

# Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- |                              |               |                   |
|------------------------------|---------------|-------------------|
| ASTER                        | LIBRA         | SAPPHIRE          |
| AUTUMN                       | MORNING GLORY | SCALES<br>(Libra) |
| GRANDPARENTS DAY             | OKTOBERFEST   | SEPTEMBER         |
| HARVEST                      | ROSH HASHANAH | VIRGIN (Virgo)    |
| INDEPENDENCE DAY<br>(Mexico) |               | VIRGO             |
| LABOR DAY                    |               | YOM KIPPUR        |



## September 2020 Newsletter



### Welcome New Residents:

- [J. Thomas C. 2400](#)
- [R. G 1211](#)
- [Betty K 1205](#)
- [Carolyn P 1304](#)
- [Lorraine O 1402](#)
- [Janelle D 3305](#)
- [Nancy T 2108](#)
- [Gene and Betty M](#)

### Celebrating Resident

- [Helen S. 9/2](#)
- [Frank T. 9/17](#)
- [Perry L. 9/19](#)
- [Kay H. 9/30](#)

### Staff Birthdays

- [Tatyana Mansell 9/1](#)
- [Kourtney Adams 9/15](#)
- [Santino Tedesco 9/19](#)
- [Cynthia Boyd 9/21](#)
- [Kathy Blaine 9/24](#)

### The Autumn Harvest

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B—Bistro (1st Floor) CR—Card Room (2nd Floor) CY 1—Courtyard 1 (Behind Bistro) CY 2—Courtyard 2 (Behind WC) DR—Dining Room (1st Floor) L—Library (3rd Floor) T—Theater (3rd Floor) WC—Wellness Center (1st Floor) S—Salon (1st Floor) MC—Memory Care (1st Floor) WD—Welcome Desk (1st Floor)	Important Times to Know MEAL TIME Breakfast 8:00—9:00 A.M Lunch 12:00—1:00 P.M Dinner 5:00—6:00 P.M Hydration Times 10am,4pm & 7pm Snacks & Hydration offered throughout each day!	1 10:30 Sunrise BINGO DR 11:30 Brain Exercise B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Puzzle Time CR 5:00 Daily Chronicles B	2 10:00 Its Yoga T 11:00 Devotion L 11:30 Sensational Sounds CR 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Social B 5:00 Daily Chronicles B	3 10:00 Sugar Scrub Kit CR 11:00 Brain Teasers CR 2:00 Matinee Movie T 2:00 Hangman Groups CR 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	4 10:00 Coffee & Current Events B 11:00 Scavenger Hunt WD 2:00 Organic Preserves and You B 3:00 Jewelry Making CR 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	5 10:00 Devotion w/Louisa B 11:00 Loosie Goosey w/Louisa T 2:00 Craft CR 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
6 9:30 Coffee/Muffins w/Louisa B 10:30 Church Service B 2:00 Crafts w/Louisa CR 3:30 Pampered Hands S 4:00 Cards/games & discussion CR	7 <b>Labor Day</b> 10:00 Cardio Classic T 10:30 Devotion L 11:00 Painting with Santino CR 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night : T	8 10:30 Sunrise BINGO DR 11:30 Brain Exercise B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Puzzle Time CR 5:00 Daily Chronicles B 6:15 Movie Night T	9 10:00 Its Yoga T 11:00 Devotion L 11:30 Word Search and Coffee B 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Social B 5:00 Daily Chronicles B	10 10:00 Trivia For you CR 11:00 5 Second Rule CR 2:00 Matinee Movie T 3:00 Wellness center seminar T 5:00 Daily Chronicles B 6:15 Bistro Card Games B	11 10:00 Coffee & Current Events B 11:00 Scavenger Hunt WD 2:00 Cheese and Wine Pairing B 3:00 Jewelry Making CR 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	12 10:00 Devotion with Louisa B 11:00 Loosie Goosey w/Louisa T 2:00 Snack Crate B 3:00 BINGO with Louisa DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
13 <b>Grandparents Day</b> 9:30 Coffee/Muffins w/Louisa B 10:30 Church Service B 2:00 Working on that fitness T 3:30 Pampered Hands S 4:00 Cards/ games & discussion CR	14 10:00 Sit and Stretch w/ Tino T 10:30 Devotion L 11:00 Am Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night : T	15 10:30 Sunrise BINGO DR 11:30 Wheel of Fortune B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Family Feud B 5:00 Daily Chronicles B 6:15 Movie Night T	16 10:00 Its Yoga T 11:00 Devotion L 11:30 Cranium Crunches B 2:00 Pampered Hands S 2:00 BINGO DR 3:00 Community Council DR 5:00 Daily Chronicles B	17 10:00 Letters to our kids CR 11:00 Resin Mold Madness CR 2:00 Matinee Movie T 2:30 Pictionary CR 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	18 10:00 Coffee & Current Events B 11:00 Community Crossword B 2:00 Resin Mold Madness CR 3:00 Jewelry Making CR 4:00 Happy Hour/ Oktoberfest Beer Tasting B 5:00 Daily Chronicles B 6:15 Movie Night: T	19 10:00 Devotion w/Louisa B 11:00 Loosie Goosey w/ Louisa T 2:00 Arm Chair Travel T 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
20 9:30 Coffee/Muffins w/Louisa B 10:30 Church Service B 2:00 Working on that fitness T 3:30 Pampered Hands S 4:00 Cards/games & discussion CR	21 10:00 Cardio Classic T 10:30 Devotion L 11:00 Painting with Santino CR 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	22 10:30 Sunrise BINGO DR 11:30 Community Crossword B 2:00 Hydration Corner DR 2:30 Wellness Center Explore WC 3:30 Group WALK WD 5:00 Daily Chronicles B 6:15 Movie Night: T	23 10:00 Its Yoga T 11:00 Devotion L 11:30 Sensational Sounds CR 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B	24 10:00 Tongue Twister Madness CR 11:00 Who What When? CR 2:00 Matinee Movie T 2:00 Craft Time /Paint Time B 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	25 10:00 Coffee & Current Events B 11:00 This day in History B 2:00 Craft Friyay CR 3:00 Jewelry Making B 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	26 10:00 Devotion w/ Louisa B 11:00 Loosie Goosey w/ Louisa T 2:00 Paint by Numbers CR 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
27 9:30 Coffee/Muffins w/Louisa B 10:30 Church Service B 2:00 Crafts CR 3:00 Pampered Hands S 4:00 Cards/games & discussion CR	28 10:00 Sit and Stretch w/ Santino T 10:30 Devotion L 11:00 Am Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	29 10:30 Sunrise BINGO DR 11:30 Brain Exercises B 2:00 Hydration Croner DR 2:30 Seated Exercise w/Santino T 3:30 Building WALK WD 5:00 Daily chronicles B 6:15 Movie Night: T	30 10:00 Its Yoga T 11:00 Devotion L 11:30 Word Search and Brains CR 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Social B 5:00 Daily Chronicles B	All Activities (Date, Time, Place) Subject to Change More details will be given on weekly activities schedules		

## Catch”

On September 29, 1954, Willie Mays made one of baseball’s biggest plays on baseball’s biggest stage. It was Game 1 of the World Series between Mays’ New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Se-

## “The

### September 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.



### RESIDENT SPOTLIGHT

Hola? This month we are shining our light on Maria Pereda. Maria is truly a joy to be around. She is constantly uplifting others and always has a smile on her face! If you’re ever having a bad day stop by Marias room! She will surely make your day better! Gracias Maria for all you do for our community! You are truly one in a million!



### What’s Happening in September....

- Happy Cat Month
- Mushroom Month
- Healthy Aging Month
- International Enthusiasm Week September 1–7
- Bowling League Day September 3
- Labor Day: U.S. September 7
- Grandparents Day September 13
- International Country Music Day September 17
- Good Neighbor Day September 28



In 2018, the Miss America competition abandoned its swimsuit competition, explaining that it would “no longer judge our candidates on their outward physical appearance.” My, how times have changed. Almost a century ago, in September of 1921, Atlantic City held a pageant for “The Most Beautiful Bathing Girl in America.” In this very first Miss America pageant, women were judged solely on how they looked in a bathing suit, and 16-year-old Margaret Gorman was handed the Golden Mermaid Trophy while still wearing hers. Some historians trace the beauty pageant back to 1854 when none other than P.T. Barnum attempted to add an exhibition to his New York museum where visitors judged women by their appearance. Barnum’s project was nixed after public protests, but local newspapers used the idea as a way to attract readers and began to run photo-based popularity contests of local women. In fact, Margaret Gorman, that first Miss America pageant winner, had won her local newspaper’s popularity contest, which led to her being crowned Miss District of Columbia, making



### Leaf-Peepers Delight

By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves. Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called anthocyanin. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature’s show regardless. New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania’s Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

### 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.



### Britain's "Bobbies"

Visitors to Britain might be surprised to learn that their police officers are nicknamed "bobbies" and that they carry no firearms. The invention of this unique police force on September 29, 1829, is credited to then-British Home Secretary Sir Robert Peel, for whom they are named. Before 1829, there was no British police force. Order was maintained by a mishmash of officials: night watchmen, local constables, and the red-coated army soldiers we remember from the American Revolutionary War. Sir Robert Peel's vision was to create a centralized and professional law enforcement body for the service of all equally under the law, not just the well-to-do. Britain had long been at war with France, and many Britons were familiar with France's powerful, state-run police force. Peel also knew that many Britons would be opposed to forming such a force in Britain, so he launched his police force in central London and laid out nine principles for policing that he called the "General Instructions." Chief among these was the notion of policing by consent. Peel wanted the authority of his officers to rest on the support of the public, not the threat of power by the state. Peel's Metropolitan Police, headquartered on a small street called Scotland Yard, did not don the red coats of the army, but black coats, tall wool hats, and shiny badges. They did not carry firearms, for they did not rule by force but by consent of the populace. Instead, they carried a short club and a whistle, which they could blow if they needed backup. Officers walked routine beats so that their faces would grow familiar, thereby gaining the trust of the citizenry. In time, the Metropolitan Police and their so-called "Peelian Principles" of policing were deemed a smashing success. In London, officers came to be called "Peelers," after Sir Robert Peel, and also, more famously, "Bobbies." Those Peelian Principles are, for the most part, still practiced today. In Britain, most Bobbies still do not carry firearms, and they proudly police by consent.

### 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, cakes, 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.



### Ballroom Dancing's "on the ball"

Ballroom dancing was once a privilege afforded only to the upper classes and well-to-do. Today, however, ballroom dancing is a pastime that everybody can enjoy, and you don't need an extravagant ballroom in which to do it. Grab a partner and take to the dance floor for a foxtrot, waltz, tango, pasodoble, rumba, or any other style of dance during the week of September 18-27, Ballroom Dancing Week. The term ballroom comes from the Latin word ballare, which means "to dance." The earliest ballroom dances were invitation-only events where aristocrats were invited to the royal court for formal balls. Many historians believe that ballroom dancing originated in 16th-century France. The book *Orchésographie*, written by the French cleric Thoinot Arbeau in 1589, explains in great detail the role of dance in aristocratic circles during the French Renaissance. Soon after, in 1650, the French composer and dancer Jean-Baptiste Lully introduced the dance known as the minuet to Paris. These lively and fast-paced dances became all the rage and remained a ballroom staple for a hundred years. Many formal ballroom dances evolved from folk dances. The minuet was originally a peasant dance from the French province of Poitou. The waltz, too, had its origins as a German peasant dance. During the 18th century, nobles grew bored with the minuet and would steal away to the dances of their servants, where they learned the waltz. The waltz was considered scandalous, with its clasped hands and bodies pressed closely together. It took years before it was accepted into the ballrooms of the aristocracy. So, too, over the years did dances like Argentina's tango and Cuba's rumba gain acceptance to the ballroom. And in the 20th century, as audiences watched Fred Astaire and Ginger Rogers dance across the silver screen, ballroom dancing suddenly seemed accessible to the masses. Today, ballrooms offer dance nights for dancers of all abilities. Whether you are a novice or an old pro, Ballroom Dancing Week is a chance to put on your dancing shoes.



### **HISTORY HAPPENINGS**

with Vanessa

#### **The Poinsett Bridge Landrum, SC**

By 1817, the state of South Carolina realized that a state road was needed to connect Charleston to Columbia to the Upstate and into western NC. Three years later, the road had been completed to northern Greenville County.

Skilled laborers from the north arrived in Charleston to build the road and men from local communities also worked on the road as it came through their area. In less than 4 months, approximately 500 workers completed the 11-mile Saluda Mountain Rd. stretch of the state road through northern Greenville County.

Three bridges would be constructed along the road and today only the Poinsett Bridge survives. It is the oldest bridge in South Carolina and possibly in the entire southeast; it was built in 1820.

Charleston born architect Robert Mills designed the bridge. Designing over 50 major works in his lifetime, his most famous are in Washington DC: The US Treasury Building and the Washington Monument.

The bridge was named for Joel Poinsett (also born in Charleston) who served as a state legislator, US Congressman, Secretary of War, and first ambassador to Mexico. 1819 Poinsett became president of the state Board of Public Works, which supervised the construction of the state road. Poinsett also served as president of the National Institute, the forerunner of the Smithsonian Institution.

Having a passion for botany, he had a farm in Greenville and is probably most well-known as the namesake of the Christmas flower that bears his name that he sent back to his greenhouses here to be cultivated.

In 1970 the Poinsett Bridge was placed on the National Register of Historic Places and in the early 2000s it became part of the SC Department of Historic Resources heritage preserve, a 120-acre area surrounding the bridge.

The stone bridge stretches 130' over Little Gap Creek and includes a 14' Gothic arch.

