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## National Good Neighbor Day



Good neighborliness defines how pleasant and comfortable our neighborhood is. Neighbors can make or break your

experience of living in an area. Being a good neighbor helps us build solid and long-lasting relationships. Neighbors are like umbrellas on a rainy day, lending a helping hand in times of emergency.

Previous generations tended to engage their neighbors in a lot of activities. They invited them to parties and balls, went riding with them, worked on their farms, invited them over for dinner, and took care of their homes whenever they went away. Nowadays, with busy schedules and technological advancements, we never really care much about or show interest in the family next door. This is why people live next to each other for years and still aren't familiar.

National Good Neighbor Day was first celebrated in the early 1970s by Becky Mattson who wanted to connect with her neighbors in Montana. It officially became a holiday in 1978, when President Jimmy Carter signed a proclamation to establish the holiday. A resolution was passed by the Senate, as it was recognized that there was little meaningful communication among people and there was a need to bring them together for them to interact with one another. The Senate believed human values and consideration for others were essential to the system of civilization; and decided that being good neighbors to those around us was the first step toward human understanding. Thus, a fixed date was set for Good Neighbor Day. Now, we celebrate National Good Neighbor Day on September 28, taking special time to care for our neighbors and form or maintain friendships.

This is the perfect day to stop and say hello to all of you fellow neighbors around the building.

## Meet Scott Flewelling, Director of Culinary Services!



Hello, my name is Scott I am the Culinary Director here at The Shores of Lake Phalen.

I am a Le Cordon Bleu graduate with over 30 years of experience. I have worked everything from Fast food, as a teenager, to working for a James Beard-winning chef, and everything in between.

My love for cooking must be attributed to my mom. She was an excellent cook and got me involved in the kitchen at an early age. I started baking cookies with her around 4 years old and I was cooking family holiday meals by the time I was 12.

In my free time I like to watch live music, go fishing with my daughter, and spend time with family and friends.

## Sweet Cravings



Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. Depriving ourselves of dessert only makes us want it more. Luckily, you won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.

## Celebrating September

**International Self-Awareness Month**

**World Alzheimer's Month**

**National Guide Dog Month**

**Pollution Prevention Week**

*September 16–22*

**Labor Day**  
*September 2*

**Patriot Day**  
*September 11*

**Encouragement Day**  
*September 12*

**POW / MIA Day**  
*September 20*

**Walk to End Alzheimer's**  
*September 21*

**White Chocolate Day**  
*September 22*

**Scarf Day**  
*September 27*

**Good Neighbor Day**  
*September 28*

## School Days Flashback

As September approaches, the sight of children heading back to school brings a wave of nostalgia, reminding us of how schools used to be.

Back in the day, many schools were one-room schoolhouses, especially in rural areas. Imagine one teacher managing students of all ages and grades in a single room. Discipline was strict—getting the occasional rap on the knuckles with a ruler was not unheard of!

Technology in the classroom was a far cry from today's smartboards and tablets. The trusty chalkboard was the centerpiece of the room, and students wrote on slates with chalk. Desks were often bolted in neat rows, and flexible seating was just a dream. Instead of Googling answers, students flipped through well-worn textbooks and took meticulous handwritten notes.

School supplies were prized possessions. Pencils and paper were often shared among siblings, and ink wells and nib pens were part of the daily routine. Lunches, wrapped in cloth or paper, were brought from home—no cafeteria pizzas or chocolate milk here!

Extracurricular activities, though fewer, were cherished. Recess games like hopscotch and kickball, along with school plays and community events, were major highlights. Physical education was simple and often included activities like dodgeball or relay races.

Getting to school was an adventure in itself. School buses were a rarity, so many children walked long distances, rain or shine. This daily trek often built a strong sense of community, as families and neighbors connected through their local school.

Reflecting on these memories, it's clear that while much has changed, the joy of learning, making friends, and community spirit remains timeless. Here's to celebrating the wonderful memories of school days past!



## The History of Patriot Day

On September 11, Patriot Day gives all of us time to reflect on the devastating terror attacks that took nearly 3,000 lives. We commemorate those who we lost and give thanks to the brave first responders who put their lives on the line. Take a moment today to consider what we stand for as a nation and how we can work together to make the world a better place for all.

It was a terrifying day when four planes were hijacked on September 11, 2001 (also known as nine-eleven). The hijackers flew three planes into iconic buildings: the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth plane crashed in a field in Pennsylvania after the plane passengers fought the hijackers. Nobody is certain where it was supposed to crash, but some people believe it was headed for the White House, the U.S. Capitol, the Camp David presidential retreat in Maryland, or one of several nuclear power plants along the eastern seaboard.

The impact of this attack was devastating. Around 3,000 lives were lost between plane passengers, those in the buildings that were struck, and front-line workers trying to save people. It was the biggest act of terrorism ever in the United States. Since then, airplane security has become stricter in many countries as they attempt to avoid a future terrorist attack like nine-eleven.

The majority of lives that were people that worked in the Twin Towers, especially the floors above the collision point as people were trapped and stranded at the top of the burning skyscraper. 411 men and women working in emergency services lost their lives trying to fight fires and rescue people from the buildings. It was a heartbreaking attack, which is why Patriot Day was proclaimed by President George W. Bush and is recognized every year on September 11.

On Patriot Day, U.S. flags are lowered halfway, and there is a country-wide moment of silence at 8:46 am (Eastern Daylight Time), which is when the first plane crashed into one of the Twin Towers. Although the attacks were in the U.S., Patriot Day is recognized worldwide as the news devastated and impacted people all over.

Every year since the tragic day of September 11, 2001, all American citizens come together to remember and honor the fallen. Fighting valiantly till the end, their lives and stories are forever memorialized and illuminate this dark day in history.

Moments of silences are observed several times during the day. The timings correspond with the terrorist attacks, with the first one starting at 8:46 A.M. EDT and the last one at 10:28 A.M EDT. Patriot Day is a difficult day for many, with some solace found in the memorial tributes to those who lost their lives, and through support groups dedicated to spreading kindness and comfort to families today. Memorial events and prayer vigils are participated in across the country.

Today, reflecting and remembering the events that took place in 2001 reminds people of the sensitivity of time and the importance of standing united as a nation.



## Where do the proceeds we donate to Alzheimer's go?

Every dollar you raise benefits those affected by Alzheimer's disease in your community.

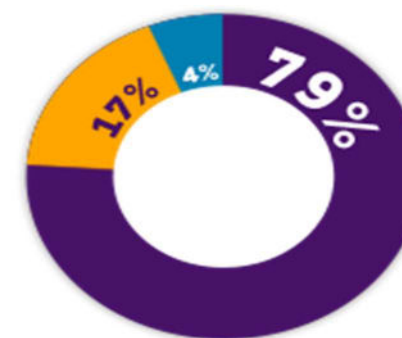
The Alzheimer's Association is a global organization, working to advance care, support and research across the world. From face-to-face support to online education programs and promising worldwide research initiatives, the money you raise makes a difference in the lives of those facing Alzheimer's.

The Alzheimer's Association:  
Use of Funds

The Alzheimer's Association exceeds the rigorous standards of America's most experienced charity evaluator, the Better Business Bureau Wise Giving Alliance. The Association also holds a National Charity Seal from the Alliance.

Provides care and support to all those facing Alzheimer's.

- Online message boards through ALZConnected®.
- Support groups, connecting those facing the disease with a network of help in their community.
- A free nationwide 24/7 Helpline (800.272.3900) offering information and referrals.



- Alzheimer's care, support, research, awareness and advocacy
- Fundraising
- Administrative

Drives research toward treatment, prevention and, ultimately, a cure.

Currently investing more than \$405 million in over 1,100 active best-in-field projects in 56 countries, spanning six continents.

Accelerates study focused on the relationship between lifestyle habits and cognitive function by funding and implementing clinical trials such as the U.S. POINTER Study.

Leads the field in research around risk reduction by investing in studies such as SPRINT MIND 2.0, a study to clarify the role of lowering blood pressure in reducing dementia risk.

Speaks up for the needs and rights of people affected by Alzheimer's.

Helps to pass landmark legislation such as the National Alzheimer's Project Act, which mandated a national plan to fight Alzheimer's. Drives bipartisan support for federal Alzheimer's and dementia research funding, which reached \$3.7 billion annually.

Fights to protect people living with Alzheimer's and dementia through legislation such as the Promoting Alzheimer's Awareness to Prevent Elder Abuse Act.

Please join us for a friends and family style Bingo on September 14<sup>th</sup> at 1:00 in the community room. Bingo cards are \$1.00 each and we will play 10 rounds of coverall for fun prizes. We will also be heading to the walk to end Alzheimer's at 7:40 AM on September 21<sup>st</sup>. All proceeds will go to the Alzheimer's Association.

Please sign up at the front desk to join us for the walk!

