

Banana Split Day!

"You scream I scream we all scream for Ice cream!"
Everyone loves ice cream, including our residents. On August 25th we celebrated Banana Split Day!
Residents enjoyed the wonderful treat to beat the heat.



September Birthdays

Ron C. 9/4
Eunice M. 9/10
Bridgette D. 9/29
Diane N. 9/29
Eileen N. 9/30

Staff Birthdays

Benard Nyachieo 9/24
Sonja Alexander 9/25

Happy Birthday Everyone!



Notes form Dietary

Our Chef Lynn has worked very hard to get our dining room open again, and it is up and running. It would be nice to have everyone down to enjoy the socializing with your neighbors during meals. If you do not come down, and order room trays, there will be a charge of \$5.00, so please come and enjoy the wonderful dining experience.



The Pebbles of Lake Phalen

The Shores of Lake Phalen * 1870 East Shore Drive* 651)777-7784 *

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.

Celebrating 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

Celebrating September

As we step into September, fall approaches and the leaves transition into a splendor of color and leave behind the August festivities and special moments. This month, The Shores will have special events and entertainment.

We are going to have a "Night Under the Stars" with beautiful smooth music and wine. We will still have social distancing during this event. September 23rd 6:00pm in our front veranda.

We also can enjoy live horses that are coming to visit our facility, September 9th at 2:00pm

There will be chaplain visits with Pastor Amy, outside at one of the visiting stations every Thursday starting September 3rd from 1:15pm until 3:45pm. Please sign up with Keila or at the front desk.

The Shores will be celebrating National Coffee Day! We will celebrate this day with a variety of flavored creamers.

This month we will start our Scavenger Hunt in your apartment. You can get a scavenger hunt clue list from Keila on the 2nd floor community room and win a prize from the Scavenger Hunt Basket!

Let us have a wonderful September!



National Senior Citizens Day

August 21st was National Senior Citizens Day. We celebrated our residents with a Happy Hour cart and frosted coated puff balls. Enjoy the pictures!



Note from the Nurses

Residents, flu season is approaching soon along with the Covid-19 being a pandemic issue. We want all resident to continue the social distancing and hand washing rule also remember when leaving your apartment to always wear your mask covering your nose and mouth. If you are not feeling well and have a cough and the sniffles, please remain in your apartment, and let your resident assistant know. The flu clinic will be at the end of September or early October, this will be by appointments only.



Happy Just Because Day!

The Intrepid hospice nurse, Anne, shared a little gift of happiness for the management staff and our very own nurses team, Sarah, Robin, and Katie. Thank You Intrepid!



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.

On the Road Again!

Great News! Residents, the bus is on the road again. We are now able to schedule some scenic outings around the Metro area lakes, getting out and enjoying sights and scenic views of the lakes and city.

We can have a 5-limit seating on the bus per outing 1 wheelchair and 4 walkers.

Hopefully, we will return to the regularly scheduled outings such as grocery stores and lunch outings soon.



Movie Matinees

Just a reminder that we have a beautiful movie theater, with a seating of 6 within social distancing regulations. Movie are shown on the weekends at 1:00pm. Movie will also be shown one day during the week on Tuesday at 1:30pm. Feel free to pick a movie to be shown, let the activity staff know and they will assist you.

