

**A Granada
Welcome to**

Nicholas Locicero
James Hopper
Michael Mariani
Jerome Peters
James Dorenkott
Robert Tigner
Burt Conell
Barry Barr
Orlando Cuaycong
Bibana Gamboa
Bernardo Coutinho

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October Birthdays

RESIDENTS

Francis Gambik
Angel Feliciano
Cynthia Barger
John Viletto
Bernardo Cristobal
Peter Sword
Ronald Wardlow
Seth Weeks
Myles Stevens
Laurie Blau
Aaron Davis
James Hopper
Marion Bechland
Jay Davis
Richard Bernard
Doug MacCallum
Vivian Tennenbaum

EMPLOYEES

Douglas McDonald
Ezequiel Dominquez
Jamie Gonzales
Guillermo Magpoc
Todd Golwitzer
Tony Ma
Jose Alcantara

Individual Sized Items Now for Sale in the Office

for \$1.00 each...

Powdered Laundry

Detergent

Liquid Laundry

Detergent

Liquid Fabric Softener

Liquid Bleach

Advil Ibuprofen (10)

WANT TO STAY HEALTHY? ELBOW SNEEZING.

Over the past decade or so, senior centers around the country have gradually adopted the technique as a way to ward off colds, flu, whooping cough and other easily transmitted bugs. It's been replacing the traditional cover-your-mouth-with-your-hands-or-a-tissue approach that has long been considered the polite and most sanitary technique. The reasons are fairly obvious — when you use your hands to block a cough or sneeze, the germs stay here. And your hands can then spread the germs to doorknobs, desks, chairs and anything else you touch. So one solution is to cough and sneeze in your elbow or on your sleeve, instead.

“As long as you don't wipe your face with your elbow you basically decrease your chances of transmission,” says Dr.

Craig Rubens, an expert on pediatric infectious diseases at the University of Washington.

The technique is now recommended by the U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics, which both pass out health information to schools and public health officials around the country. The CDC distributes posters showing ways to prevent the spread of germs — including an illustration of a child with his elbow tucked beneath his nose. Soon you will see some reminder posters hanging in The Granada as flu season approaches, take care.

Think green when you go through your day, turn off lights or water from running too long, recycle when you can, and be green proud. Hard to believe that the holiday season is upon us again, what do we have? Rosh Hashanah, Halloween, Thanksgiving, Christmas and New Years, looks like a celebration every month, can you take it? October 14th is Columbus Day and the 15th is our Birthday dinner which will include an “Italian” theme, stay tuned. Pigeon feeding is still a concern, so please, no feeding, except in the park, you know it is against the LAW! Now the 49ers are doing it and are looking good so far despite the refs, don't forget to cheer them on. Our Giants will look towards another good year after this rough season. This is one of our best months for weather so enjoy it! I know I enjoy seeing my family one week a month in Arizona where the weather is beautiful at night now. Saturdays are busy in October, with our many SPCA visits, enjoy the doggies. Rainy season is approaching so if you have window problems or you see a drop or a drip let me know, we'll fix it pronto. My door is always open.

Monday, October 21st the Granada Tour goes to Stinson Beach for a picnic and a walk on the beach. The drive is scenic and the food and beverage are plentiful. So come along.