

The Role of a Physician Assistant

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population’s increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master’s degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors’ offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year Oct. 6-12.



Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy — The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians’ go-to choices.



Brazil — Green peas are a popular vegetable in this South American nation, and they’re often found on Brazil’s thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

Japan — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

Costa Rica — Coconut is the No. 1 pizza topping in this Central American country, and it’s often paired with shrimp.

Sweden — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

Australia — Craving some “shrimp on the barbie”? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the land Down Under.



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The Ins and Outs of the Accordion

The Sears catalog once described it as an “orchestra in a box,” and it’s a fixture at many Oktoberfest celebrations. The lively music of the accordion has been entertaining audiences for more than 200 years.

Based on ancient Chinese instruments, several forms of the musical device were developed in Europe, but it was Cyrill Demian who patented his version in Austria in 1829, naming it an accordion. The instrument produced sound when the user manually pushed or pulled the middle part, called the bellows, sending air over reeds and through an opening. Pushing finger buttons along the box’s side at the same time controlled the pitch of the sounds. Later models added a piano-style keyboard to the design, which allowed more notes to be played.

The accordion’s popularity spread throughout Europe and the world. Since it is naturally loud, it was used in dance music, especially polkas and waltzes. Because it was portable, many immigrants brought their “squeeze-box” with them to the U.S. The accordion became a key instrument in many regional styles of music, such as Cajun, zydeco and Tejano.

The first half of the 1900s is often referred to as the golden age of the accordion, though the instrument has had a resurgence in recent years and has been featured in songs by popular artists.

Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game’s ties to autumn.

When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.



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Locations

Activities Room, AR
Activities Room Hallway, AH
Court Yard, CY
Dining Room, DR
Game Room, GR
Independent Living Activities Room, IA
Independent Living Dining Room, IL
Outing, O
Patio, P
Windsor Room, WR

Transportation Schedule

Thursday, 11:10 a.m.
Lunch Outings

Thursday, 2 p.m.
Trip: Scenic Ride

Sunday, 2 p.m.
Trip: Scenic Ride

“In life, as in football,
you won’t go far unless
you know where the
goal posts are.”
—Arnold H. Glasow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Fitness & Moves, AR 11:00 October Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR 10:30 The Goodtime Singers, DR	9:45 Outside Walking 10:00 Reminiscing Cooking Cookies, AR 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 National Wildlife (Talking & Video)	10:00 Health Talk w/ Legacy, AR 10:30 Fitness & Fun, AR 11:00 International Music, AR 2:00 Bingo Bucks, AR 3:15 Adult Coloring & Framing, AR 6:45 World News, AR	10:00 Walking Club 10:15 Touch and Smell (Nature), CY 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Art Expression, AR 3:30 Documentary Traveling Places (Video), AR	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR 11:00 It All Happened in October Trivia, AR 2:00 Bingo w/Prizes, AR 3:30 TGIF Social Hour 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 3:00 Table Games Checkers/Board Game, AR
7 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 6:45 Individual Art for the Heart, AR	8 COLUMBUS DAY 10:00 Fitness & Moves, AR 10:30 Columbus Day Trivia, AR 11:00 October Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	9 9:45 Outside Walking 10:00 Lemonade and Reminiscing, AR 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Art Expression, AR 3:30 National Wildlife (Talking & Video)	10 10:00 Exercise w/ Legacy, AR 11:00 News and Views 2:00 Bingo Bucks, AR 3:15 Root Beer Float, AR 6:45 World News, AR	11 10:00 Walking Club 10:15 Touch and Smell (Nature), CY 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Outside w/Nature, O 3:30 Documentary Traveling Places (Video), AR	12 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR 11:00 It All Happened in October Trivia, AR 2:00 Bingo w/Prizes, AR 3:00 Ice Cream Social, AR 6:00 Puzzles/Board Games, AR	13 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 3:00 Table Games Checkers/Board Game, AR
14 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 6:45 Individual Art for the Heart, AR	15 10:00 Fitness & Moves, AR 11:00 October Word Games, AR 2:00 Bingo & Chocolate, AR 3:30 I Love Lucy Show, AR 6:45 Card Games, AR	16 10:00 Physical Games (Ring Toss) 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 National Wildlife (Talking & Video)	17 10:00 Exercise w/ Legacy, AR 11:00 Price Is Right w/Juice, AR 2:00 Bingo Bucks, AR 3:15 At the Movies w/ Popcorn, AR 6:45 World News, AR	18 10:15 Touch and Smell (Nature), CY 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Yoga w/Tina, AR 3:30 Documentary Traveling Places (Video), AR 6:00 Bewitching Soiree, IL	19 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR 11:00 It All Happened in October Trivia, AR 2:00 Bingo w/Prizes 6:00 Puzzles/Board Games, AR	20 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 3:00 Table Games Checkers/Board Game, AR
21 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 1:30 Football Social, AR 6:45 Individual Art for the Heart, AR	22 10:00 Fitness & Moves, AR 11:00 October Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 Hot Chocolate Social, AR 6:45 Card Games, AR	23 9:45 Outside Walking 10:00 Resident Council Meeting, AR 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 National Wildlife (Talking & Video) 7:00 North Hampton Church of Christ, DR	24 10:00 Exercise w/ Legacy, AR 10:30 Tea Time and Coffee, AR 2:00 Bingo Bucks, AR 2:00 Music w/Bonnie and Friend, DR 3:15 Root Beer Float, AR 6:45 World News, AR	25 10:00 Walking Club 10:15 Touch and Smell (Nature), CY 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Documentary Traveling Places (Video), AR	26 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/ Doughnuts, AR 11:00 It All Happened in October Trivia, AR 2:00 Birthday Celebrations of the Month, IL 3:15 Bingo w/Prizes, AR 6:00 Puzzles/Board Games, AR	27 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 3:00 Table Games Checkers/Board Game, AR
28 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Scenic Ride, O 6:45 Individual Art for the Heart, AR	29 10:00 Fitness & Moves, AR 11:00 October Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 S’mores Social, AR 6:45 Card Games, AR	30 9:45 Outside Walking 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 National Wildlife (Talking & Video)	31 HALLOWEEN 10:00 Exercise w/ Legacy, AR 11:00 Halloween Trivia and Fun, AR 2:00 Bingo Bucks, AR 3:15 Halloween Social and Games, AR 6:45 World News, AR			