



THE CROSSINGS AT BON AIR

9100 Bon Air Crossings Dr. • Richmond, VA 23235 • (804) 560-1440

Our Management Team

Executive Director

Jacquelyn Daniel

jdaniel@thecrossingsatbonair.com

Business Office Manager

Taija Patrick

tpatrick@thecrossingsatbonair.com

Resident Care Director

Queomi Wynn

QWynn@thecrossingsatbonair.com

Memory Care Director

Happie Harris

hharris@thecrossingsatbonair.com

Clinical Care Director

Shontell Walker

swalker@thecrossingsatbonair.com

Sales and Marketing Director

Kathy Boykin & Ginney Julien

kboykin@thecrossingsatbonair.com

gjulien@thecrossingsatbonair.com

Resident Life Director

Zion Martin

ZMartin@thecrossingsatbonair.com

Dining Services Manager

Ivan Coleman

icoleman@thecrossingsatbonair.com

Maintenance Director

Matthew Taylor

mtaylor@thecrossingsatbonair.com

Housekeeping Director

Carvel Green

cgreen@thecrossingsatbonair.com

'Ripe' Is One

How many words can you come up with using the letters in "apple cider"?

September 2022

Welcome

New Residents



Please give a warm welcome to our new CABA residents Mr. and Mrs. Catron (Left) and Mr. and Mrs. Hayden. Welcome to our community. We are delighted to have you!

Happiness at Home

"The power of finding beauty in the humblest things makes home happy and life lovely." —Louisa May Alcott

Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.

September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. Have a great September!



Happy Birthday

- Kathryn Smith- September 2nd
- Charles Sawtelle- September 2nd
- Carl Barnes- September 3rd
- William Davis- September 5th
- Ann Spivey- September 9th
- Donald Crafts- September 10th
- Patricia Cayton- September 15th
- Virginia Hobson- September 15th
- Barbara Moore- September 15th
- Mary "Ethel" Beall- September 19th
- Norma Warriner- September 20th
- Robert Hammond- September 24th
- Sally Buehler- September 27th



CABA Chorus

Now introducing the new CABA Chorus, hosted by David Campbell. All residents are welcome to join at anytime. Meetings will be held in Assisted Living Lobby every Wednesday at 2:00. See you there!

Crochet Class

Every 3rd Thursday of each month at 3:00 we will now be offering a crochet class which will be hosted by our fairly new resident, Shirley Catron.



BINGO!

You asked so we delivered! Bingo will now be held every Tuesday and Thursday at 3:00 inside of dining room. Prizes will be available to all winners.



Happy Hour will be available Monday-Friday at 4:00 for all residents.



The Tailgating Tradition

Each fall, football, food and fun combine for the uniquely American pastime known as tailgating. It's estimated that each year, about 50 million fans spend up to \$12 billion on these parking lot picnics.

There are several theories about the origins of the tradition. Some compare tailgate parties to harvest festivals, where farm families gathered to celebrate and share their

bountiful crops, feasting outside before retreating indoors for the winter.

Another possibility dates back to the Civil War. In 1861, onlookers reportedly gathered around the battlefield in Manassas, Va., at the First Battle of Bull Run, cheering on soldiers while eating picnic-style meals.

In the late 1800s and early 1900s, when people traveled to football and baseball games by train, they brought their own food since many stadiums then didn't provide any. As the automobile became common, fans would arrive early to get a parking spot and passed the time enjoying food, drink and socializing.

Sensational Centenarians

You probably know one or two centenarians, or you may even be one yourself! A centenarian is a person who has lived 100 years or more.

Centenarians are the fastest-growing demographic group in many countries. The U.S. is home to about 90,000 centenarians, and research shows that the world's 100-plus population could rise to over 3 million by 2050.

According to the Journal of the American Geriatrics Society, genetics play a large role in whether someone will live to be 100. Centenarians are often people who do not develop

diseases or illnesses until very late in life.

Additionally, access to better medical care, housing, income and nutrition have contributed to the growing numbers of centenarians around the world.

In many surveys, centenarians have credited their longevity to staying active, eating balanced meals, and having a good attitude by not dwelling on regrets or holding grudges.



Employee of the Month

Jaivon Mitchell



Save the Date



Harp Concert



Come and Join us as we listen to "B" Bailey play the harp on September 15, 2022. Ms. B has an amazing background in musical instruments and would like to share her talent with us. See you there!



School Tools

Pencils, pens, paper and paint—students use these items and more in school. Study this list to see when some school supplies were newcomers to the classroom.

<u>Years</u>	<u>School Supplies</u>
1850s	Prang watercolor sets
1900s	Crayola crayons
1940s	Pee-Chee pocket folders
1950s	Metal lunchboxes featuring characters
1960s	Spiral notebooks
1970s	Pocket calculators
1980s	Trapper Keeper binders
2000s	Laptop computers
2010s	Tablet computers

"This Month In History" SEPTEMBER

1927: Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

1961: The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

1964: "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

1977: Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

1982: With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

1993: The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

2016: California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

2020: Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.