



Management Team

Cryatal Brokaw - Executive Director

Misty Nicholas-Liceaga– Associate Executive Director

Jacqui Michuda RN– RN Oversight

Jessica Burke RN– Wellness Director

Nicole Marquez– Resident Care Coordinator

Julie Gibbons RN– Memory Care Wellness Director

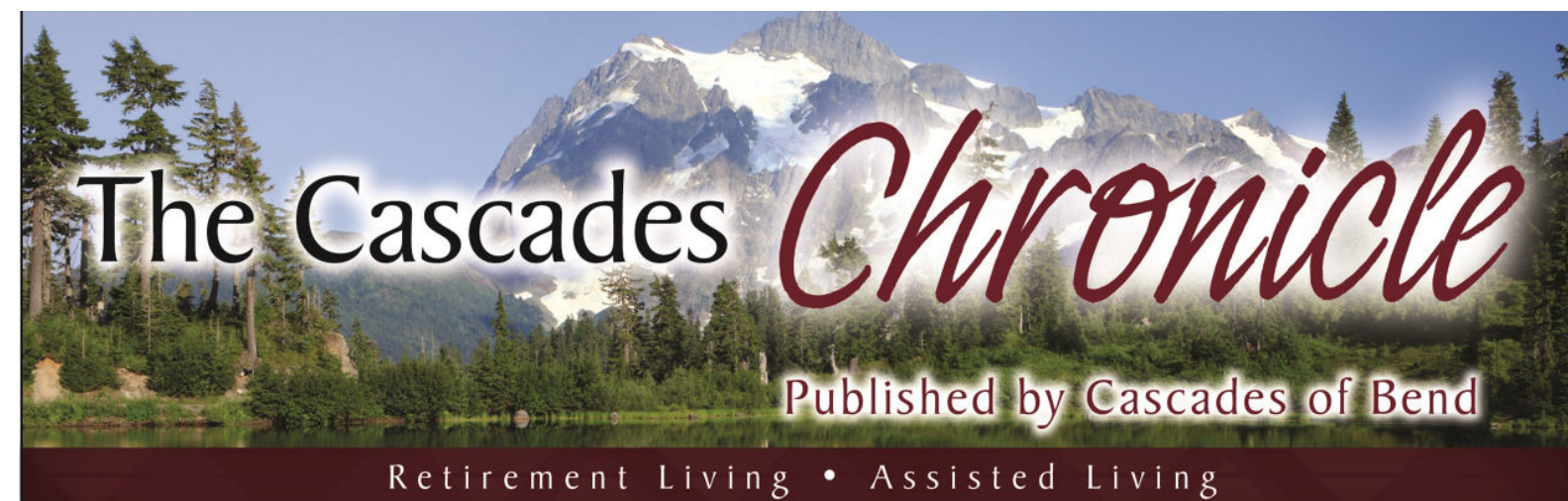
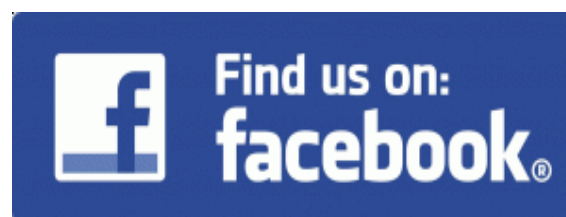
Beverly Lakey– Memory Care Resident Care Coordinator

Kari Hutchison- Director Of Sales And Marketing

Devin Haney- Business Office Manager

Kelly Graves– Life Enrichment Director

*Articles and Photos Provided by Activity Connection



The Autumn Harvest

Celebrating September

World Letter Writing Day
September 1

Labor Day (U.S.)
September 4

Grandparents' Day
September 11

International Day of Democracy
September 15

International Talk Like a Pirate Day
September 19

World Alzheimer's Day
September 21

Rosh Hashanah Begins
September 25

Fall Foliage Week
September 25–October 1

Ancestor Appreciation Day
September 27

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September's full moon to denote the importance of the harvest. September's full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month's various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

FALL

N E E W O L L A H T A C V S P
E K A R P B E E S G W Q T Q F
W E U X X X B E A V W H W U Y
I E U X O Q V I X V A Z C A X
J D J H Y R L H Y N E Z R S E
A V B L A J V G K L V S F H E
T W I H G K K S H W Q X N Z F
R K Q C H Z G H R S E P V A G
J U C M U I L X G N G Z L Q H
Y R E A V V A U E I F L D W H
I N O I T P C I E K X F C R H
M K N U C S W B R P B G H H S
D G F T Y Y Y R C M Z A G F L
M L A W X J Z A A U T U M N E
M G T T H R F J H P W V M U C

AUTUMN
HARVEST
PUMPKINS
THANKSGIVING
HALLOWEEN

LEAVES
SQUASH
FALL
HAYSTACK
RAKE



Kitchen Creativity

September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

Notable Quotable

"You harvest what you sow. With life as short as a half-taken breath, don't plant anything but love."

~ *Rumi, Persian poet, mystic, and scholar*

Resident

Birthdays

Judy W. 09/03
Jan T 09/14
Lois W. 09/18
Gene S. 09/28

September Horoscopes & Famous Birthdays

In astrology, those born between September 1-22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23-30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) - September 1, 1939
Richard Wright (author) - September 4, 1908
Raquel Welch (actress) - September 5, 1940
Jacob Lawrence (artist) - September 7, 1917
Otis Redding (singer) - September 9, 1941
Jesse Owens (athlete) - September 12, 1913
Agatha Christie (author) - September 15, 1890
B.B. King (musician) - September 16, 1925
Frankie Avalon (singer) - September 18, 1940
Jim Henson (puppeteer) - September 24, 1936
Serena Williams (tennis pro) - September 26, 1981



Shetland's Golden Fleece

The last Saturday in September brings Shetland Wool Week, a week that places Scotland's generations-old textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from Shetland sheep, a breed that originally hailed from the Shetland Islands, found in the northernmost isles of Scotland. *Fair Isle* knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland Island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters produce up to 40 garments a year by hand. With hundreds of pending requests, buyers may have to wait years before they get a genuine Fair Isle Shetland wool sweater.