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Celebrating September

Classical Music Month

Self Improvement Month

Courtesy Month

Newspaper Carrier Day

September 4

Labor Day (U.S.)

September 5

National Ampersand Day

September 8

Chocolate Milkshake Day

September 12

Line Dance Week

September 12–17

**International Day of
Democracy**

September 15

Love Note Day

September 23

International Coffee Day

September 29

Hats Off to Fall

September brings chilly fall winds in the northern hemisphere and bright hot sun in the southern. This makes September the perfect month to don a hat, either to keep warm or to protect you from sunburn. Short on ideas about what kind of hat to wear during Hat Month? Opportunities abound for wearing hats of all different styles.

In America, September 13 is Uncle Sam Day. That stern-faced, white-bearded, finger-pointing gentleman, a symbol of America personified, wears a top hat decorated with great white stars on a blue background. Of course, if you choose to wear a top hat, it needn't be so patriotic. If you happen to find yourself south of the border in Mexico on September 16, Mexican Independence Day, you will likely find many people wearing wide-brimmed sombreros and yelling, "¡Viva Mexico!"

If you're the crafty type, ditch the sombrero on September 15 and celebrate Make-a-Hat Day. Plum out of ideas for this holiday? September 15 is also Felt Hat Day, so grab some shears and start cutting felt for a fedora, a cloche, or even a tall gnome cap.

History buffs can also get into the fun. In America, September 16 is Mayflower Day, the day in 1620 that the Pilgrims set sail from England for the New World. What is more symbolic of the Pilgrims than their *capotains*, those tall black hats with big buckles in the center? If you're going for historical accuracy, however, forget the buckle. It was a fanciful addition by artists of the 19th century. If fanciful hats are more to your liking, don a pirate's hat on September 19, Talk Like a Pirate Day. Or even better, on September 26, Johnny Appleseed Day, take after that American folk hero and wear a tin pot on your head. Legend states that he wandered barefoot eating out of his hat, wearing naught but a coffee sack.

Tough Luck

If you find the number 13 unlucky, then September 13, Defy Superstition Day, may be just what the doctor ordered. Superstitions are beliefs that contradict rational thought. If they are so irrational, why are so many people superstitious? Psychologist B.F. Skinner hypothesizes that superstitious behaviors stem from the concept of reinforcement; that is, a person makes an action expecting a reward. What makes superstitions unique is that superstitious people repeat an action over and over, even if the reward is not realized. For example, someone may always throw salt over their shoulder to ward off bad luck even though there is no immediate benefit or consequence.



Why do we throw salt to ward off bad luck? The salt superstition stems from Christianity, specifically, Leonardo da Vinci's painting of the Last Supper. In the painting, Judas—the apostle who betrayed Jesus—is depicted knocking over the salt. The act of spilling salt has since been associated with treachery and lies. The act of throwing it over your left shoulder is to blind the devil lurking there.

Do you walk under ladders? It's a common superstition that it is bad luck to do so. This superstition began in ancient Egypt. A ladder leaning against a wall forms a triangle, which was considered a sacred shape, similar to the shape of the pyramids. Passing under the ladder was considered an insult to the gods. This superstition carries on to this day.

Perhaps the most prevalent superstition is to knock on wood to prevent disappointment and promote good fortune. Many ancient pagan cultures worshipped trees because they were believed to be inhabited by spirits. It was common to lay hands on trees and ask for favors or give thanks. Of course, on September 13, defy all these superstitions by spilling salt, walking under ladders, and not knocking on wood. While you're at it, open an umbrella indoors and break a mirror for good measure.

One-Hit Wonderful

There is no surer path to celebrity and then back to obscurity than the one-hit wonder. September 25 is One-Hit Wonder Day, a day for us to remember all those musicians who wrote one hit song that dominated the charts and then were forgotten. Perhaps one of the best-known one-hit wonders is "Earth Angel," that 1955 doo-wop classic by the Penguins. The record sold over four million copies and was covered by various artists, making it perhaps the most successful one-hit wonder of all time. But don't take our word for it. Every decade has had its share of one-hit wonders: 1963's "Wipeout" by the Surfaris, 1977's "You Light Up My Life" by Debby Boone, 1983's "Puttin' on the Ritz" by Taco, 1991's "Walking in Memphis" by Marc Cohn, and 2006's "Listen to Your Heart" by D.H.T. If you don't recall any of these songs, you're not alone, but that doesn't bother Steven Greenberg, who in 1980 wrote the song "Funkytown." When asked about his sole hit, Greenberg says, "I call it 'one-hit wonderful.'"

Penny Press Day

On September 3, 1833, Benjamin Day began printing his daily newspaper *The Sun* in New York City, for which he charged one penny per copy.



For this reason, September 3 is celebrated as Penny Press Day. Day's small paper was groundbreaking for many reasons. First, it brought the news to the masses. Working-class families and immigrants could at last afford to be well informed. Secondly, it relied on advertising, not subscriptions, for revenue, which helped keep its cost so low. The invention of the steam engine also aided Day's cause. In 1840, he could print 4,000 copies an hour; by 1851, he was printing 18,000. Day was also the first newspaperman to hire reporters to follow stories. Thanks to his ingenuity, Day became New York's first great newspaper magnate.

A Card for Any Occasion

It's happened to many of us: You want to buy a greeting card, and the next thing you know you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who had penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.



Despite the advent of digital greeting cards and online social media outlets like Facebook, the greeting card industry still manages to rake in seven billion dollars every year. That's thanks to the average person sending 25–30 cards a year through the mail. Why do greeting cards remain so popular? Perhaps it is because, deep down, we crave lasting messages of love and appreciation. After all, most of us still have old greeting cards stuffed into drawers somewhere. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers to become writers of greeting cards. According to the Greeting Card Association (GCA), while the picture on the front of the card captures a buyer's attention, it is the words inside that will determine whether the card is bought. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. The GCA advises that writers must be sure to match their writing to the appropriate holiday. It makes little sense to write a humorous Mother's Day card for a publishing house seeking poems that tug on the heart strings. In general, good cards pay anywhere from \$25 to \$150 per card, with funny cards often earning more.

Perhaps you have an idea for a non-traditional greeting card. Wombi Rose, founder of Lovepop cards, wanted to build a more exciting greeting card. Not only does Lovepop create a 3-D, pop-up card tailor-made to the customer's wishes, but they will even handwrite a personal message inside. Now that's a special delivery.

September Birthdays & Events

Darlene Treslan 9-11

Bonnie Thilges 9-10

Events:

Sept. 6th Resident Meeting 2pm

Sept. 6th Barb-Piano 3pm

Sept. 7th Food Meeting 2pm

Sept. 19th Down Memory Lane 2pm

Sept. 21st Music By Jeff 2pm

Assisted Living Week Sept.11-17

Sept. 11th Family Meal 12pm (RSVP by Sept. 7th)

Sept. 12th Mark & K9 Unit 2pm

Sept. 13th Trainwreck Winery 2pm

Sept. 14th Soup Cook-Off 11:30am

Sept. 14th Doughnut Making 2pm

Sept. 15th Ventriliquist 4pm

Sept. 16th Nature Center 10am

Sept. 16th Pie & Ice Cream Social 1:30-3pm

Sept 16th Pizza Party 5pm

Sept. 17th Ag Building & Train 1pm



Darling Dumplings

The Good, the Bad, the Cholesterol

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.

Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fat-like substance is essential to the good health of our body's cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies. These carrier proteins are called *lipoproteins*.



Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL “bad” cholesterol. This type of cholesterol is considered bad because it creates a plaque, a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to a heart attack and heart disease.

High-density lipoprotein, or HDL “good” cholesterol, is considered good because it helps remove the LDL “bad” cholesterol from our arteries. HDL acts like a scavenger, roaming the body, carrying LDL away from the arteries back to the liver, where LDL is broken down and removed from the body.

Foods high in saturated and trans fats lead to increases of LDL and can damage blood vessels. Monounsaturated and polyunsaturated fats— those found in olive oil, salmon, oats, avocados, nuts, berries, eggs, and even chocolate—help increase our HDL. Eating healthy is not the only way to improve cholesterol. As little as 30 minutes of exercise per day has been shown to improve HDL cholesterol. Quitting smoking is also an effective means of increasing HDL and lowering blood pressure. Now that you know so much about cholesterol, have a heart and pass your newfound knowledge along.

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos require a sharply organized mind and will analyze points in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and good will.

Boxcar Willie (singer) – September 1, 1931
Bob Newhart (actor) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Otis Redding (singer) – September 9, 1941
Agatha Christie (writer) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Jim Henson (puppeteer) – September 24, 1936
Jack LaLanne (health guru) – September 26, 1914
Gene Autry (singer) – September 29, 1907
Buddy Rich (drummer) – September 30, 1917

“Number, Please”

Emma M. Nutt made history on September 1, 1878, when she became the first female telephone operator. It had been customary for teenage boys to be telephone operators. However, these youth proved impatient over the phone, played pranks on callers, and often used crude language. Alexander Graham Bell himself came up with the solution to hire young women, and he started by hiring Emma Nutt. Needless to say, Emma's cool, soothing voice transformed the new industry. Emma's sister Stella Nutt was hired just a few hours later. Emma Nutt was so successful that telephone operation became an exclusively female profession. Indeed, women relished the professional opportunity, which was considered a step up from domestic duties and factory work. Women would man the telephones for almost the next 100 years.

