



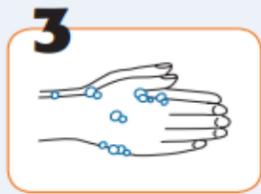
# CLEAN YOUR HANDS USING SOAP AND WATER



Wet hands with warm water.



Apply soap.



Lather soap and rub hands palm to palm.



Rub in between and around fingers and wrists.



Rub back of each hand with palm of other hand.



Rub nail beds of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



After 15 to 20 seconds rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using paper towel.



Your hands are now clean.



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

October 2022





**Mission**

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

**Vision**

To be a community committed to compassionate care, innovation and excellence.

**Values**

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

## *Art Studio is Open!*

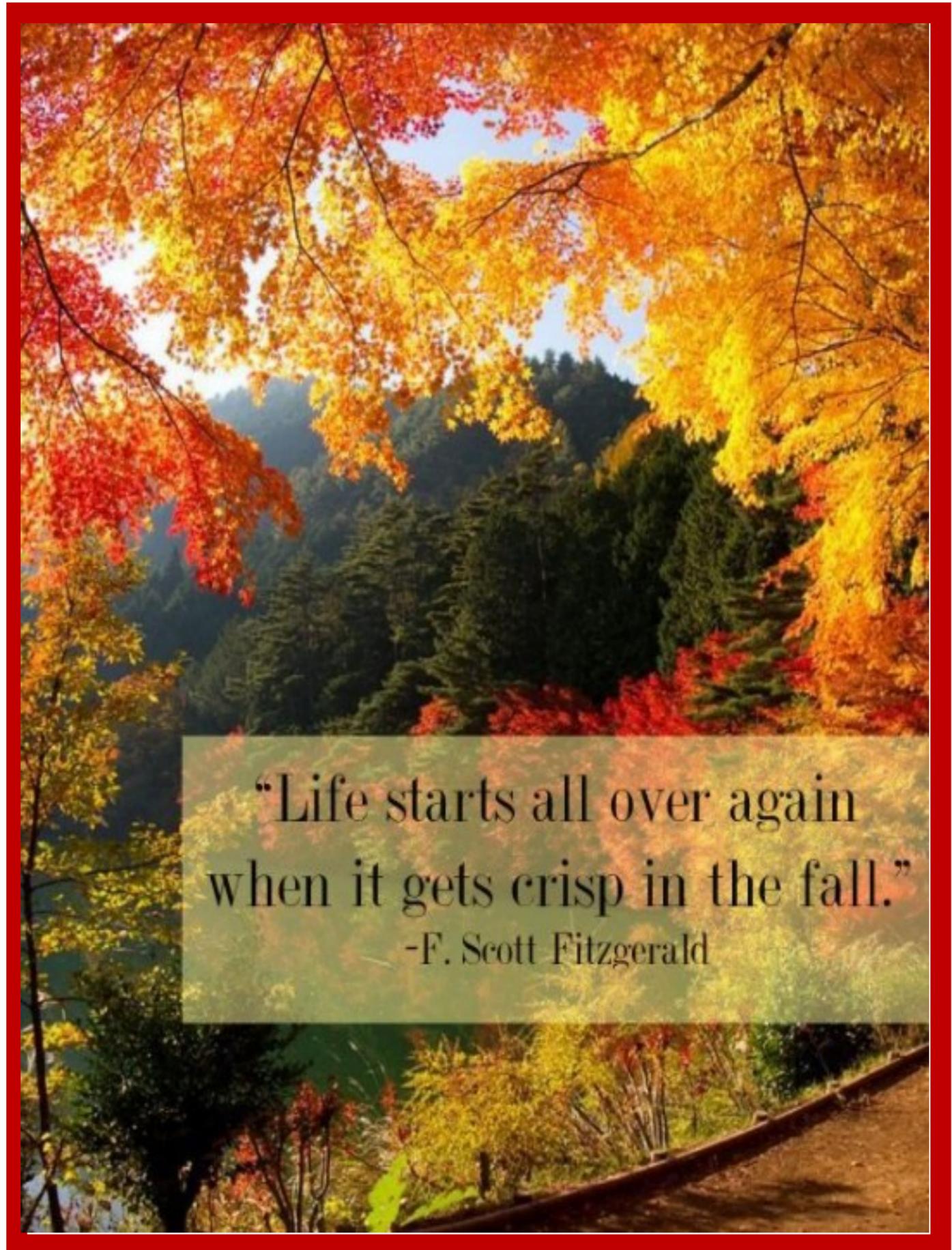
*Tuesdays: Main South*

*Wednesdays: BSTN Afternoons*

*Thursdays: Lower North*

*Fridays: Main North*

*\*Please note that common areas are not yet open to families/visitors.*



## BOO! Double "O"

See how "good" you are. Fill in each blank with a word that has a double "O."



1. To wash your hair \_\_\_\_\_
2. A chicken's mate \_\_\_\_\_
3. A humorous drawing \_\_\_\_\_
4. Sleeping for a short period of time \_\_\_\_\_
5. A paste used to clean your choppers \_\_\_\_\_
6. Thing from which a butterfly emerges \_\_\_\_\_
7. An aimless drawing \_\_\_\_\_
8. A dark-colored China tea \_\_\_\_\_
9. An old-time tavern \_\_\_\_\_
10. Someone who sponges off others \_\_\_\_\_
11. If an object is not rough, it's \_\_\_\_\_
12. A nocturnal animal that likes to get into trash cans \_\_\_\_\_
13. A very wealthy or powerful businessman \_\_\_\_\_
14. A place saver for your novel \_\_\_\_\_
15. A clock that contains a little bird \_\_\_\_\_
16. The car at the rear of the train \_\_\_\_\_
17. The noise you make when you sneeze \_\_\_\_\_
18. A nickname for Sasquatch \_\_\_\_\_
19. A place to develop photographs \_\_\_\_\_
20. Magical practice considered to be a form of black magic \_\_\_\_\_

\*See a Rec. Staff for **prizes** once you've completed the puzzle!

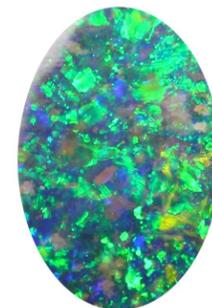


### *Flower of the Month - Calendula*

The calendula is a member of the marigold family. It is sometimes called the "pot marigold." They are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout summer and into the fall. Calendula petals are edible and have been used for medicinal purposes since at least the 12th century. The Romans used them mixed with vinegar to season meat and salad. The petals were used in ointments that cured skin irritations, jaundice, sore eyes, and toothaches.



### *Birthstone of the Month - Opals*



Opals are praised for the way they shine and change color. These gems diffract light, and depending on where they were formed, they can be any number of different hues—from red and yellow to blue, green, purple, and black. The most common color is a milky, opaque white. Opals were considered to be very lucky in the Middle Ages and were believed to hold all the virtues of each gemstone whose colors could be found in the opal's impressive play of hues.



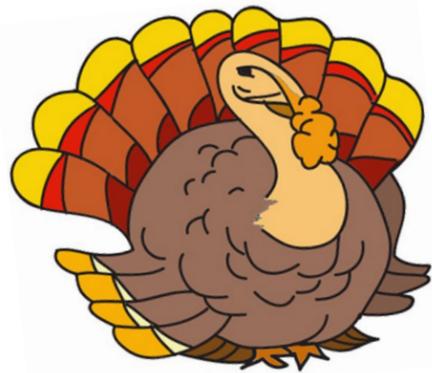
### *October Zodiacs*

Libra (The Scales) October 1—22  
Scorpio (The Scorpion) October 23—31



# Happy Thanksgiving

Our Thanksgiving Dinner will include:



Roast Turkey & Dressing

Whipped Potato

Buttered French Green  
Beans

Gravy

Cranberry Sauce

Pumpkin Pie with  
Whipped Cream!



## Upcoming Special Events!

*Fall Fair—October 5th*

*1:30-2:30 pm*

*Halloween Party: Scary Movie!*

*October 31st*

*2:00—3:00 pm*



*Friday Pubs in Town Hall feat. Various  
Entertainers!*

*2:00—3:00 pm*



*Alder Acres Pumpkin Patch—  
All Units*

*Country of the Month: Germany!*

*Themed—Dine In Lunch,  
Armchair Travel, Baking and  
more!*

*\*Please note that visitors are still not permitted to join programs/events in  
common areas at this time\**