



HAVEN MEMORY CARE

A Community Senior Life Village • CommunitySeniorLife.org

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 discuss osteoarthritis. This is the most common joint disease and is often called degenerative joint disease (D.J.D.). It is caused by a breakdown of the cartilage in the joint. D.J.D. is more common in older people, women, people who are overweight, and those with family members who have it.

The most common symptom, of course, is joint pain. It is mostly in the hands, feet, hips, knees, or spine. In the hand, it often affects the joint at the base of the thumb and the distal joints of the fingers. In the foot, it is usually at the base of the big toe. The knee can show swelling, bony enlargement, and malalignment when there is advanced disease. The pain can be worse after periods of rest, like when you first get up in the morning or when you get up out of a chair. D.J.D. limits motion because of the pain and stiffness and can make it difficult to do every day activities such as walking or opening a jar.

D.J.D. is treated with medicines, supplements, exercise, weight loss, and occasionally surgery when the symptoms do not get better with other treatments. Acetaminophen (Tylenol), which you can buy over-the-counter is safe and inexpensive when used correctly. Also, ibuprofen (Motrin) and naproxen (Aleve) are both anti-inflammatory drugs that you can get over the counter and may help. Dietary supplements such as glucosamine and chondroitin may also help, but they need to be taken together. Your doctor may prescribe other anti-inflammatory drugs but be sure to tell him about any side effects. Sometimes an intrajoint injection of steroids or hyaluronic acid will help. Low-impact exercise like riding a bike and swimming will help you get back some of the motion you have lost.

If you are overweight, you should definitely lose weight, as this takes pressure off the joints and can lessen pain and stiffness. If these treatments do not help, your doctor may recommend surgery with artificial joints. This gives excellent pain relief and can last 15-20 years. See your doctor for these more advanced therapies.

—Dr. Dan