



Buffalo Crossings

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Buffalo Crossings Management Team

Sandy Sternefeld	Executive Director
Brittney Russel	Director of Nursing
Alexia Reese	Asst Director of Nursing
Kathylee Brack	Marketing Director
Naomi Peebles	Marketing Counselor
Rhonda Ficco	Activities Director
Ina Weintraub	Business Manager
Brandon	Executive Chef
Jeannelle Gatmari	Kitchen Manager

Memorable Melody: 'Proud Mary'

Singer, songwriter and guitarist John Fogerty of Creedence Clearwater Revival wrote parts of the popular blues song "Proud Mary" in the 1960s when he was enrolled in the National Guard and then finished when he was discharged in 1968. The song shot to No. 2 on the Billboard Hot 100 chart in 1969. Fogerty, like the people on the river, was happy to give artists a chance to take the hit in their own hands. It's since been covered by Elvis Presley, Solomon Burke, Conway Twitty, Steve Miller, and perhaps most famously, Ike and Tina Turner in the famous funk rearrangement release in 1971.

Remember When: Mary Jane Candies

You may recognize this nostalgic treat by its yellow and red wax-paper wrapper with a picture of a little girl. Mary Janes debuted in 1914 and were sold as penny candy. Combining peanut butter and molasses into a bite-sized, toffeelike chew was the idea of Charles N. Miller, whose family had a candy business in Boston. Miller named the sweet in honor of his favorite aunt.

October 2026



How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together

Wit & Wisdom

"The horizon leans forward,
offering you space to place new
steps of change."

—Maya Angelou

"Never look down to test the
ground before taking your next
step; only he who keeps his eye
fixed on the far horizon will find
the right road."

—Dag Hammarskjöld

"The horizon of many people is
a circle with a radius of zero.
They call this their point
of view."

—Albert Einstein

"Exploration is wired into our
brains. If we can see the horizon,
we want to know what's
beyond."

—Buzz Aldrin

"I trudge on, I gain a little, I feel
encouraged, I get more eager
and climb higher and begin to
see the widening horizon. Every
struggle is a victory."

—Helen Keller

"We have always held to the
hope, the belief, the conviction
that there is a better life, a better
world, beyond the horizon."

—Franklin D. Roosevelt

"For no matter how far a person
can go the horizon is still way
beyond you."

—Zora Neale Hurston



100 Years of Winnie-the-Pooh

October marks the 100th
birthday of the world's favorite
honey-loving bear,
Winnie-the-Pooh. In October
1926, English writer A.A. Milne
published "Winnie-the-Pooh,"
charting the adventures of
Christopher Robin, named after
Milne's son, and his animals
inspired by Christopher Robin's
beloved toys.

The children's novel was an
immediate success, selling
150,000 copies in less than two
months. Today, first editions can
be found for thousands of
dollars, depending on
condition.

Test your knowledge of this
beloved silly old bear and his
friends by matching the quote to
the character.

- A) "Could be worse. Not sure how, but it could be."
- B) "What I like best is just doing nothing."
- C) "Sometimes the smallest things take up the most room in your heart."

Answers:

- A) Eeyore
- B) Christopher Robin
- C) Winnie-the-Pooh

Fired Up for Fire Pups

National Fire Pup Day on
Oct. 1 celebrates the brave
four-legged friends of
firefighters. Take a look at the
legacy of these brave canines.

In the centuries before
automobiles dominated traffic,
coach dogs — often tall, strong
breeds — ran alongside
horse-drawn carriages to ward
off bandits and provide
companionship. Horse-drawn
fire engines often adopted
dalmatians as their coach dogs
for their stamina, calm,
booming barks and highly
visible spotted coats, leading to
the strong association today
between dalmatians and
firefighting.

Dalmatians still serve as
firehouse companions, but
they're not the only pups in
today's fire prevention and
remediation business. Labrador
retrievers are a preferred breed to
train as accelerant detection
canines (ADCs) to sniff out
arson evidence. Studies have
found that therapy dogs, which
can be any breed as long as they
are properly trained and
certified, lift the spirits of burn
survivors and raise morale
among burn unit medical staff.





Health & Fitness

Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. Research shows that balance training programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can

practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

As with any form of exercise, talk to a health care provider before starting or adding it to your routine.

Brain-Building Neurobics

Want a new brain challenge? Put down the puzzle and pick up your toothbrush — with your non-dominant hand.

This simple switch-up is one of many brain exercises called "neurobics," a term coined by authors Dr. Lawrence C. Katz and Manning Rubin in their book "Keep Your Brain Alive." The writers urge folks to use neurobics (neuro-aerobics) to boost memory, improve cognitive function and even support mental health. By using your senses in new ways, neurobics help your brain stay flexible. This process of forming new neural connections, called neuroplasticity, allows

your brain to keep learning and changing as you age.

Transform daily routines into neurobic exercises with these simple strategies, added in moderation so as not to cause mental fatigue. Try writing or eating with your non-dominant hand. Add unusual soundtracks to your regular tasks by listening to a podcast in another language or an unfamiliar music genre.



Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.



Costumes

Take a trip down memory lane with favorite costumes by decade.

Decade	Costumes
1960s	The Beatles, Barbie, the Addams Family and astronauts
1970s	Elvis, Willy Wonka, the Brady Bunch, Charlie's Angels, disco dancers and "Star Wars" characters
1980s	Indiana Jones, Madonna, Ghostbusters, Beetlejuice and the California Raisins
1990s	Marty McFly or Doc Brown of "Back to the Future," the Terminator, Power Rangers, Teenage Mutant Ninja Turtles and The Spice Girls
2000s	Harry Potter, Spider-Man, SpongeBob SquarePants and "Pirates of the Caribbean" characters
2010s	Minions from "Despicable Me," Elsa from "Frozen," the Avengers and zombies

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1950: American novelist William Faulkner wins the 1949 Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery.

2006: The U.S. population reaches 300 million.

2021: "No Time to Die," the 25th film in the "official" James Bond series, premieres in the U.S.