

## NHC Town & Country Department Heads

Administrator: Todd Anderson

Nursing Director: Heather Fanz

Asst. Nursing Director: Cheryl Brocius

Bookkeeping/ Finance Director: Marisa Santacruz

Social Service Director: Britney Johnson

Food Service Director: Michelle Rainey

Clinical Dietitian: Maddi Underwood

Recreation & Wellness Director: P. Lydia Lee

Educator: Kayla Westfall

HMI Director: Eve Corns

Maintenance Director: John Durbin

MDS Coordinator: Samantha Hall

Housekeeping & Laundry Director: Barb Price

Therapy Director: Debbie Schmutz

Admissions & Marketing Director: Angela Bertagnolli

**Welcome!**  
**Kayla Westfall (Educator)**



**We see Pat  
Smiling behind  
her face mask 😊**



## September Partner Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly 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.

**Orville Straher 9/01**  
**Lashawn Bender 9/08**  
**Gloria Miller 9/12**  
**Ismail Jabaar 9/15**  
**Tijuana Bell 9/16**  
**Sam Hall 9/22**  
**Tony W-Johnson 9/22**  
**Mary Kanyogoro 9/23**

## Partner Anniversaries

**Tiffany M. Altgilbers 9/03/14**  
**Donna Pennington 9/02/15**  
**Rita Brown 9/13/17**  
**Brianna Smith 9/19/18**  
**Maddi Underwood 9/03/19**  
**Erica Parker 9/19/19**  
**Sandra Turner 9/18/19**  
**Lashawn Bender 9/25/19**  
**Yolanda Harris 9/25/19**  
**Lisa Huddleston 9/25/19**  
**Tiffany Urhahn 9/25/19**



# NHC T&C

September 2020

## Four Fabulous Fall Drives in Missouri



### Happy Cat Month

### Mushroom 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

Trees drenched in shades of red, orange, and yellow make autumn one of the best times to explore Missouri. With an abundance of hardwood forests filled with oaks, hickories, maples and more, the Show-Me State is an ideal place to find fall color. Here are four drives to help you discover the colors of autumn across the state:

#### Hannibal to St. Louis: Highway 79

In Hannibal, mix Mark Twain lore with the shades of fall. Take in the sweeping vista from Lover's Leap, a huge bluff just outside the city limits. Travel south along the Mississippi River, through Louisiana and Clarksville – both have expansive river views along with shops and restaurants. In St. Louis, the Missouri Botanical Garden, Forest Park and Gateway Arch National Park offer a kaleidoscope of colorful foliage.

#### Hermann to St. Charles: Highway 94

Celebrate the season and sample the wine, beer, spirits and sausage in Hermann as you experience the region's German heritage and the Hermann Wine Trail. Travel Highway 94, along the Missouri River, through several small towns including Augusta, home to wineries and bed and breakfast inns. Visit historic St. Charles where you'll find a riverside park and dozens of shops, restaurants and points of interest, including Missouri's First State Capitol. Leave your car behind for a couple of hours for a hike or bike ride on the Katy Trail.

#### Caledonia to Van Buren: Highway 21

In the tiny village of Caledonia, visit the old-fashioned mercantile store and antique shops before driving south on Highway 21. You'll find some of the state's most popular outdoor spots, including Elephant Rocks State Park, Taum Sauk Mountain State Park and Johnson's Shut-Ins State Park, decked out in fall's finest colors. Further south, a few miles off Highway 21, explore the Ozark National Scenic Riverways. Near Van Buren, stop at Big Spring, one of the country's largest natural springs.

#### Cuba to Eminence: Highway 19

Check out the Route 66 attractions and outdoor murals in Cuba before setting out on Highway 19. Steelville, located near the Meramec, Huzzah and Courtois rivers, is the self-proclaimed floating capital of Missouri. Further south, the road runs through the Ozark National Scenic Riverways, where Round Spring and Blue Spring sparkle in beautiful shades of blue in the middle of the forest. The Jacks Fork and Current rivers are favorite places for canoeing, kayaking and rafting. Once you reach Eminence, take a short trip up Highway 106 to see Alley Mill, one of Missouri's striking historic red mills, sitting at the edge of Alley Spring, surrounded by gold- and copper-colored oaks and de green pines.

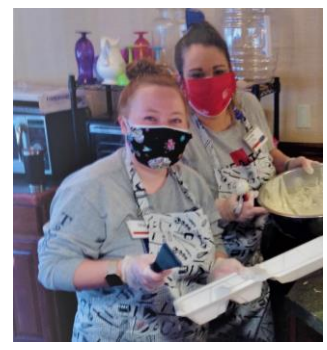
Leaf peeping-season usually peaks from mid to late October, depending on the weather. Check the Missouri Department of Conservation's Fall Color Forecast to get the latest updates September through November.

### September Resident Birthdays

- 9/8 Amber M Chase
- 9/22 Antone Wallace
- 9/9 Bobby Joe Davenport
- 9/16 Geneva Hornberger
- 9/30 Georgia Bouyoukos
- 9/8 Michael Keith Nelson
- 9/5 Sherard Mehan Carey



Made to order Omelets for Partner Appreciation  
Thank you, Maddi & Michelle, for your thoughtfulness



### Congratulations Partner of the Month Mercedes Dismukes



Congratulations! You have been chosen as the Partner of the month for the month of September! We want you to know that we appreciate your work ethic and work performance. Partners like you make a huge impact to the success of NHC.



### Notable Quotable

“Dance is the hidden language of the soul of the body.”

~ Martha Graham, dancer and choreographer

### Notable Quotable

“People talk about that catch and, I’ve said this many times, that I’ve made better catches than that.”

~ Willie Mays, Hall of Fame baseball player



Happy Birthday GAIL!



Welcome Emmy to Rec/Wellness 😊



Happy Hour Booze Caboose Stacey, Jessica, Amy

### Dancing Around the World

Can you match the country to its famous dance style?

- |    |         |    |        |
|----|---------|----|--------|
| 1. | Austria | A. | Mambo  |
| 2. | Cuba    | B. | Odissi |
| 3. | India   | C. | Samba  |
| 4. | Brazil  | D. | Waltz  |

ANSWERS: 1. D, 2. A, 3. B, 4. C

### 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.



### “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.”

