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Dear Friends,

I am overly excited this month! Why, you ask? National Assisted Living Week! We are going to start a day EARLY this year on Saturday, Sept. 9<sup>th</sup> kicking off the week with Wayne Miller on his accordion! The week is filled with lots of good fun. I have stapled to this newsletter an extra sheet that tells you all about this very important week.

The slogan for this year's National Assisted Living Week (NALW) is "Family is Forever". **Family isn't always blood, it's the people in your life who want you in theirs; the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what.** –Maya Angelou

The 2017 theme, "Family is Forever", recognizes the unique bonds formed between those who reside in assisted living and those who work and volunteer in these communities. For many assisted living caregivers, there dedication and consideration develops into a deep emotional attachment, where staff and residents come to think of each other as family. Whether getting to know the residents inside and out, listening to their stories, spending time after hours to do something nice for them, or being there in their final moments, this NALW is meant to honor those caregivers who give their hearts and souls to their residents.

With Love,  
Emily Weeks, Life Enrichment Coordinator



## Upcoming Events

September 9

Wayne Miller in the Arlington Dining Room at 2:30 P.M.

September 10

Grandparent's Day! AND the start of National Assisted Living Week!

September 18

Don Joy & Melanie Lyn at 2:00 P.M. in the Arlington Dining Room.

## September Birthdays!

September 1<sup>st</sup>  
Betty Lochbrunner

September 20<sup>th</sup>  
Evelyn Reints

September 27<sup>th</sup>  
Jean Davidson

September 30<sup>th</sup>  
Lois Schmid



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## Weekly Activities Open to Friends & Family

Monday – Live 2B Healthy Exercise Class – 10:30 A.M.

Tuesday – Domino Club – 1:00 P.M. **\*NEW\***  
Trivia & Chatter – 3:15 P.M.

Wednesday – “Bingo!” – 2:00 P.M.

Thursday – Live 2B Healthy Exercise Class – 10:30 A.M.

Friday – Community Coffee – 10:00 A.M.

## A Note from the Culinary Department

I have received the Fall and Winter’s Menus and will be looking them over to see if I need to add or revise anything.

Soups will be coming SOON in October! I am finding all the recipes I need. If you have a favorite soup recipe please be sure to get them to me and I’ll see what I can do! I hope you all have enjoyed the soup once a week throughout the summer.

School has started for most students, so please drive carefully. Some of the youngsters do forget to watch for cars on their walk home.

Pam Ehlers, Dietary Coordinator



## Activities

Just a quick reminder that if anybody; resident, staff member, family, or friends or residents, have any suggestions on new or current activities such as “Bingo!” prizes, new board games, or if you want to start up a new club please see Emily Weeks! She will take care of any and all questions and concerns you may have. We are serving YOU and we want to be assured that you are happy with the events and activities here at Arlington Place!



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## Labor Day is Upon Us!

What is Labor Day? Always the first Monday in September, Labor Day was the idea of Peter J. Maguire (although recent research has shown that it might have been his brother Matthew’s idea), a labor union leader who in 1882 proposed a celebration honoring the American worker. The date chosen was simply “convenient,” according to Maguire, because it was midway between the Fourth of July and Thanksgiving. Although the day’s focus on organized labor has diminished over the years, the holiday has become a way to mark the end of the summer season—and the start of the school year.

This year Arlington Place wants to invite family and friends for a Cookout Dinner, September 4<sup>th</sup>, we will start serving at 11:30 A.M.

Please be sure to R.S.V.P. to kitchen staff before Monday the 4<sup>th</sup>.

# AUGUST MEMORIES

