

THE 501

AT MATTISON ESTATE

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Let Go and Grow

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do."
—Ka'ala

Meet Our Friendly Neighbor

Hey friends at the 501, meet our shining friendly neighbor, Faith Rubin, who resides in Assisted Living. A fact about Faith is that she loves dolls. She collected them her whole life. She loves looking at them and enjoying them. Faith had 40-50 dolls at one point in her life. Faith also loves art and enjoys reading. She likes to read a lot of Jewish books, and she loves a good murder mystery book as well. One of her favorite places to visit is Barnes and Noble. She said that every time she goes there "they welcome me with open arms." She also has a love for Italian food and Indian food. Some of her favorite foods to eat are pasta and pizza. Here's another interesting fact: Faith's teddy bear is her mother's mink coat. How cool is that!?



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!

Classic TV Trivia

Along with changing leaves and football games, fall brings to mind another beloved tradition—TV premieres! Rewind to a simpler time with these fun facts about some classic TV shows.

- Despite the outlandish premise and the existence of a laugh track, “Gilligan’s Island” was believed to be real by multiple viewers, who sent telegrams to the Coast Guard out of concern for the castaways.
- The equine star of “Mister Ed,” Bamboo Harvester, was a bit of a diva. He often stalled filming by walking off set and refusing to return, as well as demanding 20 pounds of hay and a gallon of sweet tea every day.
- On “The Love Boat,” many of the background actors were passengers on vacation, since filming was done on an operating cruise ship. Due to the show’s popularity, spots on the cruises tended to sell out quickly.
- “Knight Rider” actors David Hasselhoff and William Daniels—who voiced KITT, the Pontiac partner of Hoff’s character, Michael Knight—had charming on-screen chemistry, but they didn’t meet in person until months after the series debuted.



The 501 scored Olympic Gold with our SAGEolympics Day!



Can you spell FUN? That describes our first Spelling Bee Competition.



Brain teaser

Q: I am a fruit but also a shape. If you had two of me, I would sound just the same. Remove my first letter, and you can still listen; take away the last, and I can still be eaten! What am I?

A: Pear.



The ladies of the 501 must have Sun!



The Gang’s All Here!

September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month’s calendar and be on the lookout for details about some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. Have a great September!



You Know It's Fall When ...

Whether it's nature's changing hues or the holiday season peeking around the corner, autumn is many people's favorite time of year. Fall officially begins on Sept. 22, but you'll know that the jewel-toned season is upon us by these signs:

- As soon as the forecast dips five degrees, you pull out all your hoodies, sweaters and flannel shirts.

- You have the urge to take photos of every tree with leaves of any color but green.
- Pumpkin spice lattes return to café menus, along with pumpkin-spiced everything else!
- Sports fan? You can watch baseball, football, tennis and soccer all in the same week.
- Mum's the word: Retailers set out pretty potted chrysanthemums, inviting you to collect them in every color.
- Goodbye, summer salads. It's time to shift into soup mode.



Preparing for School Days at the 501



The Crafts of the Arts

Shake It Up
Grab a straw for Chocolate Milkshake Day, Sept. 12.



Wit & Wisdom

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."
—Greg Anderson

"The journey between what you once were and who you are now becoming is where the dance of life really takes place."
—Barbara de Angelis

"If you're here right now in your life, your journey continues and you've lived to tell the story."
—Mary J. Blige

"When you set out on a journey and night covers the road, that's when you discover the stars."
—Nancy Willard

"I am no longer afraid of becoming lost, because the journey back always reveals something new."
—Billy Joel

"The beautiful journey of today can only begin when we learn to let go of yesterday."
—Steve Maraboli

"Peace is a journey of a thousand miles, and it must be taken one step at a time."
—Lyndon B. Johnson

"When we are sure that we are on the right road, there is no need to plan our journey too far ahead."
—Orison Swett Marden



Wheaties Athletes

Since 1934, “the Breakfast of Champions” has honored outstanding athletes by featuring them on its iconic orange boxes of cereal. See how many names you recognize on this roster of Wheaties athletes.

Year	Athlete	Sport
1934	Lou Gehrig	Baseball
1936	Jesse Owens	Track and field
1959	Esther Williams	Swimming
1984	Mary Lou Retton	Gymnastics
1986	Walter Payton	Football
1988	Michael Jordan	Basketball
1999	Mia Hamm	Soccer
2001	Althea Gibson	Tennis
2010	Lindsey Vonn	Alpine skiing
2017	Jordan Spieth	Golf

“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.