

SEPTEMBER 2021

ST. PATRICK'S RESIDENT NEWSLETTER

Harvest Moon

The term "harvest moon" refers to the full, bright Moon that occurs closest to the start of autumn. The name dates from the time before electricity, when farmers depended on the Moon's light to harvest their crops late into the night. The Moon's light was particularly important during fall, when harvests are the largest.

CHICAGO WEATHER

Goodbye Summer, Hello Fall!

Average Temperature: 64°F Average
Hours of Sunshine: 9 Average
Precipitation: 3.4"

September Holidays

Monday, September 6th - Labor Day
Sunday, September 12th - Grandparents Day
Wednesday, September 22nd - Fall Begins

Resident Council

Monday, September 20th at 11:00 a.m.
2 East Dining Room
We look forward to your ideas!

Resident Council Minutes are posted on
your unit bulletin board.



Grace C.	Sept. 6th
Patricia S.	Sept. 9th
Janet C.	Sept. 10th
Helen M.	Sept. 10th
Alfred Y.	Sept. 21st
Judi S.	Sept. 23rd
Leo F.	Sept. 26th

**AND THEN THE SUN TOOK A STEP
BACK, THE LEAVES LULLED THEMSELVES
TO SLEEP ANDAUTUMN WAS AWAKED. -
RAQUEL FRANCO**

Birthstone: Sapphire

The birthstone for September is the sapphire, which is found in many different colors but is most well known for being a bright, vivid blue color. The sapphire is known for representing wisdom, good fortune, truth, and power.

Flower: Aster

Asters are known to symbolize wisdom, valor, and faith. Different aster colors can also carry different meanings: Purple asters symbolize wisdom and royalty.

The Difference is Love

St. Patrick's Residence | 1400 Brookdale Rd. | Naperville, IL 60563

stpatricksresidence.org

Director of Life Enrichment: Jill Whitledge | 630.753.1528 | jwhitledge@stpatricksresidence.org

Chicago History Dad's Root Beer Co. 1937

When Dad's Root Beer creators Ely Klapman and Barney Berns rolled out their first big national ad campaign in 1941, they did so with an immediate contradiction in terms—a “completely new” thing was also promoted as the “old fashioned” root beer. Americans were bewildered but intrigued (and thirsty), and so, in the midst of a blissfully ignorant pre-war euphoria, they happily went out and sampled the whole “Dad's Family” of breakable brown bottles— the 12 ounce “Junior,” the quart sized “Mama,” and the enormous half-gallon “Papa.”

It's still made today and makes a great root beer float!

Important Phone Numbers

Nursing Directors

Cindy	Ext. 1545	Marla	Ext. 1586
Anna	Ext. 1597	Liz	Ext. 1502

Life Enrichment

Jill	Ext. 1528	Gloria	Ext. 1528
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Dietary

Janelle	Ext. 1521	Kitchen	Ext. 1523
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Housekeeping

Daytime	Ext. 1584
Evening	Ext. 1603 or 1604

Beauty Salon Ext. 1568

Front Desk "0" for Operator

Carmelite Sisters Core Value - Hospitality

Our belief is that each home should provide a welcoming, person-centered environment and atmosphere of a "Home." Personal warmth, love and care will reflect and give value and purpose to the residents' lives. The wholistic care of each resident encompasses their physical, social, psychological, emotional and spiritual needs. Guided by our our Catholic tradition we seek to honor the spiritual journeys of all people of all faiths.

Did you know?

We know that you are quite familiar with the phrase “an apple a day keeps the doctor away” but what else do you know about the humble apple?

- Apples are members of the rose family.
- The average person eats 65 apples a year.
- Most of the antioxidants found in apples, including quercetin, are located in the skin.
- The most popular varieties of apples in the US are the Red Delicious, Golden Delicious, and the Granny Smith.
- Apple trees can live to be about 100 years old.
- It takes about 36 apples to create one gallon of apple cider.
- There are more than 2,500 varieties of apples grown in the United States, and they come in all shades of red, green and yellow.

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