridged with a unique pattern, just like a human fingerprint.
- A group of cats is called a clowder.
- Cats often race around in the evening for no apparent reason. This behavior results from the cat's instinct to hunt at dawn and dusk.

Tribes of America

More than 5 million people identifying as American Indian or Alaska Native live in the United States, where there are 566 federally recognized tribes. Here's more about some of the most populous groups:

Cherokee. Originally from the southeastern U.S., the majority of Cherokee tribe members—who make up the largest tribal nation in the country—live in Oklahoma. One of the most well-known Cherokee historical figures is Sequoyah.

Navajo. The Navajo Nation occupies more than 27,000 square miles of desert land in Arizona, New Mexico and Utah. Known for creating beautiful art pieces such as silver and turquoise jewelry, woven blankets and ceremonial sand paintings, the Navajo people also hold a significant place in U.S. military history: During World War II, their language was used as an unbreakable code.

Sioux. This Great Plains tribe is identified by iconic images such as their elaborate feather headdresses worn by chiefs and warriors in sacred ceremonies, as well as teepees made of buffalo hides. Famous Sioux include Chiefs Sitting Bull and Crazy Horse.



Your Flu Shot Questions Answered

When flu shot season rolls around, people often ask, "Does it really work?" and "Why do I have to get another flu shot? I got one last year."

Unlike other vaccines, the influenza formula is reviewed and updated every year. That's because flu viruses are constantly changing.

Worldwide, scientists monitor viruses in order to predict which ones will be most common during the next flu season. Unfortunately, sometimes those predictions are wrong. Because the yearly vaccine has to be prepared months in advance, by the time flu season hits, the viruses going around may have already mutated.

Despite this margin of error, it's still wise to get a flu shot. Even if you get the flu anyway—which can happen if the strains used in the vaccine do not match the virus going around—the vaccine can make your symptoms milder and reduce the risk of hospitalization.

The vaccine can't actually give you the flu—the viruses in the vaccine are dead. You may experience mild symptoms such as a low-grade fever and body aches, but these are normal and short-lived.

3 Things You Need to Know

Americans consume about 400 million pounds of cranberries a year, which is good because these little berries can give your health a boost.

1) One cup of cranberries provides 18 percent of the recommended daily amount of vitamin C, manganese and fiber. They are also high in vitamins E and K.

2) Fresh cranberries are at their peak from October through December.

3) To balance their tartness, combine fresh cranberries with other fruits, such as oranges, apples or pineapple.



A Bucket of Candy Facts

Whether you're a fan of chocolate, peanut butter or fruity flavors, there's a type of candy to satisfy nearly any sweet tooth. Enjoy these tasty tidbits about some famous brands:

Tootsie Rolls. Ever since 1896, when Tootsie Rolls were invented by Austrian immigrant Leo Hirschfeld, every batch of this chewy, chocolaty candy includes some of the previous day's batch. Inspired to make a treat that wouldn't melt in the heat, Hirschfeld named his

Memory Loss Support Group
Teri Brustad from Catholic Eldercare has joined with the Alzheimer's Association to create a local memory loss support and education group. Sessions will be held the second Wednesday of every month at 2 p.m. at St. Hedwig Catholic Church, 129 29th Avenue NE, Minneapolis, MN 55418. Please contact Teri Brustad at (612) 362-2463 for more information.



creation after his daughter Clara, whose nickname was "Tootsie."

Dots. It's easy to picture these brightly colored gumdrops in their cheerful yellow box, a movie theater favorite since 1945. But did you know there are black, licorice-flavored Dots called Crows? Like Dots, they too were originally produced by the Mason Company, but have been around for 50 years longer.

Bit-O-Honey. At the time of its introduction in 1924, chocolate bars were all the rage, helping this almond-and-honey taffy bar stand out among them. The original packaging—six delightfully chewy pieces wrapped in wax paper—is still available today.

Wit & Wisdom

"I often think that the night is more alive and more richly colored than the day."
—Vincent Van Gogh

"A man is a very small thing, and the night is very large and full of wonders."
—Edward Plunkett

"The night walked down the sky with the moon in her hand."
—Frederic L. Knowles

"The cloud shadows of midnight possess their own repose."
—Percy Bysshe Shelley

"Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."
—Edgar Allan Poe

"Twilight drops her curtain down, and pins it with a star."
—Lucy Maud Montgomery

"Give light, and the darkness will disappear of itself."
—Desiderius Erasmus

"Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content."
—Helen Keller

"Character, like a photograph, develops in darkness."
—Yousuf Karsh



Adaptations

The literature of long ago often inspires modern moviemakers. Take a look at some classic stories and the film adaptations they inspired.

Original Work

750 B.C.: "The Odyssey"
1597: "Romeo and Juliet"
1815: "Emma"
1881: "The Prince and the Pauper"
1886: "The Strange Case of
 Dr. Jekyll and Mr. Hyde"
1897: "Cyrano de Bergerac"
1900: "The Wonderful Wizard of Oz"

Modern Adaptation

2000: "O Brother, Where Art Thou?"
1961: "West Side Story"
1995: "Clueless"
1983: "Trading Places"

1963: "The Nutty Professor"
1987: "Roxanne"
1978: "The Wiz"

"This Month In History" OCTOBER

1888: The Washington Monument opens to the public. The iconic obelisk on the National Mall was built as a tribute to America's first president.

1927: Movie history is made when the first feature-length talking picture, "The Jazz Singer" starring Al Jolson, opens.

1936: Boulder Dam—now known as Hoover Dam—begins transmitting electricity to Los Angeles.

1940: The 40-hour workweek goes into effect under the Fair Labor Standards Act.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1964: Civil rights leader Martin Luther King Jr. wins the Nobel Peace Prize.

1975: Bruce Springsteen scores his first hit with the single "Born to Run." The song has become a rock 'n' roll classic.

1984: The Chicago Bears' Walter Payton breaks the NFL's all-time rushing record, carrying the ball a career total of 12,400 yards.

1988: The TV sitcom "Roseanne" premieres.

2007: Comedian Drew Carey replaces Bob Barker as the host of the popular game show "The Price is Right."

2010: Millions of people across the world watch live TV coverage as 33 miners are rescued from a collapsed mine in Chile. They had been trapped for 69 days.