



Dear Friends,  
Thank you, Staff and Residents, for making us feel so welcome the past 6 months at Edencrest. Dick needs long term care w/Therapy and is at Trinity/Luther Park. I will have an apartment at L.P. on the other side of the building. I was a volunteer for 50 years at "The Homes" so I've been getting reacquainted with many staff and residents. May God Bless and Protect you!  
Dick and Jean Mott

## September Horoscopes and 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. 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.



**Jane R - Sep 6**  
**Margaret S - Sep 8**  
**Wayne J - Sep 17**  
**Thelma N - Sep 22**  
**Harold B - Sep 25**  
**Virginia H - Sep 27**

## Television's Fall Feast

strictly to the September schedule. However, cable now competes with network TV for dominance. Cable channels HBO, Showtime, and Starz all draw Hollywood talent for their small-screen gems, such as *The Young Pope*, *American Gods*, and *Game of Thrones*. And cable shows do not have to air in September. They can premiere new shows whenever they want. Even more disruptive of television is streaming video. Netflix, Hulu, and Amazon Prime all offer shows that

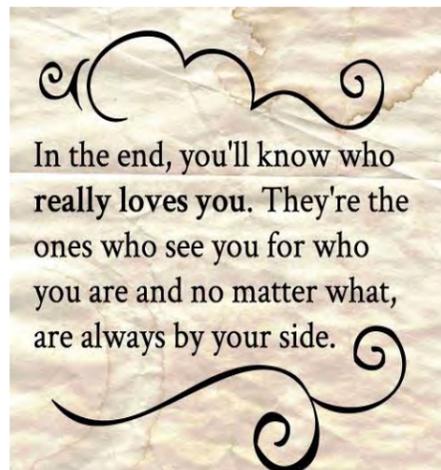
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can be accessed only by paying for their particular service. The advantage is that you no longer have to pay for cable to watch popular shows like *House of Cards*, *The Handmaid's Tale*, and *Mr. Robot*. Viewers can watch them whenever they like directly from a computer, smartphone, or Internet-connected television. September may offer a bonanza of new network television, but there are countless ways to watch your new favorite shows all year long.

## September 10<sup>th</sup> Family BBQ!

Sunday, September 10<sup>th</sup> kicks off National Assisted Living Week and it's Grandparents Day! What better way to celebrate than to join us here at Edencrest Green Meadows as we celebrate grandparents and families! We will be grilling hamburgers and hot dogs and would love to see you here! **Please RSVP to 207-1984 by September 5<sup>th</sup>.**

*'Family isn't always blood, it's the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what'*



In the end, you'll know who really loves you. They're the ones who see you for who you are and no matter what, are always by your side.

# Edencrest at Green Meadows

September 2017



6750 Corporate Drive  
Johnston Iowa

515.207.1984

**Celebrating  
September**

**Trolley Cars  
of Iowa**  
September 5

**Assisted Living  
Week**  
September 10–16

**Family BBQ!**  
September 10

**Travelin'  
Musical  
Memories**  
September 12

**Ice Cream  
Social**  
September 13

**Phil and Caitlyn  
Musical Duo**  
September 17

**Dave Gray  
Music**  
September 26

## Television's Fall Feast

September means it's time to ring in another new season of television. Why does the television season begin in September? This harkens back to the days of radio, when new radio shows would begin their runs in September, continue through the winter into the spring, and then take the summer off when most people spend time outside away from their radios and televisions. September is also an important time for television networks because the Nielsen Company begins its measurement of television audiences and ratings. The better the ratings for a television show, the easier it is for a network to sell advertising. So September marks a frantic time for television makers, raters, and advertisers, not to

mention fans awaiting the return of their favorite shows like NBC's *This Is Us* and the premieres of new ones such as CBS's *Young Sheldon*, a spin-off of the wildly successful comedy hit *The Big Bang Theory*.

Great classics like *Cheers*, *M\*A\*S\*H*, *All in the Family*, *The West Wing*, and *Seinfeld* adhered

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## National Assisted Living Week Sept 10<sup>th</sup> -16<sup>th</sup>



The 2017 theme, "Family is Forever," recognizes the unique bonds formed between those who reside in assisted living and those who work and volunteer in these communities. For many assisted living caregivers, their dedication and

consideration develops into a deep emotional attachment, where staff and residents come to think of each other as family. Whether getting to know the residents inside and out, listening to their stories, spending time after hours to do something nice for them, or being there in their final moments, this National Assisted Living Week® is meant to honor those caregivers who give their hearts and souls to their residents.

# August 2017 Memories



Edencrest 2017 Queen Lola and King Joe! Ms. Edencrest Spirit 2017 - Ruth



# Tiny Tee Time



The record score for mini golf is 18, a hole-in-one on every hole!

# A Consequential Cup

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 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.

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.

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.

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.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and 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 the coffee pot brewing some of the stuff on your own kitchen counter.

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