

SEPTEMBER 2022

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"

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

Resident Council

Monday, September 12th at 1:45 p.m. 2 West Dining Room

We look forward to your ideas!

Every resident is an automatic member of the resident council with the rights to attend meetings. Resident Council Minutes are posted on your unit bulletin board. If you are unable to attend, please call Ext. 1528 with your concerns or suggestions.



Grace C.	Sept. 6th
Regina T.	Sept. 6th
Patricia S.	Sept. 9th
Helen M.	Sept. 10th
Dolores N.	Sept. 19th
Mary O.	Sept. 19th
Jean M.	Sept. 20th
Judi S.	Sept. 23rd
Winnie M.	Sept. 29th

September Holidays

Monday, September 5th - Labor Day
Sunday, September 11th - Grandparents Day
Thursday, September 22nd - Fall Begins

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

General Election Important Dates

September 29 - First-day ballots will be mailed.

October 11 - Last day to register using mail-in form.

November 3 - Last day to request Vote by Mail ballot.

November 8 - Election day, ballots need to be in the mail with a postmark.

Why the first Tuesday?

The weather and farming dictated when elections were held. In 1845, Congress decided that voting day would be the first Tuesday after the first Monday in November, which was after the fall harvest and before winter conditions made travel too difficult.

Important Phone Numbers

Nursing Directors

Libby	Ext. 1545	Marla	Ext. 1586
Anna	Ext. 1597	Maira	Ext. 1502

Life Enrichment

Jill	Ext. 1528	Gloria	Ext. 1589
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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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