



PLUSH MILLS

A SAGE SENIOR LIVING COMMUNITY

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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

Memorable Melody: 'Five O'Clock World'

In 1965, the Vogues released this yodeling ode to the workday grind—or, rather, that feeling you get at quitting time. In addition to the yodel at the end of each chorus, the group showcases impressive vocalizations in the background chant of "Up! Up! Up!" The timeless tune has remained relevant through the decades, appearing in the films "Good Morning, Vietnam" and "Big Fish" and serving as the theme song for a season of "The Drew Carey Show." Additionally, artists from diverse genres have embraced the charm of "Five O'Clock World," with notable covers by pop-punk band Bowling for Soup, Scottish folk rockers The Proclaimers and country singer Hal Ketchum.

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.

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.



What Is Gluten?

Gluten refers to a group of proteins found naturally in certain grains—most commonly, wheat, barley and rye. These proteins provide structure and texture to foods, allowing bread to rise and providing a pleasant chewiness to pizza crust and pasta.

For most people, gluten is not harmful or unhealthy. But for those with a gluten sensitivity or intolerance, consuming the ingredient can result in a range of unpleasant symptoms, from headaches and skin irritations to fatigue and numerous digestive issues.

Celiac disease is the most severe form of gluten intolerance. People with this autoimmune disorder can develop anemia and other nutrient deficiencies if they continue to eat gluten. Those who don’t have celiac or a wheat allergy, yet still react negatively to gluten, are often diagnosed with gluten sensitivity.

The label “gluten-free” or “GF” means that the food is safe for people with gluten intolerances. Many people following a gluten-free diet rely on naturally gluten-free foods for their nutritional needs.

A Famous Cartoon Chase

For 75 years, Looney Tunes character Wile E. Coyote has been in hot pursuit of the one thing he can’t have: the speedy, “Beep! Beep!”-ing Road Runner.

Created by animator Chuck Jones, the iconic figures made their debut in the 1949 short “Fast and Furry-ous.” A twist on the traditional “cat and mouse” chase, the cartoons take place in the Southwestern U.S. amidst thorny cactuses, falling boulders and other hazards that prevent Wile E. Coyote from capturing his prey.

A major component of the cartoon series is Coyote’s use of gadgets and contraptions from the fictional Acme Corporation. From anvils to explosives, Acme’s products always backfire, causing near-fatal harm to the poor coyote, who only survives thanks to cartoon logic. One of Coyote’s favorite traps is painting a tunnel or road to trick Road Runner—yet somehow, the gag always works in the bird’s favor instead.

Aside from Road Runner’s “Beep! Beep!” and Coyote’s wails of anguish, the characters never speak. But they do communicate to each other—and the audience—with humorous signs.

In addition to starring in their own cartoon shorts, Wile E. Coyote and Road Runner have also appeared in comic books, other Looney Tunes animations and video games.



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.

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.



- 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.

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.

<u>Year</u>	<u>Athlete</u>	<u>Sport</u>
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

“Then & Now”

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