



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 BOOK READING 1:30 BIG BUCKS BINGO 2:30 ARTS & CRAFTS 6:00 MOVIE TIME	2 10:00 COFFEE & TREATS WITH FRIENDS 11:00 CROSSWORD/COLORING 2:00 FRESH AIR ON THE PORCH 3:00 BEACH BALL TOSS 6:00 RESIDENTS CHOICE
3 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 FELLOWSHIP ON THE PORCH 6:00 CINEMA	4 Labor Day 9:00 GOOD MORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 1:30 SING ALONG / TRIVIA 2:30 BIG BUCKS BINGO 6:00 MOVIE TIME	5 9:00 GOOD MORNING EXERCISE & ENERGIZE 9:30 SALON IS OPEN 10:00 SNACK & DAILY DEVOTION 1:30 MUSIC & BIBLE STUDY WITH BILL 6:00 BOARD GAMES	6 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 DANCING TO THE OLDIES 1:30 BOARD GAMES 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	7 9:00 LADY OF THE GULF COMMUNION 10:00 NOODLE BALL 10:30 BOARD GAMES 1:30 MUSIC & TREATS WITH OUR GOLDEN GIRLS 2:30 ADVENTURE RIDE 6:00 BOARD GAMES	8 9:00 GOOD MOORNING EXERCISE & ENERGIIZE 10:00 SNACK & DAILY DEVOTION 10:30 BOOK READING 1:30 BOARD GAMES 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	9 10:00 COFFEE & TREATS WITH FRIENDS 11:00 CROSSWORD/COLORING 2:00 FRESH AIR ON THE PORCH 3:00 BEACH BALL TOSS 6:00 RESIDENTS CHOICE
10 Grandparent's Day 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 FELLOWSHIP ON THE PORCH 6:00 CINEMA	11 NATIONAL 9:00 GOOD MORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 1:30 BOARD GAMES 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	12 ASSISTED 9:00 GOOD MORNING EXERCISE & ENERGIZE 9:30 SALON IS OPEN 10:00 SNACK & DAILY DEVOTION 1:30 MUSIC & BIBLE STUDY WITH BILL 6:00 BOARD GAMES	13 LIVING 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 DANCING TO THE OLDIES 1:30 BIG BUCKS BINGO 2:30 BOARD GAMES 6:00 MOVIE TIME	14 WEEK 9:00 LADY OF THE GULF COMMUNION 10:00 NOODLE BALL 10:30 BOARD GAMES 1:30 MUSIC & TREATS WITH OUR GOLDEN GIRLS 2:30 BOARD GAMES OUTSIDE 6:00 MOVIE TIME	15 11th-17th 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 BOOK READING 1:30 BIG BUCKS BINGO 2:30 BOARD GAMES 6:00 MOVIE TIME	16 10:00 COFFEE & TREATS WITH FRIENDS 11:00 CROSSWORD/COLORING 2:00 FRESH AIR ON THE PORCH 3:00 BEACH BALL TOSS 6:00 RESIDENTS CHOICE
17 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 FELLOWSHIP ON THE PORCH 6:00 CINEMA	18 9:00 GOOD MORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 1:30 SING ALONG / TRIVIA 2:30 BIG BUCKS BINGO 6:00 MOVIE TIME	19 9:00 GOOD MORNING EXERCISE & ENERGIZE 9:30 SALON IS OPEN 10:00 SNACK & DAILY DEVOTION 1:30 MUSIC & BIBLE STUDY WITH BILL 6:00 MOVIE TIME	20 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 DANCING TO THE OLDIES 1:30 BIG BUCKS BINGO 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	21 9:00 LADY OF THE GULF COMMUNION 10:00 NOODLE BALL 10:30 BOARD GAMES 1:30 MUSIC & TREATS WITH OUR GOLDEN GIRLS 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	22 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 BOOK READING 1:30 BIG BUCKS BINGO 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	23 First Day of Autumn 10:00 COFFEE & TREATS WITH FRIENDS 11:00 CROSSWORD/COLORING 2:00 FRESH AIR ON THE PORCH 3:00 BEACH BALL TOSS 6:00 RESIDENTS CHOICE
24 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 FELLOWSHIP ON THE PORCH 6:00 CINEMA	25 9:00 GOOD MORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 1:30 SING ALONG / TRIVIA 2:30 ADVENTURE RIDE 6:00 MOVIE TIME	26 9:00 GOOD MORNING EXERCISE & ENERGIZE 9:30 SALON IS OPEN 10:00 SNACK & DAILY DEVOTION 1:30 MUSIC & BIBLE STUDY WITH BILL 6:00 MOVIE TIME	27 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 DANCING TO THE OLDIES 1:30 BIG BUCKS BINGO 2:30 WOULD YOU RATHER GAME 6:00 MOVIE TIME	28 9:00 LADY OF THE GULF COMMUNION 10:00 NOODLE BALL 10:30 BOARD GAMES 1:30 MUSIC & TREATS WITH OUR GOLDEN GIRLS 2:30 GAMES OUTSIDE 6:00 MOVIE TIME	29 9:00 GOOD MOORNING EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 BOOK READING 1:30 GLAMOUR DAY & PHOTO SHOOT 2:30 ARTS & CRAFTS 6:00 MOVIE TIME	30 10:00 COFFEE & TREATS WITH FRIENDS 11:00 CROSSWORD/COLORING 2:00 FRESH AIR ON THE PORCH 3:00 BEACH BALL TOSS 6:00 RESIDENTS CHOICE

The Autumn

~Elizabeth Barrett Browning (1833)

Go, sit upon the lofty hill,
 And turn your eyes around,
 Where waving woods and waters wild
 Do hymn an autumn sound.
 The summer sun is faint on them —
 The summer flowers depart —
 Sit still — as all transform'd to stone,
 Except your musing heart.
 How there you sat in summer-time,
 May yet be in your mind;
 And how you heard the green woods sing
 Beneath the freshening wind.
 Though the same wind now blows around,
 You would its blast recall;
 For every breath that stirs the trees,
 Doth cause a leaf to fall.

Facts About Leaves

Why do leaves fall? The reason leaves fall off in the autumn is due to the water they contain. Leaves hold a lot of water in them, when winter comes around, the leaves will freeze. This could harm the internal part of the tree. So, when fall comes each year, the trees develop a type of seal or barrier between the branch of the tree and the stem of the leaf. That way when the leaves fall from the tree, the tree's branches will be protected from the cold.

What causes the leaves to change color? There are different chemicals in leaves that make them turn different colors, different trees produce different color leaves. Leaves contain chemicals, not all leaves have the same kind, however all leaves do have chlorophyll. This chemical gives them their green color. Some leaves contain anthocyanins, this chemical gets caught in the leaf when the chlorophyll is gone. Anthocyanins causes leaves to turn red and purple. There is also carotenoids, this chemical when left in the leaf causes the leaves to turn yellow, orange and brown.

September is...

- BACK -TO-SCHOOL MONTH
- BETTER BREAKFAST MONTH
- FALL HAT MONTH
- JAZZ MONTH
- LIBRARY CARD SIGN-UP MONTH
- NATIONAL CHICKEN MONTH
- NATIONAL FOOD SAFETY EDUCATION MONTH
- NATIONAL ICE CREAM SANDWICH MONTH
- NATIONAL OSTEOPATHIC MEDICINE MONTH
- NATIONAL OVARIAN CANCER AWARENESS MONTH
- NATIONAL PIANO MONTH
- NATIONAL HAPPY CAT MONTH



Folklore for the Season:

- Heavy September rains bring drought.
- September dries up ditches or breaks down bridges.
- September blow soft, till the fruit's in the loft.
- Married in September's golden glow, smooth and serene your life will go.
- If the storms of September clear off warm, the storms of the following winter will be warm.
- Fair on September 1st, fair for the month.

To Your Health—By Dr. Daniel Scarbrough

Corporate Medical Director, Community Health Systems, Inc.

This month let's talk about drugs – especially prescription drugs. A new study conducted by researchers for the University of Buffalo has found that nearly 35% of older adults are receiving potentially unnecessary prescription drugs from their doctor. The finding indicates that this leads to higher costs, more doctor visits, and more hospitalizations. The average age of the U.S. population is rising, and older adults account for a disproportionate amount of prescription medications. Harm to older adults caused by potentially inappropriate medications is a major health challenge. Studies have explored the benefits of medical professionals treating patients with alternatives to prescription drugs. This continues to be a difficult option for health care providers.

The researchers established over 220 million responses to a survey to better understand drug tests among older adults. They looked at over 30 different types of drugs that were prescribed to adults over 65. The study revealed that nearly 35 percent of those studied were prescribed potentially inappropriate medications. While these alone was cause for concern, over-prescription was also linked with higher patient spending on drugs, longer hospital stays, and more prescriptions in general. Efforts to de-prescribe have increased significantly. Over the last decade, inappropriate medications continue to be prescribed at a higher rate among older adults. Medications are considered to be inappropriate if the risk of medications (side effects) are greater than the potential benefit. This is a much bigger concern for older adults as they are at an increased risk of experiencing severe side effects from medications, and there are often times other interventions that do not require prescription drugs and that are equally effective. This de-prescribing is at an early stage in the USA, and further work is needed. All patients, young or old, should always take all of their “medications” (not just a list) with them when they visit the doctor and make sure their doctor looks at them during the visit. The best way I have found to do this is to put all of your medication in a line on the counter when you first get into the examination room. This makes it easy for the doctor to look at them.

—Dr. Dan