

SEPTEMBER 2023

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

Friday, September 15th at 10:30 a.m.

Carmel Hall or Rooftop Garden

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.



Claire V.	Sept. 2nd
John S.	Sept. 8th
Helen M.	Sept. 10th
Dolores N.	Sept. 19th
Mary O.	Sept. 19th
Jean M.	Sept. 20th
Judi S.	Sept. 23rd
Judy H.	Sept. 28th
Winnie M.	Sept. 29th

September Holidays

Monday, September 4th - Labor Day
Sunday, September 10th - Grandparents Day
Saturday, September 23rd - Autumn 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

Chicago Bear Games

Sun, Sep 10 vs Green Bay 3:25 PM FOX
Sun, Sep 17 @ Tampa Bay 12:00 PM FOX
Sun, Sep 24 @ Kansas City 3:25 PM FOX

Soldier Field was designed in 1919 and opened on October 9, 1924, as Municipal Grant Park Stadium. The name was changed to Soldier Field on November 11, 1925, as a memorial to U.S. soldiers who had died in combat.

Important Phone Numbers

Nursing Directors/Managers

Rachel Ext. 1545 Sr. Theresa Ext. 1586
Anna Ext. 1597 Maira Ext. 1502
Jessica Ext. 1555

Nurse's Stations

2 West Ext. 1540 3 West Ext. 1550
2 East Ext. 1560 3 East Ext. 1570

Life Enrichment Director - Jill Ext. 1528

Claire Ext. 1595 Gloria/Tanfie Ext. 1589

Social Services - Andrea M. Ext. 1548 Alison G. Ext. 1621

Pastoral Care Director - Sr. Kathleen Ext. 1500

Dietary Director - Andrea R. Ext. 1585

Gretta Ext. 1521 Diet Office Ext. 1524

Maintenance Director - Kevin Ext. 1503

Housekeeping Director - Dorota Ext. 1584

Housekeeping Evening Ext. 1639

Salon Appointments Ext. 1528

Front Desk "0" for Operator

Ombudsman - DuPage County

Karina Vazquez - 630-407-6483

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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