

October Birthdays
Flower - Calendula
Jewel - Opal

Mary Lou Harris	10/11
Jean Peel	10/15
Lorraine Hill	10/16
Betty Phillips	10/16
Jan Crymes	10/18
Vincent Rosselli	10/20
Betty Day	10/22
Herbert Hebbe	10/26
Lucy Mauldin	10/31

November Birthdays
Flower - Chrysanthemum
Jewel - Topaz

Jewel Cross	11/11
Joyce Aigner	11/14
Jim Barnes	11/15
Bonnie Maser	11/16
Joyce Plummer	11/19
Billy Campbell	11/22
Chuck Harris	11/23
Greg Vial	11/26
Jerrie Buehrig	11/28

December Birthdays
Flower - Narcissus
Jewel - Turquoise

Joan Armentano	12/02
Joyce Singleton	12/03
Frenchel Maxie	12/04
David Jones	12/11
Natalie Grossberger	12/24
Dorothy Scarlach	12/29
Billy McGuyer	12/31

*Happy
 Birthday*

Mountain Creek Apartments regularly publishes a newsletter and calendar of events that includes general information, list of upcoming events, activities and items of interest. The opinions of others are from a wide variety of sources from many different sources, fields and endeavors. The opinions and articles that are included in this publication are solely for entertainment, enjoyment and illustrative purposes only and should not be considered as individual advice or as a substitute for legal, accounting, investment, medical or any other professional services intended to suit your specific personal needs. Always consult a competent professional for answers to specific questions and circumstances.



Community Connections

Fall 2020



Inside this issue:

FROM THE FRONT OFFICE	1
COMING SOON	1
SEASONAL	2
SMILES	
COMMUNITY CORNER	3
BIBLE CORNER	4
FOOD & FITNESS	5
TRIVIA - THE 50'S	6
MARCHING ON	6
WE SALUTE YOU	6
THE CHICKEN LADY SAYS	7
OUR TOWN	7
BIRTHDAYS	8

FROM THE FRONT OFFICE



Transition: a movement or change from one state or condition to another. {Websters Dictionary 2019} Change isn't always easy, even when it is something needed or desired. We had a sudden and unwelcome change in our life when Covid 19 entered our world. Now we are hoping to 'transition' into a new normal, adding back services while still

maintaining our safety and yours. The Dining room has opened again, and we have added new options and style. Activities have begun again and we will continue to add more events including performers, as we progress. We will begin opening to visitors and offering transportation to local stores, etc. this fall.

These returning events and services may not look exactly the same as in the past. We may have to make allowances for safety measures and staffing - but they are coming. Our philosophy has always been, and continues to be, that inconvenience is better than illness, being in the hospital or having to breathe under a ventilator. Hope you feel the same.

COMING SOON!

National Night Out

Show Your Support in a time of trial for our Men in Blue. Come out to meet and share time with Local GPPD officers on **Monday, October 6th at 9:00 a.m.**

We will be serving
 Coffee and Donuts



A Holiday Candelight Dinner.

More information
 soon in your
 weekly bulletin.
 Stay Tuned.



You can't expect to be old & wise if you were never **young & crazy**



As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"



Seasonal Smiles

One of New York City's most famous holiday events, the Thanksgiving Day parade, is likely to look very different amid the ongoing coronavirus pandemic, the New York Post reported. Macy's said it plans to hold its annual holiday parade in November, but will "reimagine" the event in a way that will be similar to its Fourth of July fireworks show. "Following our successful, safe and innovative production of Macy's 4th of July Fireworks, it is our intention to similarly reimagine Macy's Thanksgiving Day Parade this November," Macy's reported on its website.



Male or Female?

A Spanish teacher was explaining to her class that Spanish nouns are either masculine or feminine. House for instance is feminine: 'la casa'. Pencil however is masculine: 'el lapiz'. A student asked, "What gender is Computer?" Instead of answering, the teacher divided the class into male and female and asked them to decide what they thought. Each group had to give four reasons for their decision.

The men's group decided that computer should definitely be feminine because:

- No one but their creator understands their internal logic.
- The language they use is incomprehensible to anyone else.
- Even the smallest mistakes are stored in long term memory for possible later retrieval.
- As soon as you make a commitment to one, you find yourself spending 1/2 your paycheck on accessories for them.

The women's group concluded that computers should be masculine.

- In order to do anything with them you have to turn them on.
- They have a lot of data but still can't think for themselves. They are supposed to help you solve problems but 1/2 the time they ARE the problem.
- As soon as you commit to one, you realize that if you had waited a little bit longer, you could have gotten a better model.

The women won. <http://www.atimetolaugh.org>

The Chicken Lady Says



'Doctor', he said, 'my wife thinks she's a chicken'. The doctor gasped, 'That's terrible. How long has she been like that?' The husband replied, 'Three years'. The doctor was horrified, 'Three years! Why didn't you bring her to me sooner?' The husband said sheepishly, 'Because we needed the eggs.'



Did You Know?

A reminder to all of our residents that Renee' Long, Leasing Director, & Lesa Henderson, Resident Services Director, are Notary Public's for the State of Texas. If you need notary services, please see Renee' or Lesa for assistance.

Available:
Monday-Friday,
9:00am-4:00 pm.



Our Town

Pink Out Photo Contest

A virtual photoshoot in honor of women's health month

STARTING OCT. 1 - OCT. 31

- 1 DRESS IN PINK AND SNAP A PICTURE!
- 2 SEND YOUR PINK OUT PIC TO DHernandez@gptx.org
- 3 GO TO gptx.org/getfitgp AND PLEDGE

RECEIVE A NAIL KIT IN THE MAIL!

THE HISTORIC

UPTOWN THEATER

LIVE PRESENTING SERIES

THE TENORS OF COMEDY

DECEMBER 19

Grand Prairie TEXAS

Farmers Market is open every Saturday morning at 8:00 in downtown Grand Prairie on Main St.

SHOP & SMALL
support local businesses

I don't understand how I can remember every word of a song from 1964, but I can't remember why I came into the kitchen?



50's Trivia Answers

Que Sera Sera
Tennessee Ernie Ford
The Platters
Nat King Cole
Alan Freed
West Side Story
Bill Haley and the Comets
Buddy Holly and the Crickets
Hank Williams Sr.

We Salute You



A man went to the Great Lakes Military Cemetery. He took some pictures while reflecting on what's going on in our country today. Then he wrote this simple poem:

I don't see any color here,
The headstones look the same,
No black no brown, no white skin tone,
There's no one here to blame.
These soldiers fought and died for you,
Their color you can't see,
Your rights are still protected,
Here's the place to take a knee.

Test Your Knowledge - 50s Trivia

Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
What singer had a country music chart hit with *Sixteen Tons* in 1955?
Who had a 1958 hit with *Twilight Time*?
Which smoky-voiced singer sang *Too Young* in 1951?
What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
Tony and Maria were the lead characters in what Broadway musical that began in 1957?
Who recorded *Rock Around the Clock* in 1955?
Who sang *That'll Be the Day* in 1957?
B.J. Thomas sang *I Can't Help It If I'm Still In Love With You* in 1967. Who first recorded it in 1951? Answers on next page

Marching On (Veterans' Group)

Greetings Mountain Creek Residents, Covid 19 was upon us this year in 2020. Mr. Doug Jackson and the staff at Mountain Creek Retirement Living had to gear up and follow all the guidelines from Texas, Grand Prairie, and the Federal government to keep us safe. I will add they have done a great job! We residents have kept safe following the guidelines set forth.

New Subject: Our Military Services all 5 of them; USA, USN, USMC, USAF, USCG. They serve to protect and defend the USA, AGAINST ALL ENEMIES, FOREIGN AND DOMESTIC. Southwest Airlines, supports their service by wearing something Red every Friday. We could also do the same to recognize our Men and Women who serve and for those who gave their lives for our Country!! We have recently lost two Veteran residents, John Bengé, USN, WWII 97yrs. 7 months old. Cliff Steele, USN, WWII 95 yrs. 22 days old.

During the 3rd Quarter of 2020:

July 4: Independence Day

August 2: Invasion of Kuwait, Operation Desert Storm

August 4: Coast Guard Birthday

August 7: Purple Heart Day

August 14: VJ Day

Sept. 2, 1945: Japan Signs Surrender.

Sept. 7: Labor Day

Sept. 11: Patriot Day; USAF Birthday, The Islamic attack on the World Trade Towers. NEVER FORGET!

Sept. 27: Yom Kipper Begins at Sundown.

Way back on the 20th of June was the summer solstice, the longest day of the year. Now time moves, and on September 22nd is the Autumn equinox, the official beginning of Autumn. Christmas is just around the corner. Let us all prepare for Christ's birthday. The greatest of all commands, "Love One Another." Folks it has been a great quarter year. Look forward to the Next. Good Evening, Mountain Creek.

Major Jim Buehrig, USAF Ret.

Resident Profile: Jimmie Newton



A longtime resident of Grand Prairie, Jimmie was born in Stephenville. When she was four years old, her family moved to Grand Prairie. She graduated from N. Grand Prairie High school in 1955.

She went to work for the Texas Turnpike Authority. She worked there for 40 years until retirement in 1998. How many people have that record? One job - fourteen bosses! Her husband of 44 years was Jimmie Newton (note: same first name), and they met on a blind date. They raised three children before he died in 2016. Jimmie has three grandchildren and six great grandchildren. Jimmie and her husband enjoyed cruises, attending the Johnnie High Country Music Review on weekends, and traveling to blue grass festivals in their motor home. Jimmie has been a member of the Freetown Road Church of Christ for many years.

Her most memorable experience happened on 9/11. She and her husband were in Boston for a work meeting when the towers in NY were hit. All transportation shut down. However, her boss hired a large bus to transport all 35 employees from Boston back to Texas. It was a 36 hour drive with two drivers taking turns driving – an emotional trip for all.

Jimmie had a good friend living at Mountain Creek and made the decision to move here in Sept. 2018 and is happy with her life and friends here.

Welcome to the Community Corner



Welcome to the Community Corner. Above are our new residents in 2020. Top to bottom and left to right they are: Suzie Collins, Leo & Teresa Alexander, Billie & Jo McGuyer, Albert & Annetta Hazel, Harold Crivello, Jean Ellow, Frenchel Maxie, Gayle White, Betty Day, Durwood Wims, Weldon Smith, and Jan Ritchie. and Coming in October are: Billy Zimmer, Bobbie Sturgeon, Grace Redden, and Laura Thornton.

Reason for the Season

November 26th

Thanksgiving

For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything
Thy goodness sends.

-Ralph Waldo Emerson

©Shinzoo.com

December 18th



The Reason for the Season!!!!



Bible Corner

When we are sick , lonely, suffering, and things seem not to be going as we would wish. During adverse times we ask the question, "Where is God?"

With the pandemic where thousand have been sick and many have died, we ask, "Where...?" In the political turmoil of our nation, we ask, "Where...?" In the violence in our streets, we ask, "Where...?" In our private time we call out to God and He seems not to be present, we ask, "Where...?"

Good news: God is on his throne where He has always been ... and He cares for you and watches over you. His eye is on the sparrow. "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. "Do not fear therefore, you are of more value than many sparrows." Matthew 10:29 - 31. "For the Lord thy God will hold thy right hand saying unto thee, "Fear not, I will help you." Isaiah 41:13

Joan Leath

BEFORE YOU SPEAK:



©Teach Junkie 2013

Food and Fitness

Healthy Reminders - MC Services

Just For YOU!

- Dr. Salano, Podiatrist, comes every month on the third Monday. Check with the Front Desk to make an appointment.
- Mickey Massage of the amazing hands comes every fourth Monday to give chair massages by appointment only.
- We welcome you to join us for Sittercise with Monica in the Dining Room, every Wednesday at 9:30 am.



Tips for a Healthier Flu Season

- Wash hands often with soap & water.
- Use alcohol based hand sanitizers.
- Get your flu shot.
- Keep your apartment clean.
- Follow cough and sneeze etiquette. Cough into your elbow/sleeve
- Stay home if you are sick.
- Wear a mask.

Monica Tuley, LVN
Bridgeway Home Health
Cell: 972-921-4438
Office: 972-928-1000

BRIDGEWAY
Health Services
Healthcare Your Way

Pass the Bananas Please!

After reading this, you'll never look at a banana in the same way again.

- Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.
- The high level of fiber also assists in relief of constipation.
- Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.
- In a recent survey by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin; and B6 which regulates blood glucose levels. Both of these can affect your mood.
- High in iron, bananas stimulate production of hemoglobin in the blood and helps anemia.
- This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. The FDA has allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.
- Finally, Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.