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# THE ARBOR HOUSE TIMES

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September  
2009

ARBOR HOUSE OF GRANTS PASS \*820 GOLD COURT GRANTS PASS OREGON\* 541-474-7887

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## *Celebrating September*

**Library Card Sign-Up  
Month**

**Chicken Month**

**Harvest Moon**  
September 4

**Grandma Moses Day**  
September 7

**Labor Day**  
September 7

**Grandparents Day**  
September 13

**National Respect Day**  
September 18

**Japan: Respect for the Aged  
Day**  
September 21

**Elephant Appreciation Day**  
September 22

**Love Note Day**  
September 25

Hello Everyone,

Can you believe it is September already? Lots of changes at Arbor House. I'm sure by now you've seen new faces in our home. We welcome Lisa, our new AM medication aide. Ingris, Sue and Ashley have joined us as on call caregivers. Lee Bradbury moved in on August 14<sup>th</sup>. Welcome to Arbor House! Again, we would like to thank all of you for your understanding and kindness through this transition.

Our yard sale/car wash on July 25<sup>th</sup> and August 15<sup>th</sup> was great. Thanks to all your donations and to all the volunteers who helped with the yard sale and washed cars!! As we are getting ready for the Memory Walk in October, let us know if you would like to be a part of it by walking with us or sponsoring our team.

Our Labor Day BBQ will be September 4<sup>th</sup> at 12:00pm please RSVP with Nancy or Becky.

Arbor House Family Support Meeting will be September 24<sup>th</sup> at 6:00pm at Arbor House. Bring your questions and concerns, refreshments will be served.

Thank you,  
Nancy and Becky

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## Television Favorites



September is the most important month in the world of television. Major networks premiere new shows in the hopes of launching a hit. Very often, a show airs for a season, fails, and is never heard of again. But every once in a while, a show airs that becomes a fan favorite and lives forever in reruns.

Below are some memorable television shows celebrating their birthdays in September. See if you can find them. (Ignore spaces between words.)

G	M	V	O	S	F	L	I	P	P	E	R	T	T
I	U	P	D	R	T	F	B	A	N	P	V	H	L
L	W	C	S	E	F	A	X	I	C	H	K	E	A
L	U	R	W	E	C	H	R	O	H	Y	P	L	W
I	M	P	O	H	T	W	L	T	A	S	G	O	A
G	R	U	Y	C	A	U	J	G	R	B	F	N	N
A	W	H	I	L	M	N	E	A	L	E	E	E	D
N	E	N	S	B	D	O	T	Y	I	W	K	R	O
S	K	O	O	A	F	S	C	B	E	I	L	A	R
I	O	S	J	E	M	A	A	M	S	T	I	N	D
S	M	A	X	K	T	M	L	Y	A	C	F	G	E
L	S	M	D	O	W	Y	A	N	N	H	H	E	R
A	N	Y	I	M	O	R	S	H	G	E	A	R	K
N	U	R	V	S	Y	R	S	W	E	D	R	H	Y
D	G	R	F	N	W	E	I	T	L	R	P	D	O
T	H	E	M	U	P	P	E	T	S	H	O	W	H

MASH	Bewitched	Charlie's Angels
Lassie	Perry Mason	The Lone Ranger
Cheers	Law and Order	Gilligan's Island
Oprah	Flipper	Gunsmoke
Columbo	Star Trek	The Muppet Show

### Quotable

“If the only tool you have is a hammer, you tend to see every problem as a nail.”

~ Abraham Maslow

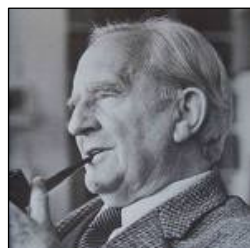
American psychologist (1908 – 1970)

## Who Put Oatmeal on the Map?

In 1978, the state of Texas made a big mistake when it decided to leave the little town of Oatmeal off its official state map. The twenty-person town of Oatmeal vowed never to be ignored again, and as a means of attracting attention and fame, it began its annual Oatmeal Festival.

Every Labor Day weekend, the Oatmeal Festival tries to outdo all the chili cook-offs Texas is famous for. Locals compete in oatmeal bakeoffs, oatmeal sculpting, and building towers out of oatmeal boxes. During the oatmeal parade, planes flying overhead release a rain shower of oat flakes. Instead of crowning a festival queen, one lucky lady is declared Ms. Bag of Oats. (All entrants must be over 55 years old and ornery.) Be on the lookout for the Goat Gap Grits Guzzler, a nefarious peddler of grits, a breakfast food outlawed in the town of Oatmeal.

## A World of Fantasy



Hobbit, Orc, Mordor, Bilbo, Frodo, and Middle Earth – these are some of the strange words you might hear from September 20-26 as readers all over the world celebrate Tolkien Week. Author J.R.R. Tolkien is famously

known as the writer of *The Hobbit* and *The Lord of the Rings* trilogy. These books are considered the greatest works of fantasy ever published and are filled with magical creatures and heroic adventures.

The middle of this week, September 22, is Hobbit Day, the fictional birthday of the books' main characters, Bilbo and Frodo Baggins. Bilbo and Frodo are hobbits – small, human-like creatures that enjoy nothing more than a good meal and a good pipe. These heroes, through their hope and perseverance, save the world from ruin. You can see this magical world come to life in the award-winning film version of the novels.

## 7 ALZHEIMER'S WARNING SIGNS

### The Seven Warning Signs of Alzheimer's Disease

The purpose of this list is to alert the public to the early warning signs of one of the most devastating disorders affecting old people-Alzheimer's disease.

If someone has several or even most of these symptoms, it does not mean they definitely have the disease. It does mean they should be thoroughly examined by a medical specialist trained in evaluating memory disorders, such as neurologist or a psychiatrist, or by a comprehensive memory disorder clinic, with an entire team of expert knowledge about memory problems.

The seven warning signs of Alzheimer's disease are:

1. Asking the same questions over and over again.
2. Repeating the same story, word for word, again and again.
3. Forgetting how to cook. Or how to make repairs, or how to play cards-activities that were previously done with ease and regularity.
4. Losing one's ability to pay bills or balance one's checkbook.
5. Getting lost in familiar surroundings, or misplacing household objects.
6. Neglecting to bathe, or wearing the same clothes over and over again, while insisting that they have taken a bath or that their clothes are still clean.
7. Relying on someone else, such as a spouse, to make decisions or answer questions they previously would have handled themselves.

## New York's Romeo and Juliet

On September 26, 1957, the musical *West Side Story* premiered on Broadway. It was a modern-day *Romeo and Juliet*, where teenagers from warring gangs fell into a tragic love affair. It won the Tony Award for Best Musical, and in 1961, it became a film sensation and won ten Oscars. Can you tell which quote is from Shakespeare's *Romeo and Juliet* and which is from *West Side Story*?

- A. "You and I are past our dancing days."
- B. "Birth to Earth. And I'll live to regret this."
- C. "Tempt not a desperate man."
- D. "These violent delights have violent ends."
- E. "I feel pretty, oh so pretty, I feel pretty, and witty, and gay."
- F. "Parting is such sweet sorrow."

Answers: A. RJ; B. WSS; C. RJ; D. RJ; E. WSS; F. RJ

## "Iceman" with Arthritis



On September 19, 1991, two German tourists hiking in the high mountains between Italy and Austria discovered the "Iceman," a 5,300-year-old mummy preserved in ice. Scientists have calculated that this prehistoric human lived in 3300 BC, and through amazing scientific techniques, they were able to discover much more.

For his last meal, the Iceman ate red deer meat and wheat, maybe in the form of bread. He wore a grass cloak, a coat, leggings, waterproof shoes, and a bearskin cap with a chinstrap. He possessed a copper axe, arrows, a bow, and mushrooms, but not for eating. These mushrooms had antibacterial properties and were used as medicine. Fifty-seven tiny tattoos, perhaps the result of ancient acupuncture, dotted his lower spine where he had arthritis. His cause of death is uncertain, but his discovery is evidence of humanity's complex and amazing past.

## Happy New Year 5770!



Two important Jewish holy days fall in the month of September: Rosh Hashanah and Yom Kippur. Rosh Hashanah marks the beginning of

the Jewish New Year. It begins at sundown on Friday, September 18, 2009, which is actually the Jewish year 5770. One central observance during Rosh Hashanah is the sounding of the *shofar*, or ram's horn. This represents the ceremonial trumpet blast that accompanies the crowning of a king – and in this case it is the crowning of God as king.

Yom Kippur, the holiest day of the Jewish year, falls ten days after Rosh Hashanah. It is the Day of Atonement, where one must fast all day and devote time to prayer and forgiveness of sins. Because this day falls at the beginning of the New Year, observers are joyous as they are confident God will forgive them their sins and grant them a year of happiness and health.

## September Birthdays

If you were born from August 23-September 22, you are a Virgo, the Virgin. If you were born from September 23-October 22, you are a Libra, the Scales. Virgos are logical, conscientious, hard-workers who value stability and are always ready to offer a helping hand. Libras are elegant, kind, gentle, and, like the balancing scales that represent them, love harmony and balance.

Rocky Marciano (boxer) . . . . . Sept. 1, 1923  
Jesse James (outlaw) . . . . . Sept. 5, 1847  
Buddy Holly (musician) . . . . . Sept. 7, 1936  
Patsy Cline (musician) . . . . . Sept. 8, 1932  
Agatha Christie (novelist) . . . . . Sept. 15, 1890  
B.B. King (musician) . . . . . Sept. 16, 1925  
Sophia Loren (actress) . . . . . Sept. 20, 1934  
Ray Charles (musician) . . . . . Sept. 23, 1930  
Mickey Rooney (actor) . . . . . Sept. 23, 1920  
Baby Shamu-Kalina (whale) . . . . . Sept. 26, 1985

HAPPY SEPTEMBER BIRTHDAY!

Postage  
Information