

Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

Apricots — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.



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SEPTEMBER 2020

The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.

SEPTEMBER 2020

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

- Willie Smith, 4th
- Neil Whitworth, 6th
- David Rieker, 9th
- Draxie Myers, 15th
- Ida Jenkins, 26th


Country Store

Tuesday, Thursday and Sunday
11 a.m.-Noon

“We need to remember across generations that there is as much to learn as there is to teach.”

—Gloria Steinem

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Health Talk (fruits) 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 3:30 Library Books	2 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 3:15 Outside w/ Nature, CY	3 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:30 Individual Nature Artwork Painting, AH 3:45 Music in the Hallway Day	4 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 3:00 Root Beer Floats, AR	5 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
6 9:30 Grandparents Day 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	LABOR DAY 7 10:00 Labor Day 10:30 Daily Update, Deep Breathing & Stretching 11:00 Outside w/ Ring Toss, CY 3:00 A Taste of S'mores 3:00 Ice Cream Social, AH	8 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 3:00 Root Beer Float 3:30 Library Books	9 10:00 Spiritual Reading, AR 10:00 Iced Tea Day 10:30 Daily Update, Deep Breathing & Stretching 3:00 Hydration Drinks (Door to Door), AH	10 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:30 Individual Nature Artwork Painting, AH 3:45 Music in the Hallway Day	PATRIOT DAY 11 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Remembrance 9/11, AR 3:00 TGIF Social (Door to Door), AH	12 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
13 10:30 Gospel Sounds in Residents' rooms 12:00 Happy Grandparents Day! 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	14 10:00 Iced Tea Day 10:30 Daily Update, Deep Breathing & Stretching 3:00 Ice Cream Social, AH 3:30 Nature Video (Birds), AR	15 10:00 Physical Games, AR 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 3:30 Library Books	16 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 3:15 Outside w/ Nature, CY	17 10:00 Connect Four & Jenga, AR 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:00 Watermelon: Door to Door 2:30 Individual Nature Artwork Painting, AH 3:45 Music in the Hallway Day	ROSH HASHANAH BEGINS AT SUNSET 18 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Oktoberfest Fest, AR 3:00 Happy Hour Time, AR 9:30 Rosh Hashanah	19 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
20 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	21 10:00 Outside w/ Miniature Golf Day, CY 10:30 Daily Update, Deep Breathing & Stretching 3:00 Ice Cream Social, AH	AUTUMN BEGINS 22 10:30 Outside w/Finish the Line, CY 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 3:00 Hydration Drinks (Door to Door), AH 3:30 Library Books	23 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Summertime Trivia Outside, CY 3:00 Refreshing Fresh Fruit Cups	24 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:30 Individual Nature Artwork Painting, AH 3:00 National Cherries Jubilee Social, AH 3:45 Music in the Hallway Day	25 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Outside w/ Ring Toss, CY 3:15 TGIF Happy Hour Social, AR	26 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR
YOM KIPPUR BEGINS AT SUNSET 27 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	28 10:00 Summer Trivia, AH 10:30 Daily Update, Deep Breathing & Stretching 11:00 Things in History Today, AH 3:00 Ice Cream Social, AH	29 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 3:30 Library Books	30 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 3:00 Hydration Drinks (Door to Door)	