

SEPTEMBER 2023

PHEASANTS RIDGE PRESS



HELLO
SEPTEMBER



"THERE ARE FLOWERS ENOUGH IN THE
SUMMERTIME,
MORE FLOWERS THAN I CAN REMEMBER—
BUT NONE WITH THE PURPLE, GOLD, AND RED
THAT DYE THE FLOWERS OF SEPTEMBER!"
—MARY HOWITT (1799-1888)

September brings...

SEPTEMBER 11 IS GRANDPARENTS DAY!
SEPTEMBER 17 IS CONSTITUTION DAY
SEPTEMBER 21 IS RECOGNIZED AS THE
ANNUAL INTERNATIONAL DAY OF PEACE
SEPTEMBER 23 MARKS THE START OF FALL!
SEPTEMBER IS NATIONAL HAPPY CAT MONTH

FULL HARVEST MOON

SEPTEMBER'S FULL MOON, THE HARVEST MOON, REACHES PEAK ILLUMINATION ON FRIDAY, SEPTEMBER 19



Apple Pie Cookies

Prep Time: 30 mins

Cook Time: 23 mins

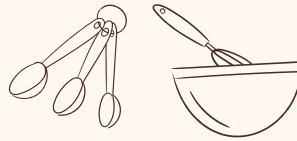
Total Time: 1 hr 8 mins

Ingredients:

1 cup butter
6 ounces cream cheese, softened
2 tablespoons vanilla extract
2 cups all-purpose flour
5 teaspoons white sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1 (15.25 ounce) can apple pie filling, or as needed
2 tablespoons sugar, or to taste
1 teaspoon ground cinnamon, or to taste

Directions:

-Preheat oven to 350 degrees F (175 degrees C). Line 2 baking sheets with parchment paper.
-Beat butter, cream cheese, and vanilla extract together in a large bowl until smooth. Add flour, 5 teaspoons sugar, baking powder, and 1 teaspoon cinnamon; mix until dough comes together.
-Roll dough into a 1/4-inch thick round on a floured work surface. Cut out 48 circles with a cookie cutter.
-Top 24 dough circles with a teaspoon of apple pie filling. Cover with remaining 24 dough circles. Crimp edges with a fork to seal. Arrange cookies on lined baking sheets.
-Bake in the preheated oven until cookies are golden brown, 23 to 29 minutes. Cool for 5 minutes.
-Mix 2 tablespoons sugar and 1 teaspoon cinnamon together in a shallow bowl. Roll warm cookies in sugar and cinnamon mixture until coated. Transfer to a wire rack to cool, about 10 minutes.



HINT: You'll be making these Sept 21st with Nat!



Sweater Weather



NURSE'S ORDERS!

BLUESTONE ROUNDING 9/25/2023

SEPTEMBER IS... Falls Prevention Month

Taking a fall at home can be a frightening and life-changing experience, especially for the elderly. There are a number of medical, personal and environmental factors that can make someone more susceptible to a fall-related injury.

Tips to prevent falls, and/or being injured from a fall...

- Avoid wet or slippery surfaces
- Avoid having cluttered pathways in your apartment
- Avoid poor lighting
- Avoid wearing inadequate footwear
- Stay hydrated
- Get an annual eye exam
- Talk to your healthcare team about medication side effects



RIDDLES

1. THE MORE THERE IS, THE LESS YOU SEE. WHAT AM I?
2. HOW DO EIGHT EIGHTS ADD UP TO ONE THOUSAND?
3. WHAT IS THERE ONE OF IN EVERY CORNER AND TWO OF IN EVERY ROOM?

ANSWERS:

1. DARKNESS

2. $888 + 88 + 8 + 8 + 8 + 8 = 1000$

3. THE LETTER "O"

SEPTMEBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Tie Dye Painting 1 Happy Hour	2 Hallway/ Outside Walking
3 Resident Choice	4	5 Chair Yoga Crafts	6 Target Ball 	7 Dessert w/ Shelby Family Feud	8 Match Game 	9 Hallway/ Outside Walking
10 Resident Choice	11 Coffee & Donuts! 	12 Dress as a superhero day! 	13 Sundaes at Betty's Malt Shop 	14 Dice Game w/ Resident & Staff 	 15 End of Summer BBQ Party	16 Hallway/ Outside Walking
17 Resident Choice	18 Manicure Monday 	19 Chair Yoga Crafts	20 Target Ball 	21 Baking Apple Pie Cookies 	22 Match Game Vine Garage Band	23 Hallway/ Outside Walking
24 Resident Choice	25 Target Hunting 	26 Making Playdough Movie & Popcorn	27 Cards & Board Games 	28 Prize Ball Family feud	29 Fall Decorating Happy Hour	30 Hallway/ Outside Walking

Folklore for the Season

Heavy September rains bring drought.

September dries up ditches or breaks down bridges.

Married in September's golden glow, smooth and serene your life will go.

If the storms of September clear off warm, the storms of the following
winter will be warm.

Fair on September 1st, fair for the month.