



From Your Administrator

By Kim Pederson

A Change in Therapy Services

I want to make you all aware of an upcoming change in our therapy services provider. Bringing partners into Park River Estates Care Center is critical to providing excellent care and service. We value long term relationships and strive for these relationships to be mutually beneficial. In recent months, we began to explore other options for providing therapy services in both TCU and Long-term Care. We did not take this decision lightly, and we did our due diligence.

We are pleased to introduce you to Centrex Rehab. They will take over therapy services at PRECC on 9/01/2024. Centrex Rehab's Mission, Vision and Values are closely aligned to those of Park River Estates and our sister facility New Brighton Care Center. Working with them on this transition has gone very smoothly and we believe that continued rehabilitation services at both buildings will remain seamless and of the highest quality. Fortunately, despite this change, you will continue to see some familiar faces within the therapy department.

If you have any questions about this transition, please feel free to reach out: kpederson@parkrivereestates.com

Kim Pederson, Administrator

September, The Month of Fire

In ancient Rome, the month of September was devoted to the Vulcan god of fire and forge. Romans believed the month was ruled by Vulcan and expected fires and earthquakes. This makes sense because statistically most wildfires occur in the early fall. Also, the red, yellow, and orange colors of fall leaves look a lot like fire.

Birthdays

Bill R. September 21st
Bud C. September 24th

Zodiac Signs

Virgo- September 1st- 22nd
Traits: analytical, hardworking, loyal
Libra- September 23rd- 30th
Traits: diplomatic, intelligent, kind



Random Tidbits

- *Sept. 1st, 1985, the wreck of the Titanic was seen for the first time since it sank in 1912. *
- *Sept. 2nd, 1969, the first automated teller machine (ATM) opened for business in New York City. *
- *Sept. 3rd, 1777, the American Flag was first flown in battle during the Revolutionary War. *
- *Sept. 5th, 1877, Chief Crazy Horse, a Sioux leader who helped defeat George Custer, was killed. *
- *Sept. 8th, 1920, U.S. Air Mail service began from New York City to San Francisco. *
- *Sept. 9th, 1966, President Lyndon Johnson signed into law the required use of seatbelts in vehicles. *
- *Sept. 10th, 1953, Swanson introduced the first T.V. dinner (turkey, stuffing & peas) for busy housewives. *
- *Sept. 11th, 2001, four commercial airplanes were hijacked in a coordinated attack against the U.S. 2, 977 innocent lives were lost and the 19 Al-Qaeda terrorists who hijacked the planes. *
- *Sept. 14th, 1982, Princess Grace of Monaco tragically died in a car accident at age 52. *
- *Sept. 18th, 1947, The U.S. Air Force separated from the Army, becoming its own military service. *
- *Sept. 24th, 1919, Babe Ruth hits his 28th home run of the season, an MLB record. *
- *Sept. 25th, 1981, Sandra Day O'Connor was sworn in as the first U.S. female Supreme Court Justice. *

Birthstone- Sapphire

It's fitting that this month's birthstone is royal blue... this gem has been revered by royalty since ancient times! King Solomon was said to have worn a sapphire ring for protection, and Russia's Ivan the Terrible adorned himself with sapphires because he believed they strengthened the body and fostered courage. Sapphires also symbolize loyalty, respect, and lasting affection. Princess Diana had a gorgeous sapphire engagement ring. The famous blue gem now flatters the hand of Catherine, Princess of Wales.

Flower- Aster

The Aster is a flower with brightly colored petals that unfold in the shape of a star. It should come as no surprise that these blooms take their name from the Greek word for *star*. There are about 180 species of Asters throughout North America and Eurasia with colors ranging from purples to blues, reds, pinks, and whites. This flowers wide variety of shapes and colors make it an ideal plant for gardens. Along with Mums, Asters are considered a classic autumn flower.



Gift Basket Fundraiser

It's that time of year for the Resident Council Foundation's Gift Basket Fundraiser! \$1.00 raffle tickets can be purchased at the front desk starting August 26th through September 26th. The Foundation is a non-profit organization, separate from Park River Estates Care Center. The Foundation's Board includes members from our community, staff members, and residents. **The Foundation's sole purpose is to raise money to pay for entertainment, pet therapy visits, and activities to enhance the resident's quality of life in our home.** Thank you for your support!

National Day of Service and Remembrance Day

23 years ago, 2,977 lives were lost to the terrorist attacks on September 11th, 2001. In 2009, Congress declared this day "The National Day of Service and Remembrance." As we remember those who lost their lives, we also remember the heroic efforts of first responders, our military, civilians, & our resilience and unity as a nation. Please join us this Remembrance Day for patriotic music by Mia Dorr @ 2:00!

The Golden State Answer Key-

- | | | |
|------------------------|------------------------|--|
| 1. Redwood | 9. Rodeo | 17. Missions |
| 2. San Francisco Bay | 10. Hollywood | 18. Richard Nixon and
Ronald Reagan |
| 3. 1906, San Francisco | 11. Sacramento | 19. Theodore Roosevelt |
| 4. 1848 | 12. Los Angeles | 20. Sequoia |
| 5. 49ers | 13. Death Valley | |
| 6. Grapes, wines | 14. Sierra Nevada | |
| 7. Fisherman's | 15. San Diego | |
| 8. Disneyland | 16. Golden Gate Bridge | |



Chaplain's Corner

Like the Tortoise: “Slow, But Steady”

How refreshing to learn from God's amazing creation. Learn from the tortoise about moving forward, no matter how slowly, keeping your eyes on the end of the journey.

The famous parable “*The Tortoise and the Hare*” describes a competition between a hare who ran fast and a tortoise who plodded along slowly. The arrogant hare mocked the slow-moving tortoise, so the tortoise challenged him to a race. The hare soon left the tortoise behind. Confident he would win; the hare took a nap midway through the race. However, when the hare awoke, he found that the tortoise, crawling slowly but steadily, had arrived before him and won the race!

The moral of the story? The swift do not always win the prize. Yes, we all move slower as we age. Don't give up because progress is slow. Those who keep pressing forward one step at a time become winners!

You will discover the Galapagos tortoise off the coast of Ecuador, South America. These giant tortoises do indeed move slowly, but not always steadily. Sometimes they need motivation!

A zoo that housed George, the Galapagos tortoise, was moving him from his winter home in the warmer enclosure to his outdoor summer home. The journey wasn't far, but for George the giant tortoise, it would take all day. But along the way, George was distracted by the green leaves hanging over the path, the fresh grass, and the sweet-smelling flowers!! As dusk approached, the zookeepers realized George needed some encouragement to keep moving so he would reach his home before dark. So, they dangled before him colorful fruit and vegetables, letting him smell their freshness thus encouraging him to keep going for the prize at the end of the journey. It worked and George reached his summer home before sundown!

The moral of this story? Watch out for distractions that turn you away from your goal. Keep your eyes on the end of the journey. For Christians, that means to keep anticipating our heavenly home—being with Jesus forever in The Father's House. Anticipate seeing Jesus and our loved ones in God's home! God encourages us along the way through His Word and through other people. Keep going! Keep the goal in sight and keep moving forward steadily.

(*All God's Creatures, Daily Devotions for Animal Lovers*, Guideposts Books, 2023. “George's Journey”, Jerusha Agen, p. 180)

Happy September!!
+Chaplain Sherree Lane



The Golden State

September 9th, 1850 is the date when California became a state. Find out what you know about California by answering the questions below. Use words from the word bank to answer the questions. Answer Key on page 3.

1. What colorful type of tree has its own forest in California? _____
2. California contains the world's largest landlocked harbor, _____.
3. In _____ a major earthquake occurred in California. In what city did it occur?
_____.
4. Gold was discovered at Sutter's Mill in _____.
5. Miners who flocked to California were called _____.
6. California is known for its _____, which are made into fine _____.
7. _____ Wharf is a tourist attraction in San Francisco.
8. _____ amusement park is located in Anaheim.
9. _____ Drive is a famous street for expensive shopping in Beverly Hills.
10. _____ is the filmmaking capital of the U.S.
11. _____ is California's capital.
12. _____ is the second largest city in the United States.
13. _____ is the lowest place in the United States.
14. Most of California's gold deposits are found on the western slope of the _____
_____ Mountains.
15. One of the nation's finest zoos is in _____.
16. One of the world's longest suspension bridges is the _____.
17. In the early 1800's California was home to many _____ built by Franciscan friars.
18. Name two Presidents who called California home: _____ and
_____.
19. This President was in office when Yosemite National Park was established _____.
20. The General Sherman is one of the world's largest living things. It is a _____ tree.

Word Bank

Missions	sequoia	1906	fisherman's
49ers	Richard Nixon	San Francisco	grapes
Wines	Sacramento	redwood	Theodore Roosevelt
San Diego	Los Angeles	Death Valley	Golden Gate Bridge
Rodeo	Ronald Reagan	Sierra Nevada	San Francisco Bay
Disneyland	Hollywood	1848	

Key Facility Contacts:

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Dir. of Finance.....Marti Bullock
Dir. of Health Info.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....
Dir. of Social Services.....Chris Neely
Dir. of Staff Development.....Sue Sellner
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