

October 2021

GEOCAM CONNECTION

Georgetown & Cambridge | 141-151 Port Sheldon Rd. Grandville, MI 49418

Celebrating October

Stamp Collecting Month

Positive Attitude Month

International Coffee Day

October 1

Concert with Bob Lacey

October 6

World Teachers Day

October 5

Flu Shot Clinic

October 12

Wear Something Gaudy Day

October 17

Resident Council

October 20

Kathleen's Wedding

October 23

Concert with David Molinari

October 28

**All Hallows' Eve or
Halloween**

October 31

Joyful Therapy

In Psalm 15:5 the Psalmist reflects on the inheritance God gives to us when we become believers. One vital part of the inheritance is joy. Psalm 15:11 says: "In Your presence is fullness of joy". Most of us have heard the phrase laughter is good medicine. This is a paraphrase of Proverbs 17:22 which reads, "A joyful heart is good medicine." Did you know that research supports the idea that happy people tend to live longer and experience better health than their unhappy peers? Ed Diener, a professor of psychology at the University of Illinois, summarized his review of 106 studies on the topic by saying "the general conclusion from each type of study is that your subjective well-being--that is, feeling positive about your life, not stressed out, not depressed—contributes to both longevity and better health." In one assisted living facility the residents have a happy hour. They gather to laugh. The day I joined them they were having snacks and watching "I Love Lucy" re-runs. I must admit it was a lot of fun to be with a group of seniors who were laughing. It certainly brightened everyone's day.

One ninety-year-old was known for her sense of humor. She was in the hospital for an extended stay. It is not always easy to find good sleep in a hospital. One evening she was in a deep sleep. In the middle of the night, she was tapped on the shoulder by the nurse. She groggily came out of her sleep and realized the nurse only needed to take a routine temperature and pulse. With her characteristic humor she said to the nurse: "Next time, if I am sleeping, don't wake me up, just hold a mirror by my face and check if I'm breathing. If I'm breathing that's all the vital sign you need." The nurse noted her comment in her chart. When the doctor was making his rounds the next day, he talked with the ninety-year-old patient.

He said: "I see the nurse awoke you last night to take your vital signs." She said: "The nurse did." He said: "I've put in your records that if you are sleeping, they are not to awaken you. If you are breathing that is the only vital sign necessary until you wake up." She said: "That's perfect." They both had a good laugh. Every time my friend told me this story, she did so with an amused look in her eye. The way she told the story always made me laugh. My friend lived to be over 100. A joyful heart really is good medicine.

Now We're Cooking

October is Cookbook Month, which means it's time to get into the kitchen and dust off those pots and pans. With an almost infinite number of free recipes available online, cookbooks might seem a thing of the past. Yet while many forms of print media have suffered in the digital age, cookbooks have maintained their popularity and sales are booming.



How have cookbooks maintained such popularity? They are often part autobiography of the cooks who write them and part self-help for those who struggle in the kitchen, and they almost always

lead to a happy and delicious ending. Even for seasoned chefs, cookbooks provide a means of reinvigorating a stale cooking routine or learning some new tricks of the trade. This doesn't mean that you should go out and buy Buck Peterson's *Road Kill Cookbook* (unless you want to whip up his signature "Chili Con Carnage"), but you could explore some of these other unique and innovative options.

Last Dinner on the Titanic features a compilation of recipes that were served on that great and ill-fated ocean liner. A ten-course menu featuring oysters, caviar, Lobster Thermidor, Consommé Olga, filet mignon, roast squab, pate de foie gras, and Waldorf pudding was served the very night the iceberg was struck, and recipes for all these dishes and more are found in the cookbook.

When *Microwave Cooking for One* was published in 1999, some reviewers called it the "world's saddest cookbook," but others called its author, Marie T. Smith, "the veritable high priestess of microwave food preparation." Smith demonstrates that the microwave is not merely for reheating leftovers but can prepare everything from pancakes to fried scallops and peach souffle.

Adventurous foodies could try *Bugs for Beginners*. Historians might like *Cooking Apicius*, recipes from ancient Rome. Mechanics will appreciate *Manifold Destiny*, which teaches how to cook on your car engine. There is truly a cookbook that appeals to every possible taste.

Happy Birthdays

To our Residents....

Jean Rus 10/6
Arlene Jacobitz 10/10
Virginia Staal 10/17
Jan Vrugink 10/20
Bella Ampil 10/20
Norma Jean VanDyke 10/24
DeLores Mol 10/25
Toby Miller 10/28

To our Staff....

Nancy D 10/10
Valerie P 10/13
Latecia T 10/26
Tami N 10/27

Bigfoot's Big Moment

In 1958, a northern California newspaper published a letter in which local loggers described their discovery of massive 16-inch-long footprints in the California wilderness. The loggers called the unknown creature who had left the prints "Big Foot," and readers of the newspaper became instantly fascinated with the story. That local story, originally published as a fun, Sunday morning entertainment piece, spread to newspapers across the country. Quite suddenly, the legend of Bigfoot was born. It wasn't until October 20, 1967, that the Bigfoot legend reached a fever pitch.

Two rodeo cowboys from Yakima, Washington, Roger Patterson and Bob Gimlin, ventured into the northern California wilderness in the hopes of capturing hard evidence of the creature. Patterson had long held a fascination with the mysterious Bigfoot. He had spent much of the previous decade interviewing Bigfoot believers, compiling their stories, and exploring and mapping the creature's supposed territories. Despite Patterson's earnest belief in Bigfoot's existence, no one was more shocked than he when he and Gimlin stumbled upon a large, hairy, bipedal, apelike figure stomping through northern California's remote forests.



Patterson was able to dismount his horse and film Bigfoot for about a minute, capturing the now-famous shot of Bigfoot midstride. He and Gimlin tracked the creature for a few miles and made plaster casts of its massive footprints before losing it. The men believed that they had struck Bigfoot gold, that they possessed the evidence needed to prove Bigfoot's existence. The scientific community, however, was not impressed with the footage. Many believed the film had been a hoax and Bigfoot just a man in a costume. Yet other scientists have trouble debunking the film and dismissing its veracity. For the rest of their lives, Patterson and Gimlin argued that their experience and the film were genuine, giving hope to the many Bigfoot believers worldwide.

Big Welcome

Hazel Smit to East

We are so happy to have you here!

In Sympathy

We extended our thoughts and prayers to the families of....

Dorothy Weenum
Daniel Sahaydek
Gretta Marks
Nannette Bart

Resident made Kathleen bridal dresses out of toilet paper! What fun!



Keep Calm and Stay Cozy



BEFORE



AFTER

