

Whiskers for a Cause



Each November, many men grow mustaches—not just for style, but to raise awareness and funds for men’s health. Known as **Movember**, this global movement began in Australia in 2003 and has since inspired over six million mustaches and funded 1,250+ programs focused on prostate and testicular cancer, mental health, and suicide prevention.

Participants “Grow a Mo” to spark conversations and support. Style options vary— The chevron, aka the Magnum, is a popular choice. It’s named after Tom Selleck’s character on the show *Magnum, P.I.*, and may be the manliest/smallest mustache of the bunch, to the curled **Handlebar**, and bold **Horseshoe** (think Hulk Hogan). Other styles include the Dalí, Fu Manchu, and more—all grown in the name of a good cause.

Behind every mustache is a message: support men’s health.

Love the Skin You’re In

As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season’s harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body’s largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs.

It acts as an air conditioner when we’re hot and a blanket when we’re cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it’s no wonder keeping our skin healthy is a top priority.

Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they’d rather avoid conflict, they are excellent team players—tactful and polite. If you were born between October 23–31, you are a Scorpio. Celebrities and residents born in October include:

- Groucho Marx – Oct. 2, 1890
- Margaret Thatcher – Oct. 13, 1925
- Evel Knievel – Oct. 17, 1938
- Joyce Brothers – Oct. 20, 1927
- Annette Funicello – Oct. 22, 1942
- Tom Hardin – October 13th**

If you were born between November 1–21, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22–30 are Archers of Sagittarius. Now here are some celebrities and residents born in November:

- Sally Field – Nov. 6, 1946
- Grace Kelly – Nov. 12, 1929
- Tina Turner – Nov. 26, 1939
- Samuel Clemens – Nov. 30, 1835
- Frances Surbrook – November 3rd**
- Jessica Idenmill – November 16th**

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. Those born December 22–31 are Goats of Capricorn. Goats are the most stable of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

- Bette Midler – December 1, 1945
- Ray Romano – December 21, 1957
- Maggie Smith – December 28, 1934
- Barbara Magdich – December 5th**

Autumn/Winter

Health Care Center | 5480 Marengo Ave. | 619-463-0281| Seasonal/Quarterly Newsletter



Meet your

HCC Team Members:

Lane Hermosillo –Administrator

Ext: 1102

Georgette Llona – Director of Nursing

Ext: 6102

Victoria Greene – Director of Staff Development

Ext: 6103

Brittani O’Leary – Activity & Social Services Director

Ext: 3106

Robbin - Central Supply & Medical Records

Ext: 2120

Stephanie Scudder- Infection Preventionist

Ext: 2119

Karen Saldua– MDS Coordinator

Resident Spotlight: Phyllis Gross

Meet Phyllis Gross — sweet, sassy, and full of life! Born on September 13th, 1930 in Park Rapids, Minnesota, Phyllis was one of seven siblings and later became a proud mom of seven herself. This 95 year old, grew up on a lively farm, with turkeys and sheep. She also attended an all-girls boarding school in Michigan, and worked in a hospital before opening her own daycare in La Mesa, CA — which she ran for over a decade.

Before moving to Grossmont Gardens, Phyllis was lovingly known in her community as the *Pie Queen*, famous for her unforgettable homemade crusts. These days, she enjoys coffee, storytelling, and people-watching to stay connected to the action around her. A resident of our Health Care Center for over five years, Phyllis remains one of our most cherished residents.

We’re so lucky to have her sparkle in our community!



The Bright Side of October

Orange is one of the most iconic colors of fall. From the changing leaves to ripe pumpkins and Halloween decorations, it's everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round.

The word *orange* didn't appear in English until around the 1300s, borrowed from the Old French *orenge*, which came from Arabic *nāranj*—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as “yellow-red.” It wasn't until the fruit became common in Europe that the word was used to describe the hue.

In nature, orange often signals warmth and energy. It's the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o'-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday's spooky glow.

Orange also pairs well with black, Halloween's other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo.

Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy.

While orange is not everyone's favorite color year-round—only five percent of people choose it as their favorite—it has certainly carved out a place in October's spotlight. Whether you're admiring the leaves, carving a pumpkin, or just sipping something cinnamon-spiced, you're likely soaking in a little bit of orange this season.



Celebrating the Months

Pet Peeve Week
October 12–18

Halloween
October 31

World Kindness Day
November 13

International Men's Day
November 19

Celebrate Your Unique Talent Day
November 24

Thanksgiving Day (U.S.)
November 27

December is Bingo Month

Antarctica Day
December 1

Hanukkah
December 14–22

Christmas
December 25

Kwanzaa
December 26–January 1

New Year's Eve
December 31

Talkin' Turkey (and Chickens)

Turkeys and chickens rule the barnyard in different ways. Turkeys, especially wild ones, can fly and roost in trees, while domestic ones are more grounded—and only males "gobble."

Chickens, on the other hand, are egg-laying champs (250–300 a year), come in many breeds, and even have social pecking orders. Backyard chicken-keeping has surged thanks to their eggs, quirky personalities, and low space needs.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

As for turkeys and Thanksgiving, the tradition dates to the 1800s, when turkey became the centerpiece partly because it was large enough to feed a crowd and not typically used for eggs or milk like other livestock. These days, though, more people are switching things up—serving roast chicken, Tofurky, lentil loaf, or lasagna layered with roasted squash for Thanksgiving's main course. Some people even decide on of pancakes and cozy casseroles taking center stage.

Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn't in the bird—it's in the gathering. No matter what's on the plate, it's the company that counts.

Ringin' Through History

Everyone singing “Jingle Bells” this holiday season may be surprised to learn it's a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained: The song's composer was Medford resident James Pierpont. He based it on a tradition of one-horse open sleigh races that occurred in the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much that they sang it again a month later on Christmas. Today, Savannah residents still share Pierpont's passion for the festive tune. They even dispute that Pierpont wrote the song in Medford and claim it as their own.

*Make sure to join us for Christmas Caroling in December and also attend our *Annual HCC Holiday Party* for live Entertainment and refreshments, on **12/22/25 at 2pm** in the Auditorium. Family and friends are welcome!

Notable Quotable

“In order to attract more of the blessings
that life has
to offer, you
must truly appreciate
what you already have.”

~ Ralph Marston, The Daily Motivator

