

PARKER OWER Monthly News

Volume 21 Issue 9 October 2023

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October Birthdays and Anniversaries

BIRTHDAYS

UNIT#	NAME	DATE
211	ADRIANA ZAIDENVOREN	1-OCT
1812	SARA KAPLAN	10-OCT
1603	INNA TSAPKO	10-OCT
1112	ALEXANDER KRYMKEVICH	13-OCT
1212	MARIK GAVRIELOV	15-OCT
1104	VALENTINA SALADINO	16-OCT
1502	MARTHA GHARIBIAN	25-OCT



ANNIVERSARIES

UNIT#	NAME	DATE
2304	ADRIENNE & BERNARD GROSSMAN	30-OCT
708	BELLA & EUGENE HERMAN	5-OCT



DON'T FORGET... Spring forward...Fall back...



Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November.**

Be sure to set your clocks back one hour at 2 AM on Sunday, November 5, 2023.

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says

William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.

Change your clock,



CHANGE your batteries



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мы говорим по русски אנחנו מדברים עברית Nosotros hablamos Español מיר רעדן יידיש Falamos Portugues



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Slow Cooker Chicken Tortilla Soup

- 1 lb shredded, cooked chicken
- 1 (15 oz) can whole peeled tomatoes, mashed
- 1 (10 oz) can enchilada sauce
- 1 (4 oz) can chopped green chiles
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 oz) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 (10 oz) package frozen corn
- 1 tablespoon chopped cilantro
- Tortilla chips (crumbled)
- Toppings (optional)

Directions

Place chicken, tomatoes, enchilada sauce, green chiles, onion, and garlic into a slow cooker. Pour in water and chicken broth; season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. Sprinkle tortilla chips, and serve with grated cheese, sour cream and any other topping you like!



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