

October 2020

Cloverleaf Healthcare

9325 N. Crawford St. Knightsville, IN 47857 P:812-446-2309 F:812-448-3733 cloverleafhealthcare.com



Celebrating October

Country Music Month

Global Diversity
Awareness Month

Emotional Wellness Month

Columbus Day
October 12

Horse Races
October 16

Ham & Beans
October 23

Pumpkin Contest
October 23

Octoberfest Party
October 29

Costume Contest
October 30

Halloween
October 31

Fall Fun!

OCTOBER 12th Columbus Day!
We will be making boats with our staff
and residents.

OCTOBER 16th Horse Races

OCTOBER 23rd Pumpkin Contest
Residents will vote on best pumpkin,
while we also will be having Ham and
Beans from an open fire.

October 29th Octoberfest
Residents party where we will have
Octoberfest beer and snacks.

OCTOBER 30th Costume Contest
Staff will dress up in their best costume
where our residents will choose best
costume. There will be a trophy for our
winner!



Customer Service Superstar

Our Customer Service Superstar goes out to one of the best working CNA's we have here at Cloverleaf. Billy Mathews. Her drive and dedication to her residents are what make her such an asset. Regardless of what is going on in the world you wouldn't know by the way Billy works daily. Our residents are always well taken care of and looking their very best when Billy is on the schedule. Billy does the impossible some days from doing the residents hair down to their jewelry and fingernails being painted. We also have even heard from other staff members that when they hear Billy is working with them on a day, it makes their workday more enjoyable. Thank you, Billy, for always going above and beyond for our Cloverleaf Residents.



Pasta's Path to Italy

Pasta is a food beloved by cultures all over the world. While many associates this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.

Bald Is Beautiful



Sometimes by choice but most often by necessity, people go bald. October 14, Be Bald and Be Free Day, is a day to honor the bald pate and the integrity of those who dare to bare it all.

Baldness is often caused by genetics or hormonal changes. It may also be the result of an autoimmune disorder, where the body attacks its hair follicles. Some people may use wigs to cover their heads or rely on treatments such as Minoxidil, but October 14 is an opportunity to bare your baldness with pride. Baldness is so prevalent in cultures around the world that geneticists believe it is a beneficial trait that projects intelligence, honesty, helpfulness, and social maturity.

Employee of the Month

Our Employee of the month has been nominated to go to Taylor Dove. Taylor started working in our dietary department. From her time in dietary, she decided to take a step into receiving her CNA License. Taylor was always interacting with her residents while she was working in the kitchen and it drove her to want to be with them more. Some of the many things mentioned that made her stand out to be nominated, she is constantly smiling and making her residents smile. Taylor is caring for her coworkers, always helping others when in need. The residents have mentioned how Taylor always makes sure their hair is at its best when she is working. With our beauty shop not being able to be open, Taylor does a good job trying to step in and help, even trimming the men's hair herself. Thank you, Taylor, for your exceptional care.



A Home for the “Gentle Giants”

The 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” as national treasures. 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. Various conservation groups attempted to save the old-growth forests, and many stands of trees were saved. 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, especially in the face of opposition from timber companies. But thankfully, 58,000 acres of forest were set aside for preservation. Today that number has grown to over 130,000 acres, providing a vast coastal shelter for the tallest trees in the world. Nurtured by the dense fog of the coast, some of these trees soar more than 300 feet into the sky. Even the smallest specimens are wondrous to behold.

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.

Janet's Cooking Corner

Brownie BOMB Bars!

Ingredients

Bottom Layer

- 1 Box Brownie Mix (follow box instruction fully and for cooking times.)
- 2 Large Eggs
- 1/4 Vegetable Oil
- 1/4 Water
-

Middle layer

- 1 Jar (198 g) Jet-Puffed Marshmallow Crème
-

Top Layer

- 2 Cups Semi-sweet chocolate chips
- 1 Cup Peanut Butter
- 3 Cups Rice Krispies

Instructions

- Spray a 9x13 pan with cooking spray.
- Bake Brownies as directed on box and let to fully cool.
- Spread Jet-Puffed Mallow Crème.
- Place Chocolate chips and peanut butter in a medium sized microwave bowl and microwave until well blended stopping at 1-minute intervals.
- Once melted stir in Rice Krispies and spread evenly over mallow crème.
- Cover and chill for two hours before cutting into squares
- Yields 24-36 bars depending on how big you like your squares
- ENJOY!

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Julie Andrews (actress) – October 1, 1935
Desmond Tutu (cleric) – October 7, 1931
Chevy Chase (comedian) – October 8, 1943
Dick Gregory (comedian) – October 12, 1932
Mae Jemison (astronaut) – October 17, 1956
Chuck Berry (musician) – October 18, 1926
Dizzy Gillespie (musician) – October 21, 1917
Pelé (soccer star) – October 23, 1940
Mahalia Jackson (singer) – October 26, 1911
Bill Gates (engineer) – October 28, 1955

