

Springfield Rehab & HealthCare Center

2020

Care Connection

SEPTEMBER

Celebrating September

There are flowers enough in the summer-time,

*More flowers than I can remember—
But none with the purple, gold, and red
That dye the flowers of September!*
—Mary Howitt (1799-1888)

**World Alzheimer's Month
National Cat Month**

Sept 4th - National Wildlife Day

Sept 5th - Cheese Pizza Day

Sept 7th - Labor Day

Sept 9th - National Teddy Bear Day

Sept 11th - Patriot Day

Sept 13th - Grandparents Day

Sept 17th - International Country Music Day

Sept 22nd - Autumnal Equinox

Sept 27th - Yom Kippur

Ready or not September is upon us!!

In this ever changing world it seems that time is flying by faster than ever. Due to current restrictions put in place to protect our residents we are still unable to have visitors inside our facility and it's a heavy burden to bare for all. So we're ramping up this month with numerous activities aimed not only at entertaining our residents but also enriching their lives. And we're also working more diligently than ever to keep our residents connected with their families and friends. We encourage everyone to schedule a window visit or video chat with your loved one and brighten their day. Even in a world of social distancing we can all stay connected.

Family and friends of Springfield Rehab :

ONLY \$5 A PERSON



Join us !

Join us in our fundraising efforts for The Walk to End Alzheimer's. This cause is near and dear to us and we would like to make a great contribution to the Alzheimer's Association this year. Despite the ever-changing world we live in right now, WE STILL NEED A CURE FOR ALZHEIMER'S

WHEN: Wednesday, Sept. 2nd

TIME: 7am to 9am

**WHERE: Springfield Rehab
2800 S. Fort**





September Resident Birthday's

9/05/24 Minnie Bigler

9/09/34 Virginia Mulvihill

9/11/21 Dorothy Roll

9/13/45 Wilma H Harper

9/14/45 Michael Howell

9/19/60 Lawrence Barnhard

9/20/41 Roberta Usher

9/21/44 Julie Chamberlain

9/22/1928 Louise Gold

9/30/31 Helen Taylor

Springfield Rehab & HealthCare

2800 South Fort Ave

Springfield, Missouri 65807

Phone: 417 882-0035

Springfield Rehab & HealthCare

*Administrator: **Troy Lacey***

*Director of Nursing: **Lysandra Harmon***

*Assistant DON: **Gail Redfearn***

*Director of Rehab: **Rodel Ravela***

*Social Services Director: **Amy Devane***

*Head Bookkeeper: **Jerome Irmen***

*Dietary Manager: **Drew Martin***

*Plant Operations Director/Laundry & House-keeping: **Tony White***

*Health Information Mgr: Recreation Director: **Joshuah Hyde***

*Medical Director: **William Rosen MD***

Marcelo Mantala MD

The two **zodiac signs** associated with the month of September are **Virgo** and **Libra**. People born from September 1st to September 22nd are members of the **Virgo** sign. As one of the zodiac's most understanding and caring signs, a **Virgo** can be easily spotted by their innate compassion. For those born from September 23rd to September 30th, they are members of the Libra sign. Those born under the Libra sign can be identified by their organized and harmony-driven personalities.

Famous September Birthdays

Lily Tomlin (comedian) – September 1, 1939
 Richard Wright (author) – September 4, 1908
 Raquel Welch (actress) – September 5, 1940
 Jacob Lawrence (artist) – September 7, 1917
 Otis Redding (singer) – September 9, 1941
 Jesse Owens (athlete) – September 12, 1913
 Agatha Christie (author) – September 15, 1890
 B.B. King (musician) – September 16, 1925
 Frankie Avalon (singer) – September 18, 1940
 Jim Henson (puppeteer) – September 24, 1936
 Serena Williams (tennis pro) – September 26, 1981



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. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

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 Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

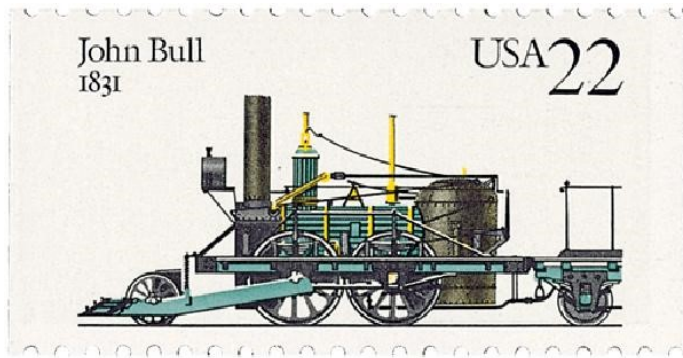


'Harvest' (1936) by Bulgarian artist Dimitar Yudjenov



“Village Harvest” by Lowell Herrero

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, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are 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!

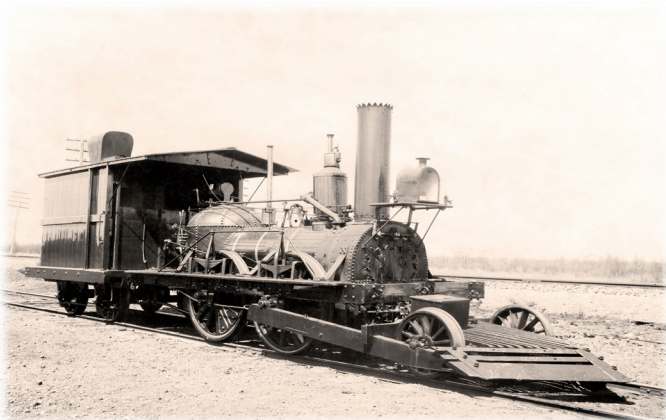


Long-Lived Locomotive

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*. Starting service on September 15, 1831, *John Bull* became the oldest operable steam engine in the country.

The engine was shipped to America in pieces. Steamboat mechanic Isaac Dripps was tasked with putting it together. Despite his inexperience and the lack of assembly instructions, he succeeded. His innovative pilot wheel at the front of the locomotive became standard on almost all steam locomotives at the time.

John Bull ran for 35 years before being retired. In 1883, it was given to the Smithsonian for exhibition. Then, on September 15, 1981, 150 years after its first operation, *John Bull* ran in Washington, D.C., making it the oldest self-propelled vehicle in the world.



Kitchen Creativity

September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.



Greatest Hits

The squirrels must be gathering nuts.
Three of my neighbors have disappeared.



**Congratulations to our own Phoebe May who placed as the
1st Runner Up in the MHCA District 4 Ms. Nursing Home Pageant!!**



After submitting an essay Phoebe attended an interview via Zoom (a video conference app). In a second meeting after the judges calculated their scores it was announced that Phoebe placed as the 1st Runner Up in the district pageant and she received her crown.



That afternoon Phoebe was surprised with a party to celebrate the occasion.



A look back at August

Activities Angels



Striving to enrich our residents lives one mission at a time.



Introducing Archery! Great fun and physical therapy.



Reintroducing Bocce Ball, one of our favorites!

Introducing Enrichment Hour! Come join our new activity where will be focusing on topics that benefit our health, mental wellness and in increase positivity in our lives. Please free to share any ideas on topics you would like to explore. The classes have been a lot of fun and we appreciate your participation and enjoy spending this time enriching each others lives. Happy September!

WE CAN BE *creative*
WE CAN BE *friends*
WE CAN BE *giving*
WE CAN BE *writers*
WE CAN BE *kind*
WE CAN BE *dreamers*
TOGETHER WE CAN BE
anything!



Happy Hour !!!!



Cheers!

Flick'n Chickens

Ice Cream Socials with Music Videos are a hit. Our residents are introduced to new music & get a chance to revisit the music they love.



**Bringing back a resident favorite This is how we Drew it! A cooking demonstration
And sampling hosted by our Dietary Manager Drew.**



**A big thank you to our friends at Haven Hospice for providing a hydration station and
also our friends at Seasons Hospice for the Sonic Slushies.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Key: DR - Dining Room SDR - Small Dining Room D - Day Room ACY - Activity Room Courtyard (Courtyard activities are weather pending)		1 10am Bingo DR 2pm Flickin' Chickens & Washer Toss ACY 3pm Pretty Nails SDR	2 Wear purple Day 10am Our Daily Bread Devotionals DR 2pm Exercise D 2:30 Ice Cream D	3 10am Bingo DR 2 pm 80's Trivia DR 3pm Craft Corner DR	4 Patriots Day Recognition 10am Enrichment Hour D Facility BBQ Lunch 2pm Exercise D 3pm Around the World Happy Hour- Mexico D	5 10am Morning Praise & Worship D 1:30 Movie on the Big Screen D
6 Family Day Window Visits	7 10am Reminiscing Movie & popcorn D 2:30 Ice Cream D <small>Labor Day</small>	8 10am Bingo DR 2pm Wii Games D 3pm Pretty Nails SDR	9 10am Our Daily Bread Devotionals DR 2pm Exercise D 2:30 Ice Cream D	10 10am Bingo DR 2 pm Courtyard Time ACY 3pm Craft Corner DR	11 Grandparents Day Recognition 10am Enrichment Hour D 2pm Exercise D 3pm Around the World Happy Hour- Hawaii D	12 10am Morning Praise & Worship D 1:30 Movie on the Big Screen D
13 Family Day Window Visits	14 10am Reminiscing Movie & popcorn D 2 pm Exercise D 2:30 Ice Cream D Shopping cutoff	15 10am Bingo DR 2pm Archery Target Shooting ACY 3pm Pretty Nails SDR	16 10am Resident Council DR 2pm Exercise D 2:30 Ice Cream D	17 10am Bingo DR 2 pm Totally Trivia DR 3pm Craft Corner DR	18 10am Enrichment Hour D 2pm Exercise D 3pm Around the World Happy Hour- U.S.A. D <small>Food: Hawaiian Bites</small>	19 10am Walk to end Alzheimer's D 1:30 Movie on the Big Screen D <small>Chickadee Bites</small>
20 Family Day Window Visits	21 10am Reminiscing Movie & popcorn D 2 pm Exercise D 2:30 Ice Cream D	22 10am Bingo DR 2pm Fall decorating in the Courtyard ACY <small>Autumn Bites</small>	23 10am Our Daily Bread Devotionals DR 2pm Exercise D 2:30 Ice Cream D	24 10am Bingo DR 2pm What's in a Phrase D 3pm Craft Corner DR	25 10am Enrichment Hour D 2pm Exercise D 3pm Around the World Happy Hour D	26 10am Morning Praise & Worship D 1:30 Movie on the Big Screen D
27 Family Day Window Visits	28 10am Reminiscing Movie & popcorn D 2 pm Exercise D 2:30 Ice Cream D	29 10am Bingo DR 2pm Trivia Time D 3pm Resident Birthday Bonanza DR	30 10am Our Daily Bread Devotionals DR 2:30 Ice Cream D	<h1>September 2020</h1>		

Activities and activity locations are subject to change.

Yom Kippur Begins