

hello September

AUTUMN	PATRIOT DAY
BARBECUE	PICNIC
COOL	RAIN
END OF SUMMER	RELAXATION
FOOTBALL	ROSH HASHANA
LABOR DAY	SCARFS
LEAVES	SEPTEMBER
NEVER FORGET	YOM KIPPUR
NINE ELEVEN	

N I N E E L E V E N Y S F A Y M E S M X
 E D P A U T U M N E F N O R E U R I U R
 T Y A N A E P V A R M M O O C A U T R B
 E O T I N E N N A U C B T E C A O A I E
 G M R O A M I C T F A R B S C I N C I P
 R M I T H R S U L L U R A L U A V E S R
 O K O A S L E O L P A R L T P I C N E C
 F I T X A S O L P B A L L L I B T O U F
 R P D A H C E I A R E B M E T P E S A O
 E P A L H S K V C X S C A R F N R A I N
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 N O U Y R I R O B A L S I T L D E O C E
 N E N D O F S U M M E R A O L T N B I A
 I A E F Y T N E H L V O E R N T C F P R



Beverly Rudolph.....09/06/1936
 William Begor.....09/07/1925
 Judy Freedman09/10/1925
 Ricky Speaks09/10/1956
 Helen Fiore09/15/1944
 Phyllis Neal09/17/1927
 Jorgelina DelCampo.....09/27/1933
 Linda Tourto09/29/1963

SEPTEMBER 2020 Dates To Celebrate

Labor Day9/7
 NFL Season Begins9/10
 Patriot Day9/11
 Grandparents' Day9/13
 Assisted Living Week..... 9/13-9/19
 Autumn Begins9/22
 Centenarian's Day9/22
 Women's Health & Fitness Day.....9/30

Birthstone - Sapphire
 Flower - Aster
 Zodiac - Virgo & Libra

ARBOR OAKS

News

September 2020

3400 JOG ROAD • GREENACRES, FL 33467

OUR MANAGEMENT TEAM

Karen Gibbons
Executive Director

Fara Linton
Nursing Director

Brenna Alvarez
Activities Director

Brenna Alvarez
Office Manager

Jimmy Perez
Maintenance Director

Thomas Williams
Food Service Director

Trevor Gibbons
Dining Room Supervisor

ARBOR OAKS
AT GREENACRES
An Assisted Living Residence
561-432-4700

NATIONAL ASSISTED LIVING WEEK

September 13-19, 2020, is National Assisted Living Week®. The National Center for Assisted Living (NCAL) established the National Assisted Living Week® in 1995. This week affords a unique opportunity for residents, their loved ones, staff, volunteers and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. This annual observance inspires assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve. It is also renders the opportunity to educate the public about this unique aspect of long term care.

This year's theme for National Assisted Living Week is "Caring is Essential" and highlights the incredible care provided by essential caregivers in assisted living facilities across the country.



Sept. 7 marks the annual holiday known as Labor Day. Each year, on the first Monday in September, we gather in celebration of this holiday. Many families use this occasion to help them transition from summer into fall. For some, this makes a nice segue into a new routine, especially if there are children and grandchildren involved. There is school work, sports, new after-school activities, all which require schedule adjustments, acclimation to new routines. And hopefully, there is some acclimation to cooler temperatures involved, too.

But what else, aside from the shifting routines and climates, makes this holiday so special? Its origin, for starters. Labor Day was created for the worker, to shine a light on the American work ethic. It honors workers, their way of life, quality of work, sacrifice and much more. The holiday was designed in the late 1800s to pay homage to the American labor force.

Labor Day of 2020 is unlike those of years past. There won't be parades and community barbecues and packed end-of-summer jaunts to the beach. There'll be virtual barbecues, mini family vacations to isolated locations, a slew of socially distanced and masked activities and maybe a few fireworks. So, wherever you are, whatever you do, just be sure to express gratitude to those you love for all they do, all they've done and all they will do as a labor of love amid this pandemic.



The brain is the body's most complex organ. It's also the most important one. That's why keeping it healthy is critical, especially as you age. Every day scientists are discovering how closely our minds and bodies are connected. As it turns out, the things that you do to keep your body and heart healthy may also be good for your brain.

Incorporate these eight healthy habits and activities into your daily life to help you optimize brain health and stay sharp in the years ahead.

Get Moving

Physical activity is good for your health at every age. Studies show being active is associated with a lower risk of brain issues. Whether it's nightly walks, playing with the grandkids or taking your favorite yoga class, find an activity that meets your needs and gets your heart pumping for at least 30 minutes every day.

Eat to Thrive

The antioxidants in nutrient-dense foods like berries, broccoli and legumes, including some fats such as olive oil, may lower some risks to your brain. Try eating a healthy, low-fat, low-cholesterol diet with lots of vitamin-rich fruits and vegetables, as well as whole grains such as oatmeal and brown rice.

Know Your Blood Pressure

High blood pressure can have serious effects on your brain health. If your blood pressure is high, get it under control. It may help reduce some risks to your brain.

Drink Moderately

How the body handles alcohol can change with age. Some older adults can feel "high" without increasing the amount of alcohol they drink. This can make them more likely to become confused or have accidents. So limit the amount of alcohol you drink - or don't drink it at all.

Get a Good Night's Sleep

Poor sleep, or inadequate sleep due to issues such as insomnia or sleep apnea, doesn't just leave you feeling tired. It can have serious physical effects and can impact memory and thinking, too. Get comfy and go to bed. Seven to eight hours is a good night's rest.

Discover a New Talent

When you learn new things, you engage your brain. Try something you haven't done before - learning French, ballroom dancing or carpentry, for example. Challenging your brain on a regular basis is fun and beneficial.

Stay Connected

Science has shown that regular engagement in social activities can help reduce some risks to your brain. Stay connected and invite family or friends over for a healthy meal, go on a hike together or just hang out.

Talk to Your Doctor

As you age, some changes in brain function, including short-term memory, happen more frequently than when you were younger. If you have questions or are concerned, ask your doctor at your next appointment.



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"Caring is Essential" is this year's theme for National Assisted Living Week, which highlights the incredible care provided by essential caregivers in assisted living facilities across the country.

Please continue to check back here for additional resources on how to celebrate and for limited merchandise to show your appreciation for your incredible caregivers.



WHAT STEMS FROM Mushroom Month?

September is a lot of things to a lot of people. So, it being National Mushroom Month isn't really all that surprising, is it? Shall we find out more about this holiday? Let's dig in!

National Mushroom Month originated in 1990 as a holiday initiated by the National Mushroom Council, but didn't actually reach celebratory status until 1993. Once the holiday made its mark on the calendar, it became a hit. The U.S. Department of Agriculture utilizes this particular event to share a bevy of health benefits about the fungus. Chief among its benefits are its fat-free, cholesterol-free and gluten-free status. Fresh mushrooms are also low in calories, high in fiber and ultra-low in sodium. They're heavy in antioxidants, specifically selenium, which help strengthen the immune system. They're also rich in B vitamins, Riboflavin, Niacin and Potassium, among others. This is exactly the type of thing that makes them excellent for cooking and consumption. Also, mushrooms don't go "out of season" as they grow year round, so they're popular in all types of dishes. The types that rank fairly high on the delectable scale are porcini, shitake, portobello and cremini. Many people prefer to sauté mushrooms, as this preparation method allows the fungus to maintain its deep and rich flavor.

But National Mushroom Month isn't all about the edible types of mushrooms. There are more than 10,000 species of mushrooms, many of which are poisonous, not only to humans but to plant life as well. Did you know that the world's largest living organism is actually a fungus, and the killing kind, too? A distinct type of honey fungus found in Oregon's Blue Mountains is said to be the largest living thing, spanning 2.4 miles at a point. It's also been dubbed a tree killer, potentially causing detrimental damage to more than 100 types of trees in the Blue Mountains.

As folks find new and interesting ways to celebrate National Mushroom Month, many communities nationwide have begun to offer mushroom forays or other explorations in nature where people hunt mushrooms, determine the safe from not so safe and edible from poisonous. These educational adventures are exceptionally useful, especially if you plan on spending lots of time outdoors at any point in life.