



St. Catherine

RETIREMENT COMMUNITY

A RHF Community



3350 St. Catherine Street • Florissant, MO 63033
Phone (314) 838-3877 • Fax (314) 831-7245

STAFF MEMBERS

Executive Director Stacey Montero
Resident Services Heather Cline
Activities Director Shelby Hurt
Activities Assistant Susana Rivera
Dining Services Director Danielle Bills
Dining Services Assistants Francisca, Jim
Servers Lynette, Kailey, Kevin,
Servers Lynn, Charlie
Maintenance Director George Trotter
Housekeeping Marcella, Dena

Emergency Numbers

Medical, Fire, Police 911
Resident Manager (314) 574-0230
Maintenance Emergencies (314) 267-3973
Office Hours .. Monday-Friday 8:30 am-4:30 pm

Wild World: Bumblebee

If you see a plump, fuzzy bee flying around some flowers, you're likely looking at a bumblebee. By beating their wings more than 130 times per second, these insects create their trademark buzzing noise, which shakes pollen loose from flowers and onto nearby blossoms. This unique action is called buzz pollination, which many plants rely on to produce fruit, including tomatoes, eggplants and cranberries. Bumblebees are social like honeybees, but their colonies are much smaller and usually located underground. A bumblebee has two large eyes on the front of its head and three smaller eyes on top, useful when seeking out its favorite colors of flowers, blue and purple.

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.

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.

"To me, the smell of fresh-made coffee is one of the greatest inventions."

—Hugh Jackman



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.

The Lotería Legacy

The beloved Mexican card game *lotería* has won over generations of players.

It originated in Italy and made its way to Spain, then Mexico in 1769. At first a hobby of the noble class, *lotería*, meaning "lottery" in Spanish, gradually spread to the masses by way of traveling fairs.

Similar to bingo, *lotería* uses a deck of 54 cards, each with an illustration, such as a rooster, a drum or a pear. Players have game boards, or *tablas*, with the same pictures randomly arranged in a grid. A caller draws a card, and players mark the corresponding image on their boards with a token, traditionally a dry pinto bean or corn kernel. The first person to mark a complete row on their card shouts, "*Lotería!*"

In the late 1800s, French businessman Don Clemente Jacques designed a *lotería* set that remains the iconic version of the game. The sets were included in care packages sent to soldiers fighting in the Mexican Revolution, who later took them home to their families, creating a beloved tradition. The colorful folk art based on Jacques' edition is still popular.



Spoonfuls of Healthy Whole Wheat

Made of only one ingredient, shredded wheat is one of the oldest, healthiest and simplest breakfast cereals.

American lawyer and businessman Henry Perky invented shredded wheat in the 1890s, after discovering the health benefits of whole grains, particularly their role in helping digestion. He and his machinist friend, William H. Ford, developed a process of pressing boiled wheat into strands that were then stacked into what Perky called "little whole-wheat mattresses" and baked.

Perky marketed shredded wheat as a health food. As one

of the first precooked, ready-to-eat breakfast cereals, shredded wheat helped revolutionize the food industry by emphasizing wholesome ingredients as well as convenience.

There's more than a shred of nutrition in a serving of the 100% whole-wheat cereal. One cup contains about 6 grams of fiber and 6 grams of protein, along with generous amounts of B vitamins, iron and magnesium.



Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents.

Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.

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



The Funny Papers

Newspaper readers often turn to the comic strips for daily laughs. Which funnies have been your favorites over the years?

Decade Comic Strip Debuts

1930s	"Blondie," "Dick Tracy," "Flash Gordon"
1940s	"Brenda Starr, Reporter," "Gordo," "Buz Sawyer"
1950s	"Peanuts," "Beetle Bailey," "Dennis the Menace"
1960s	"The Family Circus," "The Wizard of Id"
1970s	"Garfield," "For Better or for Worse," "Cathy"
1980s	"The Far Side," "Calvin and Hobbes," "Dilbert"
1990s	"Baby Blues," "Over the Hedge," "Get Fuzzy"
2000s	"Pooch Cafe," "Baldo," "Pearls Before Swine"

"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.