

September 2020

Hearth @ Southbury

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The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

Celebrating September

- 1st- Titanic Wreck Found
- 2nd- Scenic Ride
- 3rd- Scenic Ride
- 4th- College Colors Day
- 5th- Bingo
- 7th- Labor Day
- 9th- Scenic Ride
- 10th- Rendevar Virtual Reality
- 11th- Scenic Ride
- 13th- Grandparents Day
- 14th- Hershey Day
- 16th- Scenic Ride
- 17th- Rendevar Virtual Reality
- 18th- Rosh Hashanah Begins
- 18th- Scenic Ride
- 21st- World Alzheimer’s Day
- 22nd- 1st Day of Fall
- 23rd- Scenic Ride
- 25th- Scenic Ride
- 27th- Yom Kippur Begins
- 28th- Making Breast Cancer Awareness Bracelets
- 30th- Scenic Ride

****Scenic Rides are every Wednesday & Friday unless otherwise noted. Spots are limited due to COVID/Social Distancing restrictions and are on a 1st come 1st serve basis. We try our best to accommodate requests so that everyone gets a chance to go!****



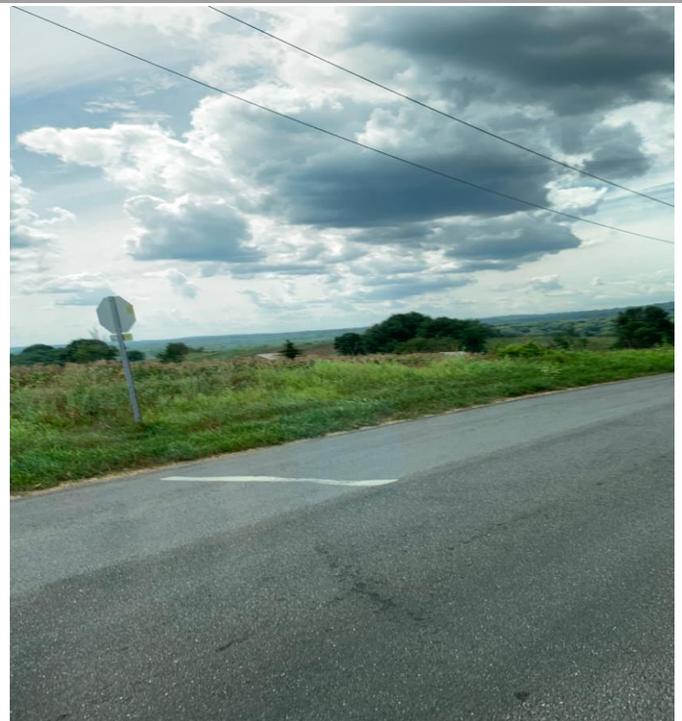
Friendly Reminder!

Your Mail is now being delivered directly to your mailboxes. Moving forward, you must come down to the mailroom to pick up your mail. Please contact the front desk if you have any questions or concerns.

Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.



Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.



Herb D.- 3rd
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Maria T.- 5th
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Joan C.- 15th
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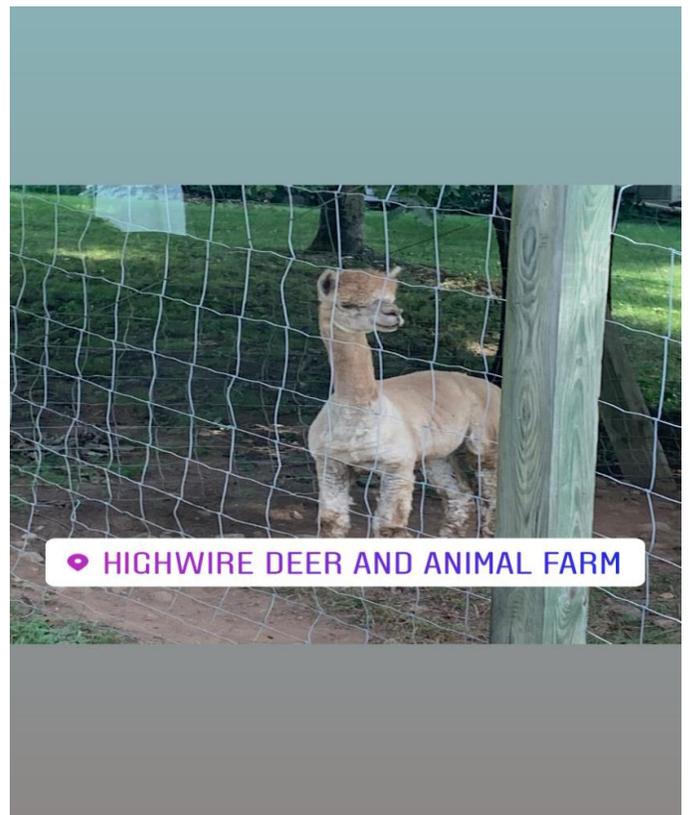
Ann E.- 17th
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Betty C.- 18th
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Pearl K.- 24th
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Ann S.- 26th
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Angela B.- 26th



◆ HIGHWIRE DEER AND ANIMAL FARM

Transportation Schedule

Mondays:

9am-12pm- Local Drs. Appts.
1pm-3:30pm- **Keepsake Outing**

Tuesdays:

9am- 2pm- **Waterbury Appointments Only**

Wednesdays:

9am-12pm- Local Drs. Appts. ONLY
2pm-3:30pm- **AL Outing**

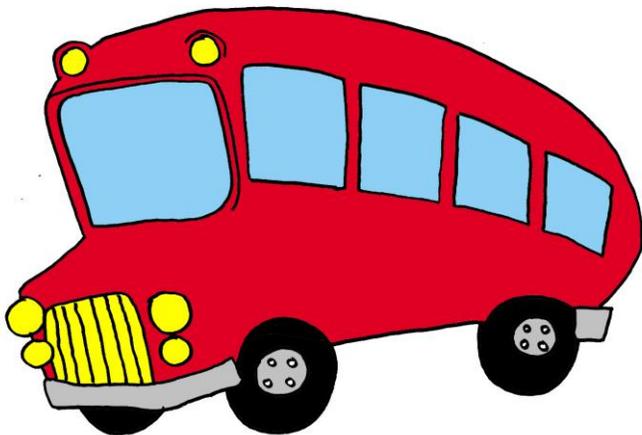
Thursdays:

9am-1pm- Local Drs. Appts. ONLY
1pm-3:30pm- **Keepsake Outing**

Fridays:

9am-12pm- **Danbury Drs. & Hospital appts. ONLY**
2pm- **AL Outing**

Please submit all transportation requests directly to **Nursing, within 24-48 hours of scheduled appointment. Thank you!**



Your Management Team:

Stasia Iwanski, Executive Director

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Rose McMillian, Business Manager

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Marci Carosella, Activities Director

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Megan Kubik, Wellness Director

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Chris Brant, Food Service Director

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Toni King, Keepsake Wellness Director

*

Jennifer Birmele, Marketing Director

