

EDITORIAL NEWS TOP HEADLINES SPORTS WEATHER CLASSIFIEDS

**THE VINTAGE NEWSPAPER**

NO. 11 SATURDAY, OCTOBER 5TH, 1925 TWO CENT EDITION

**EXTRA! EXTRA!**  
**READ ALL ABOUT IT**

TWO CENTS EACH DAILY

Issue 4

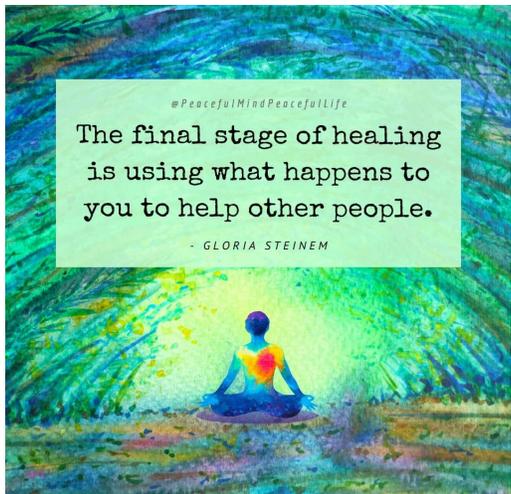
Sept. 2020

National Days

Sept 4th	National Food Bank Day
Sept 6th	Read A Book Day
Sept 7th	Labor Day
Sept 10th	Suicide Prevention Day
Sept 19th	Talk Like A Pirate Day
Sept 29th	National Coffee day

What's Your Favorite Day?

**Your Monthly "Did You Know" Newsletter**



Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680  
www.texmed.org @texmed @wearetma

**Black Bean Quesadilla recipe: Ingredient Checklist:**

- (1) One can black beans, rinsed
- (2) 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
- (3) 1/2 cup of prepared of salsa - divided
- (4) Four 8-inch whole-wheat tortillas
- (5) Two teaspoons canola oil -divided
- (6) One avocado diced

Step 1: Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Step 2: Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

**"Mr. C's Corner ":**

Tired of being alone or stranded behind 4 walls? Not sure if it is safe to go out and socialize?

How about having an interesting way to connect where you do not have to stay at home alone or just keep looking at the same faces; READ ON: There is a way to take a new small adventure into socializing; where it will be a safe way to have some new different relaxing experiences:- where you can get new ideas - interesting information - see musicians, practice meditation-take virtual tours of nature or museums. Maybe find someone else who might have a similar experience too - meet different new people where you can feel safe, within the closed privacy of our own "Many Mansions Social Zoom Club", aka "The Big Zoom Theory". - with the possibility to meet a new friend without ever leaving your apartment, whom might have interests just like yours.

We have our Host MC, Larry, right here at Many Mansions, who will act as our instructor on the ZOOM and also as our tour guide. He is incredibly happy to teach anybody how to use the FREE ZOOM Program, and make you aware of when he holds the weekly meetings. (Time & date) He is also available to meet with you privately, to answer your questions about ZOOM. You do not need to worry about learning ZOOM, it is easier than you think. He will take you step by step thru it, until you learn it.

You can do this with no expense. On ZOOM, we do not talk politics or religion. (Because no two people have the same viewpoint.) You can be on camera or just talk from your cell phone. We only talk about what we want to, and you are never forced to say anything.

We are a Social Club! We just share information and have fun. Please, do not let your fears keep you from checking out the Many Mansions ZOOM Opportunities. There is no judging here-we are who we are; just a warm friendly get together group of quarantine tenants, having a way to get out (virtually) and connect and have some fun !



**Raquel & Family - Pepper Tree**

Hi. My name is Raquel and I have been a resident at Peppertree for 6 years now. I am a mother of 3 and suffer from mental health issues since I was a kid. Many Mansions and their staff have been incredible to us throughout the years. Me and my kids are thankful for all the donors and different programs and help that they have to offer. Not only has Many Mansions helped me grow as a person but they have helped me grow as a mom, a daughter, a friend and a neighbor.

As we approach this new school year and start off distance learning as well as the new normal, wearing masks, six feet apart etc, I was afraid and worried it would be overwhelming. However, having case management here to lean on and remind me we are all in this together really helps.

I will continue to push forward and use the barriers life throws at me as stepping stones.

