

Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.

September Birthdays

In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

Ruby S- September 11th

Rita O- September 15th

Lori L- September 19th

A Little Birdie Told Us

This individual has been noted for going the extra mile to help our residents and staff members. We appreciate their effort, determination, and diligence to providing exceptional red-carpet service. We would like to give a big thank you to Jackie (R.A) for going above and beyond for our community and lending a helping hand to our residents.



Resident Referrals

Did you know that any current residents can receive a \$500 referral concession if they refer someone to make The Preserve of Roseville their new home? Residents would receive the concession once the referred resident has lived at The Preserve for 30 days. So, tell your friends, neighbors, and family about all that The Preserve has to offer!

The Preserve Post

The Preserve of Roseville * 2600 Dale St N, Roseville MN, 55113 * 612-202-0708



Staff Directory

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Life Enrichment Coordinator
(612) 540-7645

Jeramy Cain
Community Relations
Coordinator
(612) 450- 7642

Keith Simmons
Culinary Coordinator

Exciting Updates

National Assisted Living Week

Save the date for September 12-18th, as we celebrate National Assisted Living Week. This year's theme is "Compassion, Community, Caring" and we are excited to celebrate with our residents, their loved ones, staff, and surrounding community members. We are celebrating this year is by having a petting zoo come out to our community for our residents and staff to enjoy and by completing service projects that honor our valuable members in the Roseville community.



Dare to Dream

James has many passions in life but most important to him are bringing together family and friends, serving others and barbeque. This week we had the opportunity to help James host his own barbeque here at his new community. The day started with our Culinary Coordinator, Keith, and James starting the smoker and getting all the food cooking. For this special backyard barbeque, we were able to invite many of his family to celebrate! Afterwards James said that he was grateful for the opportunity to give back to his new community and bring people together just like he use to do, but he was most grateful for being able to share new memories with his family.



Religious Services

We are happy to be partnering with St. Odilia's Catholic Church, Lutheran Church of the Resurrection, and Cornerstone Church to provide a variety of religious services to our residents. Please see the monthly activity calendars for specific dates and times of each service or contact our Life Enrichment Coordinator for more details.

Life Enrichment

This August was filled with fun activities. Some highlights from the month include our musical performance by Bill Cagley who did a wonderful job entertaining our residents with beautiful guitar playing and singing. We also had the opportunity to go on some relaxing nature walks at the nature preserve next door. This month we also had some fun food activities including making our own butter and biscuits and creating tasty pastries filled with chocolate candy bars. As always, our residents enjoyed creative coloring, watercolor painting, and craft projects throughout the month. We also had a great time playing Bingo, Pokeno, Bananagrams and Hangman. I am excited to see what is instore for our life enrichment department next month!



Reoccurring Activities

Monday: Daily Chronicles, Brain Teasers, Live 2B Healthy, Creative Coloring, Food Activity, Guess the Tune

Tuesday: Daily Chronicles, Brain Teasers, Exercises, Creative Coloring, POKENO, Cookies and Coffee

Wednesday: Daily Chronicles, Brain Teasers, Live 2B Healthy, Manicures, Movie and Popcorn

Thursday: Daily Chronicles, Brain Teasers, Exercises, Men’s Group, BINGO, Card Games

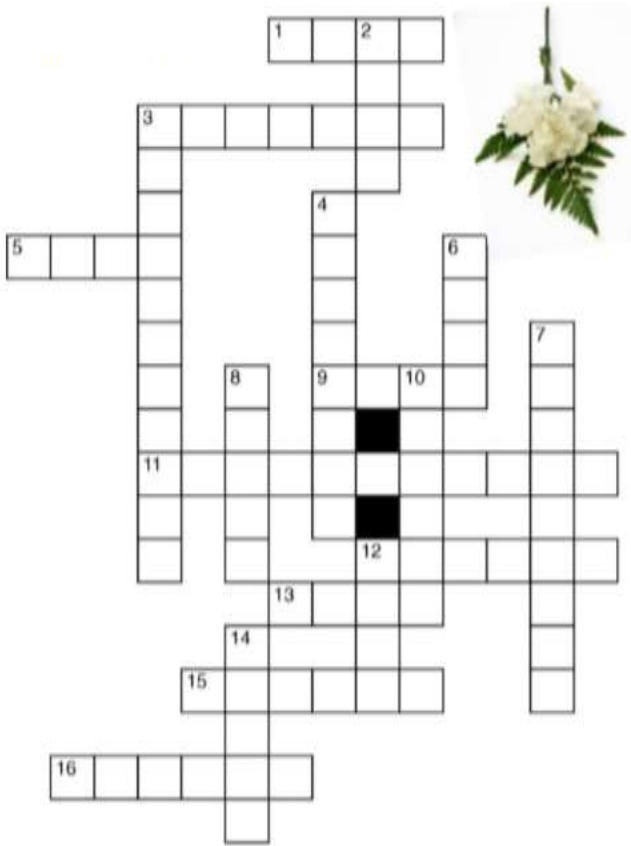
Friday: Daily Chronicles, Brain Teasers, Live 2B Healthy, Trivia, Arts and Crafts, Social Hour

Extra: Meet the Nurse, Food Committee, Activity Meeting, New Resident Social, All Resident Meeting, Religious Services, Library Services and more!

To see the complete Activity Calendar, see your Life Enrichment Coordinator- Britta
Photo consent given for all resident images



Brain Teasers



- DOWN
- ACROSS
2. It can be cut long or short

3. Plant with small white or pink flowers

4. Aromatic

6. Wrapping strip that's sticky on one side

7. Often used for a boutonniere

8. Protective garment

10. Cutting tool

12. Metal thread

14. Start to blossom
1. Arrangement holder

3. Bunch of flowers

5. Trumpet-shaped flower

9. Flower with thorns

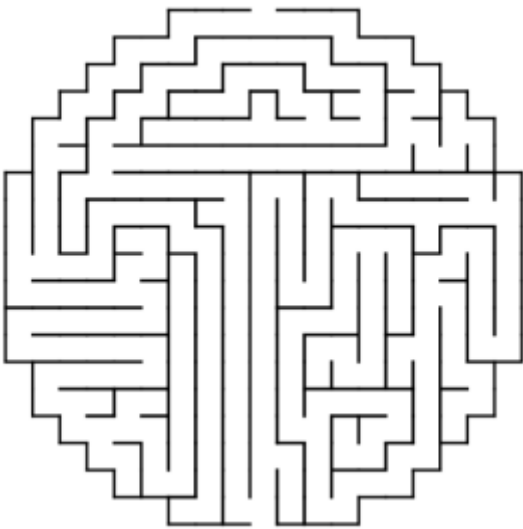
11. Florist's creation

12. Floral garland

13. Purple flower

15. Hand protectors

16. Decorative strip of fabric



Celebrating September

Labor Day (U.S.)
September 6

Patriot Day
September 11

Yom Kippur
September 15
(Begins at sundown)

International Country
Music Day
September 17

One-Hit Wonder Day
September 25

Fall Foliage Week
September 26–October 2

Ancestor Appreciation Day
September 27

Reliable by Nature



In 1870, former U.S. Representative and Civil War officer Henry Washburn led an expedition down the Yellowstone River to explore and survey a remote region of northwest Wyoming. Washburn's party was the first to map the area, explore its many lakes, and climb its mountains. What awed the explorers most were the many boiling and steaming thermal features of the region. One geyser fascinated them most of all. On September 18, 1870, the party realized that it would reliably erupt 100 feet into the air every 74 minutes. Washburn himself dubbed the geyser "Old Faithful." This famous geyser would help make Yellowstone America's first national park in 1872.