

Excuses to Celebrate in September!!

Mushroom Month

Happy Cat Month

Healthy Aging Month

International Enthusiasm Week
September 1–7

Bowling League Day
September 3

Labor Day: U.S.
September 7

International Country Music Day
September 17

Good Neighbor Day
September 28

Shetland's Golden Fleece

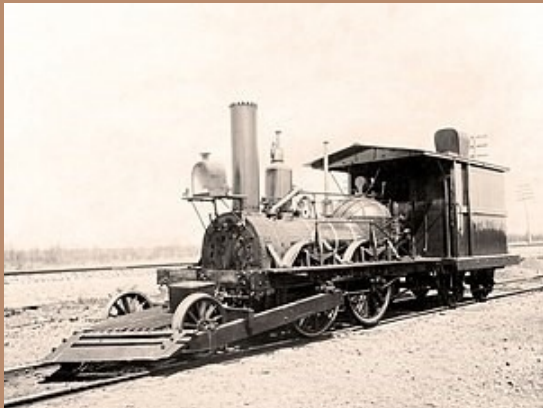
The last Saturday in September brings Shetland Wool Week, a week that places Scotland's textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from Shetland sheep, a breed that originally hailed from the Shetland Islands in the northernmost isles of Scotland. *Fair Isle* knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters only produce up to 40 garments a year by hand.



One way to age healthily , is to exercise daily!

Long-Lived Locomotive

In 1831, Philadelphia and New York were the two largest cities in America. The state of New Jersey, situated between the two cities, became a prime location for a railroad company that could transport people and goods up and down the coast. Robert Stevens founded the Camden & Amboy Railroad (C&A) and enlisted Robert Stephenson and Company of Newcastle, England, to build a steam engine, which was called the *John Bull*, which started service on September 15, 1831. In 1981, 150 years after its first operation, *John Bull* ran again in Washington, D.C., making it the oldest self-propelled vehicle in the world.



John Bull steam engine.

September
2020

**Sierra Ridge Memory
Care**

3265 Blue Oaks Drive
Auburn, CA 95602



Mission Statement

Sierra Ridge is committed to
Being the leader in providing
Quality personal service for our residents while
Honoring the experience of aging through our
In the Moment Program

Sierra Ridge Management Team

Joyce Perkins
Executive Director

Lynda Murray
*Health & Wellness
Director*

Jennifer Fuston
Senior Business Office Manager

Colleen Magda
Senior Lifestyle and Leisure Director

Robert Selvester
Culinary Director

Barbara Tarlton
Resident Care Director

Ryan Countz
Maintenance Director



JANET! Thanks for always going the extra mile!
Congratulations on being EMPLOYEE OF THE
MONTH!!

Activities.

According to the Alzheimer's Association, research has shown that individuals who are regularly engaged in social interactions and activities , are also better able to maintain healthy cognitive functions. People who are socially engaged are also more physically active and are more likely to maintain a nutritious diet. Social activities can also help people reduce stress and anxiety, which is what ultimately leads to lower blood pressure. That leads to improved sleep quality and also helps to combat depression and anxiety. At Sierra Ridge we make every effort to engage our residents in activities, thereby keeping them healthier and happier.



Leaf-Peepers Delight

By the last weekend of September, Fall Foliage Week, you have likely noticed 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, the molecule that gives leaves their green color. 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



September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to every detail and are very organized, making them curious and intelligent learners. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and are masters of compromise and diplomacy, acting as wise mediators.

Happy September Birthday to:

Mira ("Bumpie") - 06th of September

Edna - 20th of September

Helen - 21st of September McCormick 41

Yvonne Hughes - 24th of September.

27th Jack Remington '37

Wishing you a very Happy Birthday filled with lots of joy, love and sweet surprises.

Cont: and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. Brilliant red hues are the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and these sugars stimulate the leaves to produce anthocyanin. New England enjoys fame as a prime leaf-peeping destination, yet plenty of other places around the world offer excellent fall foliage. On Japan's northernmost island of Hokkaido leaves begin to turn as early as mid-Sept. Wherever there are leafy trees and chilly nights, you are bound to find spectacular displays of fall foliage.



Carol helping to fold washcloths



Bill helping to make some cheesy biscuits.



Ron giving Mikie some love.



Georgie coloring a pretty picture.



Carol helping Colleen to roll up place mats to be washed.



Marge getting ready to do a puzzle.

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.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many more cool-season vegetables are also ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!



New York Giants, Willie Mays

Delicious Autumn!

My very soul is wedded to it,
and if I were a bird
I would fly about the earth
seeking the successive autumns.

George Eliot

“The Catch”

On September 29, 1954, Willie Mays made one of baseball’s biggest plays on baseball’s biggest stage. It was Game 1 of the World Series between Mays’ New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win a World Series title, and Mays’ catch has gone down in baseball history, remembered simply as “The Catch.”

On the Ball

Ballroom dancing was once a privilege afforded only to the upper classes and well-to-do. Today, however, ballroom dancing is a pastime that everybody can enjoy during the week of September 18–27, Ballroom Dancing Week. The term *ballroom* comes from the Latin word *ballare*, which means “to dance.” The earliest ballroom dances were invitation-only events where aristocrats were invited to the royal court for formal balls. The book *Orchésographie*, written by the French cleric Thoinot Arbeau in 1589, explains in great detail the role of dance in aristocratic circles during the French Renaissance.

Many formal ballroom dances evolved from folk dances. The minuet was originally a peasant dance from the French province of Poitou. The waltz, too, had its origins as a German peasant dance. During the 18th century, nobles would steal away to the dances of their servants, where they learned the waltz. It took years before it was accepted into the ballrooms of the aristocracy. In the 20th century, as audiences watched Fred Astaire and Ginger Rogers dance across the silver screen, ballroom dancing suddenly seemed accessible to the masses. We now find ballrooms offering dance nights for all to attend.

At Sierra Ridge, residents love to dance when the opportunity arises.



Bob and Mary Ellen dancing during entertainment.



Kathryn and Brandy dancing to the music.




Beth dancing to some music.



Joanne dancing down the hall.

September 2020

In The Moment - Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Keys Dining Room DR	9:30 LL Famous Quotes 1 10:30 CC Service Project 11:30 PE Fitness Fun 1:00 Kitchen crafts 2:30 Puzzle Perfect 3:00 LL Snacks and Chats 6:00 Finish the Phrase	9:30 Art Therapy 2 11:15 PE Exercise 12:00 Family Council 1:00 CE Word Games 2:00 LL Sewing Circle 3:30 Let's Sing 6:00 Aromatherapy	9:00 Coffee and Crossword 3 10:15 Busy Hands 10:15 SS Spiritual Moments 11:15 Tap your Toes 2:30 Cards/Games 4:15 PE Sittercise 6:00 Ball toss	9:00 CE Mind Joggers 4 10:00 Snacks and Chats 11:15 Tap your Toes 3:30 Balloon Toss 4:00 Stretch and strengthen 6:00 LL Reminisce	9:30 AE Creative corner 5 10:15 CE Reading Roundtable 1:00 Spa Time 2:30 Busy Hands 3:30 Sing-a-Long 6:30 Games 6:30 CE Trivia
9:30 Busy Hands 6 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:30 AE Artistic Moments 6:00 Evening Stroll	Labor Day 7 10:30 CE Reading Round table 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 LL Whistle while you work. 3:45 Sittercise 6:00 Reminisce	9:30 CE Positive Quotes 8 10:00 Snacks and Chats 10:30 Busy Hands 1:00 Desert Making [DR] 3:30 AE Sing-a-Long 6:00 Ball Toss	9:00 Folding 9 9:45 CE Taste and Tell 11:15 Sittercise 1:00 Music Therapy 3:30 Rhythms & Motion 6:00 LL Movie Time	9:00 Puzzles 10 10:00 Alvin Entertains 11:30 Let's move it! 2:30 Cards/Games 3:00 Ice Cream Sandwiches 6:00 Mind Joggers	9:00 Quotes 11 10:00 Snacks and Chats 11:15 PE Let's move it! 1:00 Puzzles/Spa Time 3:45 Fitness Fun 4:15 AE Sing-a-Long 6:30 LL Spa Time	9:30 AE Art fun 12 10:15 CE Reading Roundtable 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Rhythm & Motion 6:00 Evening Stroll 6:30 Games
9:30 Art fun 13 10:30 SS Mike & Friends 1:00 Baking/Busy Hands 3:00 Snacks and Chats 6:00 LL Games	9:00 Art Time 14 10:30 CE Reading Round table 1:00 Spa Time 3:30 Alvin Entertains 4:15 Stretch and Flex 6:00 CE Arm Chair Travels	9:30 LL Busy Hands 15 10:00 Tea Time 10:30 CC Service Project 1:30 Spa Time 4:15 PE Tap your Toes 6:00 Reminisce	9:00 Artistic Moments 16 10:00 CC Lisa Entertains 11:15 PE Flexible Stretch 2:00 CC Sewing Circle 3:30 Musical Moments 6:00 CE Finish the Phrase	9:00 Word games 17 10:00 Diana Entertains 11:00 Stretches 2:30 Cards/Games 3:30 Sing-a-long 6:00 Tall Tales	9:00 Art fun 18 10:00 Snacks and Chats 1:00 LL Cooking Fun 3:00 Puzzles 3:30 PE Rhythms & Motion 6:00 Reminisce	9:30 LL Busy Hands 19 10:15 CE Reading Roundtable 11:15 Silver Sneakers 1:00 Magazines 3:00 Snacks and Chats 4:00 AE Singing 6:30 Games
9:30 Busy Hands 20 10:00 Folding 11:00 PE Move and Groove 1:00 Baking/Busy Hands 4:00 Singing 6:00 Catch that Ball	9:30 AE Artistic Moments 21 10:00 Curt Entertains 10:30 CE Reading Round table 1:00 Watercolors 3:30 LL Sing-a-Long 7:00 Snacks and Chats	9:00 Artistic Moments 22 10:30 Busy Hands 11:15 Silver Sneakers 1:00 Crafty Corner 3:30 AE Musical Moments 4:15 Sit and be Fit 6:00 Hand massages	9:00 Busy Hands 23 9:45 CE Taste and Tell 10:30 AE Artistic Moments 1:00 Music Therapy 3:00 LL Birthday Bash 7:00 Snacks and Chats	9:00 Puzzles 24 10:15 SS Spiritual Moments 1:00 LL Kitchen crafts 2:30 Cards/Games 3:30 Games 4:15 PE Simple Stretches 7:00 Conversations	9:30 Busy Hands 25 10:00 Snacks and Chats 11:15 Fitness fun 1:00 CE Puzzle Perfect 3:30 AE Sing-a-Long 6:00 Ring Toss 6:30 Matinee	9:30 Art fun 26 10:00 Snacks and Chats 10:15 CE Reading Roundtable 11:15 PE Stretch and Flex 1:00 LL Spa Time 3:30 Music Time 6:00 Matinee 6:30 Games
9:30 Art fun 27 10:00 Coffee time 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:30 Art fun 3:00 Snacks and Chats 6:00 CE Finish the Phrase	9:00 Folding 28 10:00 CC Alexis Entertains 11:15 Stretch and Flex 1:00 Craft Fun 2:30 LL Whistle while you work 3:30 Music Time 6:00 Evening Stroll	9:30 Puzzle Perfect 29 10:30 Artistic Moments 11:30 Tap your Toes 1:00 AE Crafty Corner 3:00 Music fun 6:00 Ball Toss	9:00 CE Word Games 30 9:30 Art Fun 11:15 Light and Lively 1:00 Baking/Busy Hands 3:30 Sing-a-Long 6:30 LL Reminisce	<div> AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support </div> <div> Healthy Snacks & Hydration offered throughout each day! </div>		