



# The Motivator

6900 Hopeful Road  
Florence, KY 41042  
(859) 525-6900



## Our Friendly Staff

|                                    |                 |
|------------------------------------|-----------------|
| Executive Director .....           | Ken Kaser       |
| Asst. Executive Director .....     | April Scroggins |
| Marketing Sales Director .....     | Pam Huesman     |
| Community Relations Director ..... | Alicia Bauer    |
| Director of Nursing .....          | Natasha Warner  |
| Activity Director .....            | Yuvonne Ward    |
| Gardens Activity Director .....    | Beth Wood       |
| Wellness Director .....            | Pam Asher       |
| Food Service Director .....        | Tonya Simon     |
| Maintenance Director .....         | David Toler     |
| Housekeeping Supervisor .....      | Brenda Craddock |
| Human Resources .....              | Kim Linstead    |
| Colonial Heights Pastor .....      | David Cheeks    |
| Dining Room Supvr. ....            | Angel Covey     |

## Welcome New Residents

### HEIGHTS

|       |                        |
|-------|------------------------|
| #107  | Carol Aylor            |
| #147  | Matt & Jerry Fleischel |
|       | GARDENS                |
| #2100 | Dennis Lantry          |
| #1305 | Luther & Helen Lawson  |
| #2302 | Jean White             |
| #2102 | Jan Lawson             |

### Positive Thought

"There may be days when you'll say to yourself, 'I can't. I literally can't even.' But you can! You can even!" —Katie Couric

## September 2020



### A Sidekick for Coffee

Slightly sweet, light and crunchy, and made for dunking, biscotti have become tasty sidekicks for coffee. The cookies originated in 14th-century Italy, and their name means "twice-baked," a preparation method that makes them sturdy and storable. The treats came to be a favorite staple, and are now flavored with a variety of ingredients.

### Pictures of Positivity

Instead of store-bought prints, surround yourself with uplifting personal images. Looking at happy photos of family and friends and places that are meaningful to you can help you feel contented and relaxed.

### Life Lessons

"Every person you meet knows something you don't; learn from them." —H. Jackson Brown Jr.

## HAPPENINGS AT COLONIAL GARDENS

### CORE WEEKLY EVENTS

Monday- Current Events,  
Bingo, Dice Game

Tuesday- Manicures, Movie  
Hour

Wednesday- Lunch Trip,  
Bingo, Trivia

Thursday- Book Review,  
Social Hour, Crossword Puzzle

Friday- Prot. Communion,  
Mass, Jingo

Sunday- Chapel Service

Activities such as ceramics,  
chair volleyball, arts and crafts,  
ice cream socials, health  
discussions and card games are  
scheduled throughout the  
month at various times. Copies  
of the current weekly schedule  
are kept at the front desk at the  
Gardens.



### 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.



**Resident Managers**  
**Tom and Beth Wood**

Tom and Beth Wood are the  
resident night managers from  
10 p.m. to 8 a.m. They are  
available to help you in an  
emergency situation. Emergency  
situations include the following:  
**overnight emergency**  
**maintenance issues** (including  
heating and air-conditioning,  
water leaks, overflowing toilets);  
**medical situations** (falls or very  
basic first-aid treatment);  
**security and safety issues**. You  
can reach Beth and Tom by  
either pulling the emergency  
cord located in your apartment  
or by calling them at  
**(859) 468-3843 or 525-6900**.

Please remember that Tom  
and Beth are not able to provide  
emergency medical care but will  
help you call 911 if necessary  
and wait with you until they  
arrive.

Terry Shetler, a fellow  
resident, also helps the resident  
managers during their off days  
or when they are on vacation. So  
don't be surprised if you see him  
instead of Beth or Tom at your  
door responding to your  
emergency.



## Social Distancing

Residents: It is very important when we have an activity you **MUST** stay 6 feet apart, and wear your mask. I know it's hard to do but we have no choice. This way everyone stays safe. WE do not want anyone to get sick. Please keep this in mind. Hopefully this will all be over soon.



JOY FROM RUWE WILL BE HERE TO GIVE FLU SHOTS ON THURSDAY, SEPTEMBER 17th, FROM 10:00 TO 1:00 AND Thursday, OCTOBER 15th, OUTSIDE ON THE PATIO. LOOK FOR SIGN-UP SHEETS.



AT THIS TIME, WE HEAR ABOUT WEARING MASKS AND SOCIAL DISTANCING, BUT I WANT TO REMIND EVERYONE TO MAKE A PRIORITY TO WASH YOUR HANDS!!! KEEPING HANDS CLEAN IS ONE OF THE MOST IMPORTANT STEPS WE CAN TAKE TO AVOID GETTING SICK AND SPREADING GERMS TO OTHERS. MANY ILLNESSES

ARE SPREAD BY NOT WASHING OUR HANDS WITH SOAP AND WATER.

ALSO TRY TO OFTEN WIPE DOWN WALKER HANDLES, DOOR KNOBS, AND LIGHT SWITCHES.

THANKS SO MUCH!  
PAM ASHER



## Wit & Wisdom

"Every generation is going to keep changing, and you just have to embrace the change."

—Wyclef Jean

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

—Gloria Steinem

"I always think about the next generation and creating a different blueprint for them. ... We don't all have to take the same coordinates to get to the same destination."

—Janelle Monáe

"You can take as much as you can from the generation that has preceded you, but then it's up to you to make something new."

—Jackson Browne

"If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself."

—Charles M. Schulz

"The thing that makes my generation the greatest is our ability to hang out. We're spectacular at it."

—Lewis Black

"Hopefully, generations after us will continue to protect, preserve, and look after this wonderful land."

—Wilford Brimley

## All in a Day's Work

In celebration of Labor Day on the first Monday in September, think back to your experiences on the job.

- What was your first job? How old were you? How much did it pay? What responsibilities did you have?
- Did you go to college or a trade school to learn a profession? What about the military or other training program?
- Some people remain in one career for their entire working lives, while others explore a variety of vocations. How about you? What are some pros and cons to each of these paths?
- If you've had more than one job, which was your favorite? Why?
- Reminisce about some of your employers and co-workers. Who was the best boss you ever had?
- Did you ever start or own your business? Did you enjoy that role?
- When did you retire? What was that transition like?
- Did you have an occupation that no longer exists, such as switchboard operator or log driver? What modern-day career field would you be interested in if you had the chance?
- What would be your dream job?



## Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

*Ease stress.* Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

*Solve problems.* When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

*Improve relationships.* It's normal to become irritated with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

*Set goals.* By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals.

## A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow—without the responsibility of primary parenting—grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.

**Grandparents Day  
is Sept. 13**



## Spiritual Corner

September is harvest time. I see on Facebook where friends are canning tomatoes and freezing fruit for pies to use in the coming year. Last year I froze blackberries off my vines, cherries and apples from my trees. The apples I peeled and sliced, tossing them with sugar and fragrant spices. The pies and cobblers I made during the year brought a simple joy and happiness to my kitchen. I can clearly remember the wonderful smell that filled my home.

This year I had great aspirations of the wonderful harvest I would bring in. My cherry tree grew a full foot in height and width and was loaded with blossoms. The blackberry vines have never looked as healthy, filled with beginnings of fruit that gave promises of an oven filled with scrumptious sweets.

But that was not how my harvest looked as the summer turned into harvest days. The birds ate every cherry off my tree. They must have come so secretly, as before I knew it there wasn't one single cherry left. The blackberries didn't develop into the luscious large fruit they normally grew to be. My apple tree, struck by lightning the year before, survived but didn't produce fruit this year at all.

When in my lifetime I have been through times of great trial, loss and sadness, I cling to my Lord and Savior. I hang on with all my might to His everlasting love. That love that is so immeasurable that He suffered death for each of us to bring us life everlasting. Hope eternal. We are sealed in Christ. We are already seated in the heavenly with Christ and the Father. You could say there is a chair for us seated in heaven. No matter what the circumstances around us in this present life, we are held firmly by these things that by His love He planned and accomplished for each one of us.

Paul said, "We are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither present nor future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:37.

The harvest that lies within this September is different than other harvests. In these times we draw closer as the world around us spins, to a loving Father that we cannot be separated from. He is our hope. In all things and against all things we are conquerors, because Christ loved us so and sealed these things on the cross.

It is truly a fragrant harvest to draw close and find peace within the One who holds us.

## Remember Me?

A leading lady for many decades, actress Claudette Colbert graced the stage and screen with her charm, comic timing and distinctive beauty.

- She was born Lily Claudette Chauchoin on Sept. 13, 1903, in Paris. Her family moved to New York City when she was a child.
- She planned on being a fashion designer, but caught the acting bug. As she landed roles on and off Broadway, she changed her name to Claudette Colbert.
- When talkies began taking off, she was offered a movie contract because of her experience speaking before theater audiences.
- She's best known for her Oscar-winning role alongside Clark Gable in the 1934 romantic comedy "It Happened One Night," which was the year's surprise hit.
- She earned two more best actress Oscar nominations for 1935's "Private Worlds" and the 1944 World War II drama "Since You Went Away."
- Colbert's resume of 64 films includes roles in the classics "Cleopatra," "Imitation of Life" and "The Egg and I."
- Audiences enjoyed her on-screen chemistry with Fred MacMurray, her co-star in seven movies.

### Migrating Monarchs

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter. The annual migration is one of nature's most fascinating spectacles.

Cooler temperatures and shorter days alert the orange-and-black butterflies to take flight. Those west of the Rocky Mountains head to Southern California, where thousands hibernate in forests along the coast. But swarms of the eastern population travel much farther, from Canada and the northeastern U.S. to the mountains of central Mexico—a distance of nearly 3,000 miles. Monarchs numbering in the millions take shelter in the fir trees there.

How the butterflies find their way to the same sites year after year is a mystery to scientists, but they believe the insects use the sun as a compass. Even more remarkable is that new generations arrive each fall and settle in the same trees as their ancestors did!

When spring comes, monarchs begin their flight back north, laying eggs on milkweed plants along the way. When the caterpillars hatch and transform into butterflies, they continue the trip northward. Up to five generations take part in the annual migration.

### Looking Back at Lids

For many children growing up in the 1930s and 1940s, enjoying a cup of ice cream from the neighborhood store was made even sweeter by the paper lid that covered it. Known as Dixie Cup lids, these small, waxed paper-covered discs were adorned with the faces of popular movie stars, comic book characters and other celebrities of the day.

Children would lift off the ice cream cup's lid by its pull tab and lick off the residue of the frosty confection, revealing a photograph underneath. Safe beneath a layer of waxed paper would be a famous face. Many kids hoped they'd find actors

Tyrone Power and Greta Garbo, baseball greats Jimmie Foxx and Carl Hubbell, or fictional heroes Flash Gordon and Buck Rogers.

The lids were similar to baseball cards since they were often traded among friends. Perhaps most exciting of all, a dozen lids could be saved up, mailed to the Dixie Cup Co., and traded for a color photo of a movie star or radio personality.

Like many things from the past, the lids are collectibles.



### Carolyn's Hair Salon

Shampoo- Set \$22  
 Cut- Shampoo-Set \$40  
     Cut \$20  
 Cut- Blow- Dry \$30  
     Perm \$75  
     Color- Set \$48  
 Cut- Color- Set \$60  
     Shampoo \$7  
 Men's (clipper cut) \$16  
 Men's (scissors cut) \$19  
 Call Carolyn for an appointment  
 859-653-4697



### Trash

Residents: It is very important that all your trash is put in a plastic trash bag and tied up. Someone is throwing the white food boxes in the trash without putting them in a bag. It has to stop; you must put all trash in bags. It is causing bugs to get in the trash receptacles. Thank you for your cooperation in this matter!







### Heights

|      |                       |
|------|-----------------------|
| 9/5  | June Kimmerle         |
| 9/5  | Tom Flanigan          |
| 9/6  | Teddie Jones          |
| 9/8  | Marty Bosshammer      |
| 9/8  | Nellie Riley          |
| 9/9  | Paul Clark            |
| 9/9  | Joyce Hughes          |
| 9/10 | Erika Berry           |
| 9/11 | Kathy Walker          |
| 9/12 | Jerry Bischoff        |
| 9/12 | Jerry Guenther-102!!! |
| 9/13 | Mary Nicholl          |
| 9/13 | Jewell Smith          |
| 9/15 | Les Stephens          |
| 9/17 | Joy Mazanec           |
| 9/20 | Marian Kuchle         |
| 9/20 | Ann Zapp              |
| 9/22 | Theda Wilson          |
| 9/23 | Joanne Armstrong      |
| 9/24 | Howard Requardt       |
| 9/25 | Fred Lemker           |
| 9/28 | Lois Didier           |
| 9/29 | Carl Goderwis         |
| 9/30 | Bev Molony<br>Gardens |
| 9/11 | Mildred Duley         |
| 9/14 | Barb Perry            |
| 9/17 | Jan Lawson            |
| 9/19 | Jay Bausch            |
| 9/22 | Dorothy Dishon        |

### Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

- Health professionals say these lifestyle choices are key to aging well:
- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

### Laugh Lines: Employees' Explanations

Sometimes we just need to get away from it all. But these are some of the most amusing and outlandish excuses bosses say they've heard from employees calling in to take the day off.

- "I forgot I was hired for the job."
- "I forgot I was getting married today."
- "My toe is stuck in the faucet."
- "My hair turned orange after I dyed it at home."
- "I used spoiled toothpaste."
- "Someone glued all the doors and windows to my house shut. I can't get out."
- "I got stuck in the blood pressure machine at the grocery store."
- "I accidentally got on a plane."
- An employee said he couldn't make it to work because he was bowling the game of his life.
- "I need more vitamin D so I'm going to the beach instead."
- "It's my dog's birthday."
- "There's a cat stuck inside my car's dashboard so I have no way to get to work."
- A man called in saying he had to attend the funeral of his wife's cousin's pet since he was an uncle and a pallbearer.



## **"This Month In History"**

### **SEPTEMBER**

**1920:** The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

**1935:** After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

**1945:** On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

**1952:** The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world's largest fast-food chains.

**1968:** With her debut hit song "Harper Valley PTA," Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

**1976:** "The Muppet Show" premieres, bringing a cast of puppets to prime-time TV.

**1988:** Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth's tallest mountain.

**1996:** Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel "The Deep End of the Ocean."

**2009:** NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

**2019:** With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.