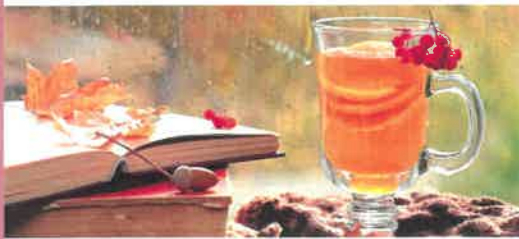


# The Trumpeter

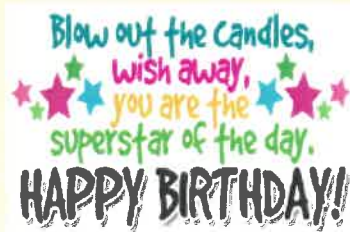
Asbury Towers Retirement Community



## Celebrating September Birthdays

### Residents

- 04 Warren Harlan
- 16 Kathleen Lezotte
- 17 Agnes Burroff



### Staff

- 01 Julie Dozier
- 01 Gale Medenwald
- 03 Christine Smith
- 06 Lisa Trigg
- 11 Susie Bullington
- 14 Vicki Jones-Rice
- 14 Emily Ryder
- 21 Deborah Hennis
- 24 Esta Hoover
- 25 Taylor Royce
- 27 Autumn Carrico
- 28 Makayla Butler
- 29 Latasha McCombs

## REHAB NEWS

Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



## Falls Prevention for Older Adults

Each year 1 in 3 older adults will experience a fall; which is why it's vitally important to pay attention to your body and stay on top of your balance. To prevent falls, the CDC recommends adults age 65+ should be screened yearly for fall risk, or any time after a fall occurs. You can also check your risk for falling by answering the below 12 questions.

I have fallen in the past year.	NO (0 pts)	YES (2 pts)
I use or have been advised to use a cane or walker to get around safely.	NO (0 pts)	YES (2 pts)
Sometimes I feel unsteady when I am walking.	NO (0 pts)	YES (1 pt)
I steady myself by holding onto furniture when walking.	NO (0 pts)	YES (1 pt)
I am worried about falling.	NO (0 pts)	YES (1 pt)
I need to push with my hands to stand up from a chair.	NO (0 pts)	YES (1 pt)
I have some trouble stepping up onto a curb.	NO (0 pts)	YES (1 pt)
I often have to rush to the toilet.	NO (0 pts)	YES (1 pt)
I have lost some feeling in my feet.	NO (0 pts)	YES (1 pt)
I take medicine that sometimes makes me feel light-headed or more tired than usual.	NO (0 pts)	YES (1 pt)
I take medicine to help me sleep or improve my mood.	NO (0 pts)	YES (1 pt)
I often feel sad or depressed.	NO (0 pts)	YES (1 pt)
<b>ADD TOTAL FOR EACH "YES"</b>		
<b>If total score is 4 points or more, you may be at risk for falling. Consult your doctor.</b>		

Source: Center for Disease Control and Prevention

### Therapy Can Help Reduce Falls & Improve Balance

Talk with your doctor if you fall, worry about falling, or feel unsteady. Physical Therapists provide balance training to restore and correct your balance. Occupational Therapists provide training on assistive devices and home safety to reduce your risk for falls.

## CELL PHONE ETIQUETTE

What is Cell Phone Etiquette you might be asking yourself. Well, it is a set of unspoken rules and guidelines for how cell phone users should behave in public. It includes respecting other people's privacy and not using your phone while driving. Following these guidelines helps to ensure that everyone around you is comfortable and safe. I am sharing a few pointers in this letter that I have found that relate to us all residing in Asbury Towers. Also, I have attached a poster I found online from a website article on Efani.com that gives examples of the Do's and Don'ts of phone etiquette.

### 1. At a dinner table

The most common phone-related mistakes tend to happen during mealtime. This is true whether you're eating at home or at a restaurant.

#### Do's

- Keep phone usage down to an absolute minimum. Engage with the other people at the table; don't just stare down at your phone the entire time.
- If need be, set your phone to silent or vibrate mode to avoid disrupting the other diners with a loud ring tone.

#### Don'ts

- Don't answer an incoming call at the table. Instead, excuse yourself from the table if it's urgent and accept the call in another room. If it is not urgent then finish your meal and return the call after leaving the dining room. Do not answer the phone and stay at the table with the speaker phone on for people nearby to hear.

### 2. In other public areas

A phone is a communication device, so people are expected to use it in public spaces. Even so, good manners and common courtesy still apply.

#### Do's

- Please watch your language, especially when children are present. Avoid discussing overly private matters as well.
- Try to maintain some distance from others when taking a phone call.

#### Don'ts

- Don't use the speaker phone function in public unless everyone present wants to be included.
- Don't talk in an elevator, on public transportation, in public restrooms, or in other small spaces. Don't take calls in quiet spaces like libraries, museums, and places of worship, or in a group activity (example would be a group discussion) with other people. Go outside or to some other area where you won't disturb anyone else.

In closing the simplest rule of phone etiquette is to remember to be respectful of those around you. If you are using your phone in a public place, be aware of your volume, having phone on speaker and how your conversation may affect those nearby.

Thank you

Julie Dozier

## September Bingo Dates

Join us in the Main Dining Room on September 12th and September 26<sup>th</sup> at 6:00 pm in the Main Dining Room



### Some Good Health Tips During Covid, Cold/Flu Season To Avoid Or Spreading Sickness

#### Get vaccinated.

According to the CDC, influenza vaccination is safe and effective and is the single best way to help protect yourself and your family from the flu each year. Since the virus and the vaccine changes every year, it is important to get a vaccination annually.

#### Wash your hands.

Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. If soap and water are not available, use a hand sanitizer.

#### Stay home if you don't feel well.

Should you become infected or just coughing a lot, keep the germs from spreading by staying home – and don't forget to take care of yourself! Your nurse can see to you getting a room tray delivered to you during this time.

#### Do the elbow cough.

Cough into elbows, not hands where it's more likely to spread bacteria and viruses through touch.

#### Avoid touching your eyes, nose, or mouth.

Germs spread this way. If you do remember to wash your hands afterward.

Any questions please see your Floor Nurse!



## Weather or Not

Summer ends and autumn begins on September 22, 2022, in the northern half of the world. However, September days can still be very warm. The average September temperature in Miami, Florida, is 82 degrees. In Acapulco, Mexico, it is about 89 degrees in September. If you want a “cool” place to visit this month, Quebec City, on average, is 67 degrees, and Oslo, Norway, is a chilly 53 degrees.

The week of September 10<sup>th</sup> through September 16<sup>th</sup> is National Environmental Week. Remember to thank our Asbury Environmental Staff as they keep us all neat and tidy!

Thank you for all you do!



## A Consequential Cup



While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is

the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and throughout the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as your own kitchen counter.

## Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic. Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning? Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete? Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that she wants, not that you want her to have.

## Septemberfest



The confusing thing about the German celebration of Oktoberfest is that it begins in September! Five o'clock in the morning in Germany on September 16, to be exact. While many consider Oktoberfest to be a 16-day-

long beer festival, its roots have nothing to do with beer. The first Oktoberfest was held in Bavaria on October 12, 1810, on the occasion of the marriage of Crown Prince Ludwig to Princess Therese von Sachsen-Hildburghausen. It was so much fun that Oktoberfest became an annual celebration, yet it wasn't until 1818 that beer halls were added to the live music and horse racing. Then, in order to extend the celebration and take advantage of better weather, Oktoberfest was moved to September.

## Appleseed Fact and Fiction



On September 26, 1774, John Chapman was born, yet the world would come to know him as Johnny Appleseed and memorialize his life work in fantastic tales. For this reason, September 26 is Johnny Appleseed Day.

Unlike the fictional tall-tale characters Paul Bunyan and John Henry, Johnny Appleseed was a real man. His passion for apple trees began in his teenage years, when he got a job working in an apple orchard. While the popular image of Johnny Appleseed is that of a man wandering the continent spreading handfuls of apple seeds, Johnny Appleseed was far more deliberate in his plantings. The law of the frontier granted land rights to anyone who developed a homestead, and a nursery of 50 trees fit that definition. In this way, Johnny would raise his nursery and then sell the land to settlers. In this manner, Johnny Appleseed came to own over 1,200 acres over 100,000 square miles of frontier wilderness.

Furthermore, Johnny's apples weren't for eating. He planted the small, tart varieties of apples known as "spitters," because that's what you did when you tasted them. These were the perfect apples for making hard cider, which in Revolutionary America was a far more valuable commodity than edible apples. Water was considered unsafe for drinking due to harmful bacteria, whereas fermented, alcoholic cider was far safer. Sadly, during the Prohibition Era of the 1920s, many of Johnny Appleseed's original nurseries were axed, and the American tradition of cider making was decimated.

Despite the government's best efforts during Prohibition, the legacy of Johnny Appleseed lives on. The image of Johnny, barefoot and wearing threadbare clothes, is not fiction but fact. As a member of the New Church, he preached that nature and God were intertwined. As such, he lived a spare, nomadic life, loved animals, and was a vegetarian. But that tin pot on his head?

It most likely sprang from the rumor that he wore a tin cloth hat that he used as a dinner plate.

## September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Lily Tomlin (comedienne) – September 1, 1939  
Buddy Holly (musician) – September 7, 1936  
Sid Caesar (comedian) – September 8, 1922  
Jesse Owens (Olympian) – September 12, 1913  
Prince Harry of Wales – September 15, 1984  
Greta Garbo (actress) – September 18, 1905  
Stephen King (writer) – September 21, 1947  
Phil Rizzuto (ballplayer) – September 25, 1917  
Enrico Fermi (scientist) – September 29, 1901  
Johnny Mathis (singer) – September 30, 1935

## Slovenian Cow Belles



In Slovenia's Bohinj Valley, cows are the real belles of the ball on the third Sunday in September. After spending the summer eating their fill in the fertile upland pastures, the cows return to their winter homes in the valley below with great fanfare known as the Cows' Ball. The cows are decked out in beautiful wreaths and paraded

through the village by local herders, cheese makers, and milkmaids. The cows don't have all the fun—humans enjoy live Slovenian folk music and dancing, as well as competitions in log sawing, horseshoe-throwing, and shooting. The entire celebration is laid out at the edge of Lake Bohinj, a beautiful alpine lake surrounded by snow-capped mountain peaks reminiscent of *The Sound of Music*. These hills, too, are alive, but with the sound of mooing.

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Please come and enjoy listening to Anna talk about her books. There will also be some books for sale if you are so inclined.

## AUTHOR VISIT & BOOK SIGNING



## Come Meet Author Anna Boyette

MONDAY, SEPTEMBER 11, 2023  
STARTING AT 10:30  
LOCATION: MAIN LOBBY

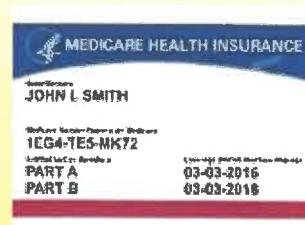


### Front Office Reminder:

Please remember to give the front office a copy of your new Medicare card when you receive it.

If you have any questions, please call Glee Kerr at Extension 104.

Thank you





Don't forget to look at the sign-up bulletin board by the Main Dining Room for trips scheduled outside of the building for the Month of September! Be mindful that trips could be cancelled due to inclemental weather. If you have a suggestion or place you would like to go, please contact Julie at Ext. 117.

September Food Committee will meet on September 11<sup>th</sup> at 10:30 a.m. in the Founder's Lounge.

All are welcome to attend.



We now have Black grievance boxes located by the Main bulletin board in the hallway by the Main Dining Room and located by the Calendar bulletin boards in the Health Center and 1<sup>st</sup> floor South Dining Room.

These are for any grievances you might like to file with your name so our Social Service Director can follow up with you or without signing your name. Either way your grievance will be investigated.

We will once again be offering a bus to the Senior Luncheon sponsored by the Greencastle Christian Church on September 20<sup>th</sup> at 10:30 am. This is a free will luncheon. They have a guest speaker and lunch is catered by Myers Meat Market. There is a sign-up sheet located with our other trips. Please sign up or contact Julie at 765-630-8817 by 9/15/23 to guarantee a luncheon.

## Music Programs for the Month of September

September 3<sup>rd</sup>, Al Little  
Will be performing at 2pm in the Main Dining Room  
September 8<sup>th</sup>, Doug DeBaun  
Will be performing at 1:00 pm in the Main Dining Room  
September 20<sup>th</sup>, Dan Brush  
Will be performing at 1:00 pm in the Main Dining Room  
September 15<sup>th</sup>, Lannie Ferguson  
Will be performing at 1:00 pm in the Main Dining Room  
Come and enjoy!!

## Special Events of the Month

- 3<sup>rd</sup> Al Little performing at 2pm in the Main Dining Room
- 5<sup>th</sup> Walmart Shopping Trip leaving at 10:00 am
- 8<sup>th</sup> Doug DeBaun performing at 1pm in the Main Dining
- 11<sup>th</sup> Food Committee in Founders Lounge at 10:30 am
- 11<sup>th</sup> Book Signing in the Lobby starting at 10:30 am
- 11<sup>th</sup> Joyride out n about leaving at 1pm
- 12<sup>th</sup> Dollar General Shopping Trip leaving at 10:00 am
- 12<sup>th</sup> Night Bingo in the Main at 6pm
- 14<sup>th</sup> Lunch to the Inn of DePauw leaving at 10:30 am
- 14<sup>th</sup> Taste of Asbury in the Main at 2pm
- 18<sup>th</sup> Joyride Out n About leaving at 1pm to Beasley's Apple Orchard in Danville
- 19<sup>th</sup> Walmart Shopping Trip leaving at 10:00 am
- 20<sup>th</sup> Greencastle Church Luncheon leaving at 10:30 am
- 20<sup>th</sup> Dan Brush performing in the Main at 1pm
- 20<sup>th</sup> Ice Cream Sundaes in the Main at 2pm
- 21<sup>st</sup> Lannie Ferguson in the Main at 1pm
- 21<sup>st</sup> September Birthday Social in the Main at 2pm
- 25<sup>th</sup> Joyride out n About leaving at 1pm
- 26<sup>th</sup> Dollar Tree Trip leaving at 10:00 am
- 26<sup>th</sup> Night Bingo in the Main at 6pm
- 28<sup>th</sup> Lunch to McCormick Creek Inn leaving at 10:00 am

Look for more activities on your calendar and on TV channel 2 for additional activities throughout the month of September.



## Hitting the Century Mark



What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt,

the residents of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

## Calling All Rock Hounds

September 16 offers a holiday for all the rock hounds, from the professional geologist to the casual collector at the beach. It's Collect Rocks Day! What's the attraction to collecting rocks? For many, it's the incredible diversity of rocks in the natural world. Not only do many rocks look different but they are formed by different geological processes that give us clues to the geologic history of the area they are found in. Half the fun of rock collecting is identifying and cataloging your rocks by kind, where you found them, and why they're special to you. Minerals, crystals, and gemstones are often admired for their brilliant colors, shapes, and structures. But many of the best rocks in a collection are judged valuable not because they are gemstones or minerals but because they were found someplace meaningful: on a vacation, perhaps, or on a trip with someone special. Whether you adore igneous, sedimentary, or metamorphic, you'll never grow tired of the amazing diversity of rocks out there just waiting to be found.

## Tiny Tee Time



No one is exactly sure why Garnet Carter invented the first miniature golf course in the 1920s, but thank goodness he did or we wouldn't be able to celebrate Mini Golf Day on September 21. Carter owned

a hotel outside of Chattanooga, Tennessee, called the Fairytale Inn, which strove to create an atmosphere as magical as its name. Carter's tiny golf course, complete with hollowed-out tree trunks and gnomes, became an instant hit with visitors. Ask Carter's wife, Frieda, why he invented the mini golf course, and her reply is that it was to distract and occupy the "golfers' widows," the women left behind by husbands taking an entire afternoon off to golf. In this way, Carter's invention was no different from the Ladies' Putting Club at St. Andrew's in Scotland, the precursor to the modern mini golf course.