



# Daylesford Crossing

 **SAGELIFE** | Living to the Power of You

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## A Nationwide Holiday

When Labor Day was first proposed, organizers suggested a street parade to exhibit “the strength and *esprit de corps* of the trade and labor organizations” followed by a festival for the recreation and amusement of workers and their families. Speeches were later added as groups placed more emphasis on the holiday’s economic and civic significance. The character of Labor Day celebrations has changed over time. But no matter how you celebrate, it is appropriate to pay tribute on Labor Day to the creators of so much of our nation’s strength, freedom and leadership—the American worker.



## Lifelong Learning

School is always “in session” in our community! We provide abundant lifelong learning opportunities throughout the year, and we welcome anyone who would like to join us! Please check the calendar or ask the front desk for a daily schedule.

## September 2024



## The Arrival of Fall

The word “fall” comes from the phrase “fall of the leaf,” an Old English expression that was commonly used to reference the season in the 1500s. Autumn, from the French word *automne*, became part of the English language about a century later.

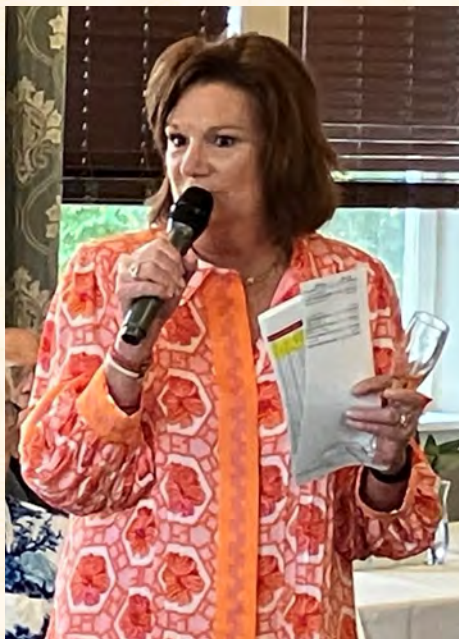
## Flu Shot Tip

Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.

## Come Together

September is Intergeneration Month, a time for generations to connect through communication, celebration and education. Older adults can offer wisdom that only comes from life experience, while younger people provide new ideas and perspectives. Spend some time with each other and see how much you learn!

## Daylesford's 9th Anniversary



*Daylesford's Anniversary Dinner with our special guest, Kelly Cook Andress, the President of Sagelife Senior Living.*

Kelly gave a speech recognizing our founding residents, our dedicated team, and our supportive families. She concluded her speech with a champagne toast - "To Daylesford Crossing!"



*Three of our founding residents!*

*Here are more of our residents enjoying this special occasion!*



## Giving Back at Daylesford

*A recent giving Back Project involved our residents filling backpacks with various school supplies to give to Daylesford Associates.*



*Monica Paulino, our new Executive Director, at her official welcome party.*



*Carlene Pierce, our new Health and Wellness Director, and Monica Paulino, our new Executive Director, at their welcome party.*

### Connections Continuing Updates

We had a wonderful Summer in Connections and looking forward to welcoming the Fall! Our Courtyard has bloomed some amazing vegetables and with the help of Daylesford's Personal Care Garden, we were able to make so many fresh salads for lunch! We may hate to say goodbye to summer, but it's tough to beat the Fall activities and programs we look forward to doing and sharing with all of our families and friends!



### Alzheimer's Fundraising Event

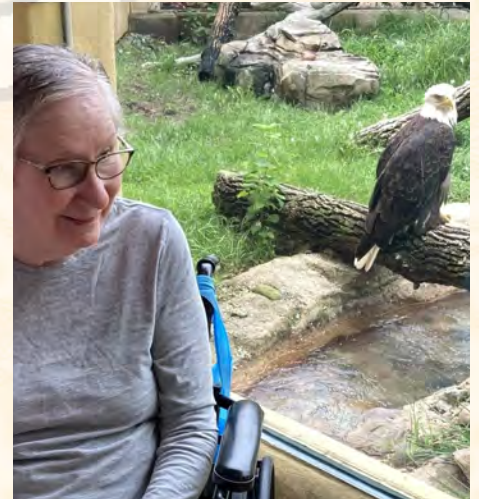
We are having a Bingo Bash fundraising event on Friday, Sept. 27th, from 4-6:00PM! Come join us for food, drinks, fun prizes, and the joy of getting to yell out the best 5 letter word for a great cause ... BINGO!!



### Upcoming Community Events

### A Trip to the Zoo!

Connections goes to the Zoo! We had such an amazing time, you couldn't even tell how hot it was because we were so excited to see all of the animals. Not to mention loved seeing how the children enjoyed the animals. We had the pleasure of reminiscing about the past, eating fried foods, and our favorite animal was the Bald Eagle!



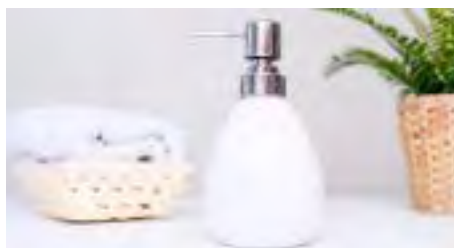
### Practice Good Hand Hygiene

The arrival of autumn signals the coming cold and flu season. Medical experts remind us that along with vaccinations, washing your hands frequently and properly can help prevent these illnesses. This simple hygienic habit is so important that the third week of September is designated as International Clean Hands Week.

Whether at home or out and about, people constantly encounter germs. You can pick up germs from touching various contaminated surfaces, and then unconsciously touch your face—especially your eyes, nose and mouth. Before you know it,

you're sick! Keeping your hands clean greatly reduces this risk and the risk of spreading germs to others.

Proper hand-washing takes more than just a quick pass under the faucet. Lather your hands with soap, making sure to scrub well between fingers and under fingernails. Continue the process for 20 seconds, about the time it takes to hum the song "Happy Birthday to You" twice. Rinse hands well and dry.





# “This Month In History”

## SEPTEMBER

**1919:** Crowds gather in New York City to welcome home Gen. John J. Pershing and 25,000 soldiers of the American Expeditionary Forces who fought in World War I.

**1949:** The Ladies Professional Golf Association is formed with 13 founding players.

**1953:** With 32 lanes, the world’s first four-level highway interchange opens in Los Angeles. Half a million vehicles travel it every day.

**1969:** “Ruh-roh!” The Saturday morning cartoon lineup gets a new addition when the mystery-comedy series “Scooby-Doo, Where Are You!” premieres.

**1978:** After years of lobbying, National Grandparents Day is officially observed for the first time.

**1985:** An American-French expedition locates the wreckage of the long-lost sunken ocean liner Titanic off the coast of Newfoundland, Canada.

**1998:** Internet search engine Google is founded.

**2008:** After its move to Oklahoma City, the NBA team the Seattle SuperSonics is renamed the Thunder.

**2020:** Sales stats show that music fans are buying more vinyl records, outselling CDs for the first time in decades.