



RUSTON

Nursing and Rehabilitation

OCTOBER 2019



Your Community Team

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Director of Admissions

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Social Services Director

Tamira Clark

Director of Nursing

Tiffany Otwell

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Natalie Holborn

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Office Hours

Monday Thru Friday

8:00am - 5:00pm

Contact Directory

Main Office

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October is Breast Cancer Awareness Month

Breast cancer is the most common type of cancer in women. But while one in eight women will be diagnosed with breast cancer in their lifetime, death rates have been on the decline since the 1900s. This decline can be attributed to better screening, early detection, improved treatments, and increased awareness. Let's keep breast cancer awareness on the rise, this month and every month, by encouraging our friends and family members to schedule regular screenings, participating in fundraisers for research, and donating to organizations that support breast cancer patients and survivors.

Happy Halloween!

One of the best parts about Halloween is all the candy! Halloween treats have evolved quite a bit. Here are examples of popular Halloween candies, decade by decade, dating back to the early twentieth century. 1) Baby Ruths in the 1920s, 2) Three Musketeers in the 1930s, 3) M&Ms in the 1940s, 4) Atomic Fireballs in the 1950s, 5) SweetTARTS in the 1960s, 6) Laffy Taffy in the 1970s, 7) Skittles in the 1980s, 8) AirHeads in the 1990s, 9) Sour Patch Kids in the 2000s, and 10) Reese's Peanut Butter Cups in the 2010s. What's your favorite Halloween treat?

Recipe: Harvest Chipotle Chili

Ingredients:

3 orange bell peppers (seeded), 2 chipotle peppers (seeded), 2 cloves garlic (minced), 2 lbs ground beef, 1 onion (chopped), 1 sweet potato (chopped), 1 can pinto beans, 1 can hominy, 2 tomatoes (chopped), 2 cups chicken broth, 2 Granny Smith apples (diced), 1 tsp ground chipotle, 1 tsp salt, shredded cheddar cheese

Instructions:

Add the peppers and garlic to a blender and blend for 5 seconds, then set aside. In a large pot, cook the ground beef and onion on medium-high heat for 5 minutes. Stir in the pepper-garlic mixture and cook for another 5 minutes on medium-low heat. Stir in the beans, sweet potato, hominy, tomatoes, chicken broth, apples, ground chipotle, and salt. Reduce heat to low and simmer for 25 minutes. Serve with shredded cheese.

Ruston Nursing and Rehabilitation

RustonRehabCenter.com | 3720 Highway 80 East Ruston, LA 71270



Resident News
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THREE WAYS TO IMPROVE YOUR FRIENDSHIPS

Having people to call true friends is such a blessing! Friendships offer us so many rewards, like better self-esteem and an improved sense of belonging and well-being. Here are three ways to keep your friendships going strong:

Set a goal together, such as running a 5K, learning a new language or skill, or improving your finances, and then hold each other accountable for making steady progress. When you work toward goals alongside someone, you not only increase your chances of success, but also build an emotional bond through meaningful shared experiences.

Show kindness on a regular basis. While this may seem like an obvious part of friendship, the trick is to extend small gestures with frequency. Send encouraging messages in the morning. Schedule time to meet for coffee, dinner, or a walk in the park. Volunteer to help with tasks such as applying for a new job or clearing out a storage closet. Making small, regular gestures build more goodwill than making grand gestures only once every blue moon.

Laugh often at shared humor. The more time friends spend with one another, the more things they will mutually find funny. Even just one moment of shared humor creates the perfect opportunity to laugh again and again. Take a moment to message your friends, "Remember that time ..." and keep creating moments to laugh about in the present and future!



RECIPE: FALL APPLE AND CRANBERRY PIZZA

Ingredients:

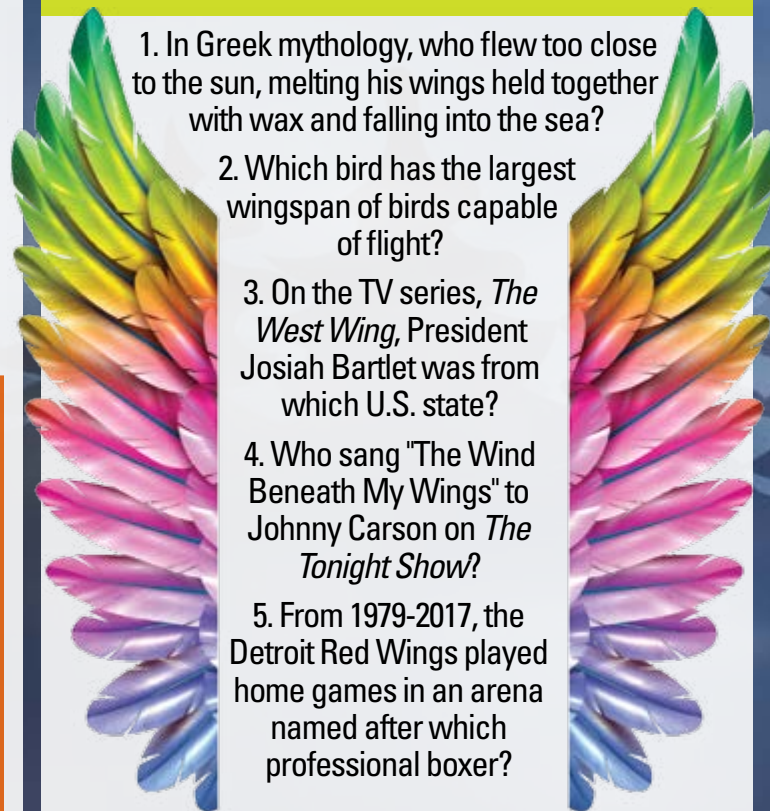
- 10 sprigs fresh basil
- 2 apples
- 1 cup cranberries
- 1 pizza crust
- 1 cup grated parmesan cheese
- 1/2 cup olive oil



Instructions:

Coat the pizza crust in olive oil. Sprinkle three-quarters of the parmesan all over the top. Core and slice the apples into thin slices. Distribute the apple slices and cranberries evenly. Bake the pizza according to the instructions on the crust package. Remove it from the oven and allow to cool slightly. Then, sprinkle the rest of the parmesan over the top, along with the basil, and serve.

TRIVIA: SPREAD YOUR WINGS

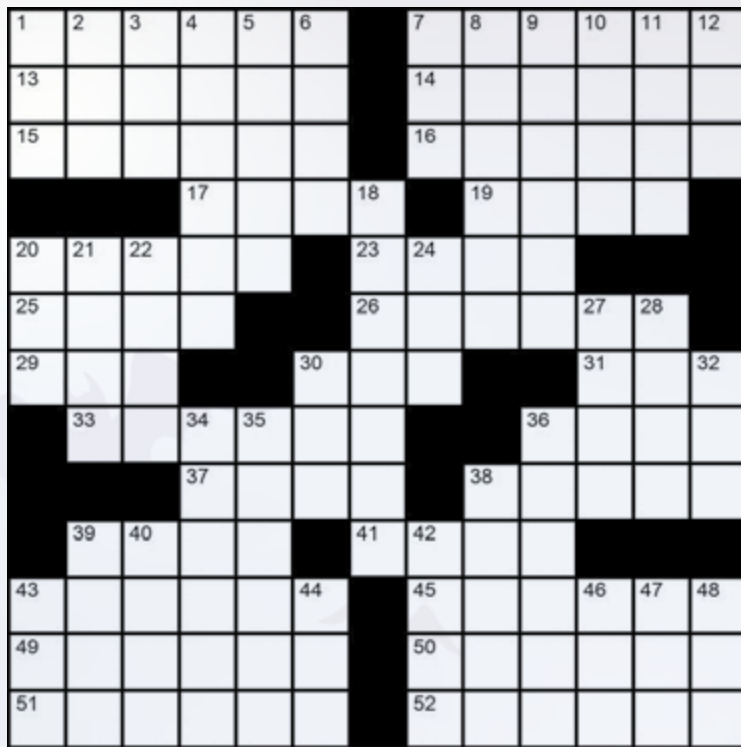


1. In Greek mythology, who flew too close to the sun, melting his wings held together with wax and falling into the sea?
2. Which bird has the largest wingspan of birds capable of flight?
3. On the TV series, *The West Wing*, President Josiah Bartlet was from which U.S. state?
4. Who sang "The Wind Beneath My Wings" to Johnny Carson on *The Tonight Show*?
5. From 1979-2017, the Detroit Red Wings played home games in an arena named after which professional boxer?

Think you know the answers?

Email your answers with "Trivia: Spread Your Wings" in the subject line to triviamaster@scuttlebuttsm.com for your chance to win cool stuff! Deadline for entry is October 31, 2019. Five winners will be selected by November 15, 2019 and notified via email.

CROSSWORD PUZZLE FUN



Across

- 1 Lion groups
- 7 Smooth and thick
- 13 Engine adjustments
- 14 Mommy's sis
- 15 Turkish capital
- 16 Dozing
- 17 Stop!
- 19 --- Fein (Irish political movement)
- 20 Endures
- 23 Affirmative votes
- 25 Singer --- Laine
- 26 Cake mix
- 29 Monk's title
- 30 Male sheep
- 31 Contemptuous exclamation
- 33 Mesopotamian river
- 36 Programming language
- 37 Job-discrimination watchdog: Abbr.
- 38 Like a piano
- 39 Depositors' protection org.
- 41 Exposed
- 43 Is adjacent to
- 45 Took a break
- 49 Edith's forthright husband
- 50 Unidirectional
- 51 City west of Chicago
- 52 Indicate

Down

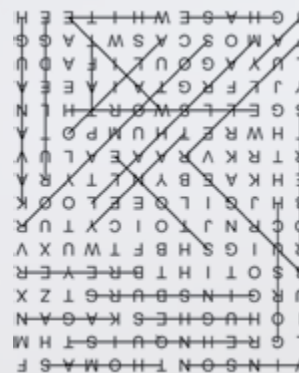
- 1 Harper Valley org.
- 2 Manage
- 3 Squid fluid
- 4 --- the world (asleep)
- 5 German currency
- 6 Duration
- 7 Aeronautics group.
- 8 Reddish-brown
- 9 Sign up
- 10 Egyptian solar deity
- 11 Bearing
- 12 Short agreement
- 18 Cajun condiment
- 20 Flat panel TV type
- 21 Loads
- 22 Rig
- 24 Thanksgiving dish
- 27 Internet auction site
- 28 All-night bash
- 30 Spanish river
- 32 Did possess
- 34 Kyoto entertainer
- 35 Show disgust
- 36 --- Interceptor, classic British sportster
- 38 Carolyn ---, Nancy Drew nom de plume
- 39 Sack
- 40 Set of cards
- 42 Nudge
- 43 Youth
- 44 Wyo. neighbor
- 46 Lowest card
- 47 Dine
- 48 Stain

WORD SEARCH: SUPREME COURT

V I N S O N T H O M A S F
 L G R E H N Q U I S T H M
 I O H U G H E S K A G A N
 U R G I N S B U R G T Z X
 B S O T I H T B R E Y E R
 R U I G S H B F T W U X V
 O C R N J T O I C Y T U R
 B H J G I L O E E L O O K
 E H K A E B Y N L T Y R A
 R T R K V R A A E A L U V
 T H W R E T H U M P O T A
 S G E L L S W O R T H L N
 Y J L F R G T A I A E E A
 L U Y A G O U L I F A D U
 F A M O S C A S W T A G G
 J C H A S E W H I T E E H

ALITO	HUGHES	SOTOMAYOR
BREYER	JAY	STONE
BURGER	KAGAN	TAFT
CHASE	KAVANAUGH	TANEY
ELLSWORTH	MARSHALL	THOMAS
FULLER	REHNQUIST	VINSON
GINSBURG	ROBERTS	WAITE
GORSUCH	RUTLEDGE	WHITE

ANSWER KEYS





OCTOBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

