

October 2023

Sunapee Cove

Lakeside Assisted Living &
Memory Care Community

(603) 763-0566 1250 Rt. 11 Sunapee, NH 03782



October Activities

October 11th
Rainforest Reptile Show
Community Room
2:00

October 13
Dress in Pink!
Breast Cancer Awareness

October 18th
Music with Jackie Lee
Community Room
1:30

October 21st
Music with "Moe" Kennett
Community Room
2:30

October 25th
Music with Second Wind
Community Room
2:00

Foliage Rides Weekly

Movie Night Thursdays
Community Room
6:00

Resident's & Staff
Halloween Party
October 31
2:00



It may still feel like summer outside, but the fall season is officially here. We care about our resident's health during the cold and flu season which is why we will be having our Flu Shot & Covid Booster Clinic here at Sunapee Cove on October 25th 10:00am



Dudley and Clifford are two new therapy dogs that visit the residents. (And staff) Their owner Steve says they love to come and meet new friends.

Absolutely Gourd-geous



Anyone who's attended a county fair is probably familiar with gargantuan, record-breaking pumpkins. Last October, Travis Gienger grew the largest pumpkin in America at 2,560 pounds. But in September of 2021, Italian

farmer Stefano Cutrupi set a new world record for the world's largest when his colossus weighed in at 2,702.9 pounds. Why grow pumpkins to such enormous sizes? A better question to ask is how do pumpkins get so big? And can you grow a giant in time for Pumpkin Day on October 26?

Pumpkins are members of the genus *Cucurbita*. These fruits are related to the cucumber family and include squashes, gourds, zucchini, and, of course, pumpkins. All these plants are native to tropical and subtropical areas of North and South America. They grow on vines and can naturally grow as large as 200 pounds, making them the heaviest fruits on the planet.

Over the years, farmers moved these plants out of the tropics and began to grow them around the world. They selected certain species and explored which cultivars could be cross-bred to create the largest pumpkins. At the 1893 Chicago World's Fair, William Warnock wowed crowds with a 365-pounder. In 1900, Warnock showed off a 400-pound pumpkin at the World's Fair in Paris. His giant pumpkins had become major attractions.

It wasn't until the 1970s that Howard Dill of Nova Scotia bred a pumpkin known as the "Atlantic Giant," a cross between the Rennie's Mammoth (itself descended from the Goderich Giant) and Mammoth Chile pumpkins. Over the next decade, pumpkins would grow to 700 pounds.

Growing an Atlantic Giant takes 130 days, with plenty of full sunshine, fertilizer, and water. A frost will ruin the growth, so it's important to keep the pumpkin warm early in the season. Once the vine bears a pumpkin, choose the best to focus on and remove the rest. Even nonprofessionals can grow Atlantic Giants as large as 500 pounds!

Welcome our new
Activity Coordinator

Cheri Parkhurst



Cheri brings over 20 years of working in the community and especially enjoys the senior population. She enjoys planning special events that involve the residents and staff.

Bringing joy is her #1 goal.

She feels laughter is always the best medicine.

Cheri has dementia, management and an Activity Director certification, she is passionate about working with seniors and focuses on bringing them their best quality of life through activities and fun.

Giving Thanks to the Sunapee Cove Staff

Employers are blaming the Covid-19 pandemic for the former workforce going missing. Practically every business has a "help wanted" sign in their window and are looking for qualified workers to help them keep up with the demands of their business.

Overall, in 2022 employers ended up adding an unprecedented 4.5 million jobs. But at the same time, millions of Americans have been leaving the labor force since before the pandemic. In fact, we have nearly two million fewer Americans participating in the labor force today compared to February 2020.

Sunapee Cove is extremely thankful for our hardworking and amazing staff. We know that wearing many "hats" is an everyday occurrence for you. But those hats look great on you! We appreciate all that you do every day with smiles on your faces.



Mind Diet October Recipe
The Tale of the Roasted
Cauliflower Brain

Ingredients:

- 1 whole head of cauliflower remove green leaves
- 2 Tablespoons Buffalo Wing sauce
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 Tablespoons tomato paste

Instructions:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper or foil for easy cleanup.
 Place the head of cauliflower on the sheet. Using a pastry brush, brush entire head with Buffalo wing sauce all over the entire
 Sprinkle with all the seasonings.
 Then, place the tomato paste in a plastic bag, snip a small corner and pipe the paste into the creases to help it look like a human brain.
 Bake the cauliflower for 30-35 min.
 Don't let it burn.
 Let it cool for a few minutes then slice.
 Serve warm.

THANK YOU
 CAPTAIN DAVE FOR ANOTHER
 SEASON OF BOAT RIDES
 ON THE LAKE.



Resident Valerie Gage

"TRICK OR TREAT"



Please bring your little trick
 or treaters to see us!
 We may have a treat or two
 for them.



More photos from our boat trip with Captain Dave.

October Birthdays

Natalie Hamilton 10/1

Sue Paige 10/6

Connie Tuttle 10/26

Valerie Gage 10/27



Did you know?

The Lady with the Lamp



Would the “Florence Nightingale effect” exist if Florence Nightingale never left for Crimea on October 21, 1854? Nightingale and her nurses

arrived at the Crimean War hospital in Scutari to find that conditions were so unsanitary that soldiers were dying ten times faster than they should have. Nightingale nearly single-handedly turned the hospital around, cleaning the rooms, providing laundered clothes and linens to patients, bringing fresher food, flushing out the sewers, and ventilating the rooms. She made her nightly rounds with a handheld light, earning her the nickname the “Lady with the Lamp.” Some wonder, did Florence Nightingale fall in love with any of the patients under her care? Records show that Nightingale never married out of fear that it would interrupt her duties as a nurse. Perhaps we should be thankful for that decision, as Nightingale’s efforts have earned her renown as the “Founder of Modern Nursing.”