



# CLATSOP CARE RETIREMENT VILLAGE

947 Olney Avenue • Astoria, OR 97103 • 503-325-4676

## The Health Hotspot

Congratulations are in order for the Health Services Department at Clatsop Retirement Village for having a Deficiency Free Licensing Survey.

A huge THANK YOU to all of the care staff and team leaders who are the key providers of the services provided and made our success with survey possible.

Special thanks to our wonderful RCC's Christine and Kris who are the hub of the wheel that keeps everything running at all times, including when they fill in the holes that happen in our schedule.

MARK YOUR CALENDARS FOR SEPTEMBER 11th.

COVID VACCINE

FLU VACCINE

SAFEWAY PHARMACY WILL BE HERE WITH NURSES TO GIVE ANNUAL VACCINES. PLEASE SIGN UP IN THE NURSING OFFICE BY SEPTEMBER 1ST. There will be a flyer distributed to remind you the last week of this month. To your Good Health...Sue Spivey, RN HSD



## "Trains' Is One

How many words can you spell from "centenarians"?

## September 2025

### September Birthdays

Judith Parke	September 18
Roland Henin	September 22
Nancy Milsovic	September 28

### Liberty Theatre Silver Screen Film Series

On September 2, 2025 at 1pm CRV will attend the Liberty Theatre Silver Screen (& hair) Film Series showing of "Rebel Without A Cause" starring James Dean and Natalie Wood. This event is sponsored by Clatsop Care Center Health District. Free by RSVP through Clatsop Care or the Astoria Senior Center. Otherwise \$5.



### Age Doesn't Matter

"Age is something that doesn't matter, unless you are a cheese." —Billie Burke

### Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woody or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.



## Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!



## Your Voice Matters!

We love to hear feedback from our residents, so we can learn what is working well. Please give us a call, send an email or, better yet, stop by the office to share your thoughts.

Positive feedback is especially helpful when it's public! Help us spread the word about our wonderful community by posting a review online.

Lastly, thank you for reading our newsletter! If you have ideas for how we can better share stories and information that you need, please let our office staff know.

Thank you for being a part of our community. We appreciate you!



## The Facts Behind Autumn's Falling Leaves

The color of autumn's glorious palette comes from pigments in leaves. Pigments are natural substances produced by leaf cells. The three pigments that color leaves are: chlorophyll (green), carotenoid (yellow, orange and brown) and anthocyanins (red).

Most of the year, the chlorophyll masks the other colors. But in autumn, changes in the length of daylight and temperature cause chlorophyll to break down. The green color disappears, and the yellows to oranges and reds become visible.

Autumn color is helpful in a way you might not have imagined: it can help you identify different tree species.

- *Oaks*: Red, brown or russet
- *Hickories*: Golden bronze
- *Dogwood*: Purple-red
- *Birch*: Bright yellow
- *Poplar*: Golden yellow
- *Sugar maple*: Orange-red
- *Black maple*: Glowing yellow
- *Red maple*: Bright scarlet

## Cracking the Case of the Clichés

The jury is out on when and where these common clichés were born and bred, but we're going the extra mile to take a hard look at their origins, for better or for worse.

*Spill the beans*. Many believe that this saying dates back to Ancient Greek elections. Voters secretly cast their ballots using white beans for "yes" and black beans for "no." If someone knocked over the container of the beans, they revealed the secret results too early.

*Bite the bullet*. Field surgeons without painkillers on hand would give their patients a bullet to bite on when they operated, hoping to distract patients and keep them from screaming in pain.

*Put a sock in it*. Record players in the 1800s didn't have volume control, so users would quiet the music by putting a sock inside the machine's large horn.

*Read between the lines*. Before it became a figure of speech, letter readers would use tools to reveal hidden messages written in special ink between the lines.







### Honey Do List

Bears and bees have plenty to celebrate this September during National Honey Month. Comb through these alternatives to the ever-popular clover honey to find a new favorite.

*Tupelo.* Nicknamed the "champagne of honey," this rare treat can only be harvested after the tupelo trees bloom in the swamps of the Southeast U.S., which only lasts two to three weeks.

*Orange Blossom.* Honey lovers

are in for citrus scents with this unique version, grown today mostly in Florida, Texas and California.

*Purple honey.* This honey has both beekeepers and scientists alike stumped on what causes the unusual hue. Because of its rarity, purple honey is typically only available from specific sources, which post it for sale as the bees work their mysterious magic.

All honey types have been linked to numerous health benefits when eaten in moderation as part of a balanced diet—including supporting heart, digestive and respiratory health—for individuals older than 1 year.

### A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.



### Wit & Wisdom

"Encouragement goes straight to the heart and is always available. Be an encourager. Always."

—Roy T. Bennett

"With verbal encouragement, we are trying to communicate, 'I know. I care. I am with you. How can I help?'"

—Gary Chapman

"Who do you spend time with? Criticizers or encouragers? Surround yourself with those who believe in you. Your life is too important for anything less."

—Steve Goodier

"When we encourage others With no personal motives, We raise high, very high, Humanity's progress-standard."

—Sri Chinmoy

"Encourage yourself, believe in yourself and love yourself. Never doubt who you are."

—Stephanie Lahart

"Taking an interest in what others are thinking and doing is often a much more powerful form of encouragement than praise."

—Robert Martin

"The essential support and encouragement comes from within, arising out of the mad notion that your society needs to know what only you can tell it."

—John Updike

# Word Search

Category: Labor Day

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1. Activity

2. Annual

3. Boss

4. Celebration

5. Date

6. Equality

7. Fair

8. Holiday

9. Hours

10. Job

11. Labor Day

12. Merit

13. Monday

14. Picnic

15. Poster

16. Quit

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## "This Month In History" SEPTEMBER

**1846:** German astronomer Johann Galle first observes the planet Neptune.

**1957:** The Little Rock Nine face mobs and rioting in their attempts to attend previously segregated Little Rock Central High School. President Eisenhower eventually sends the 101st Army Airborne to escort the children safely to school.

**1965:** Satchel Paige becomes the oldest player in Major League Baseball history at 59 years old when he pitches three innings against the Boston Red Sox. Paige

was the first Negro Leagues veteran to be inducted to the National Baseball Hall of Fame six years later.


**1966:** The sci-fi TV series "Star Trek" premieres, inviting audiences "to boldly go where no man has gone before."

**1972:** Bobby Fischer defeats Boris Spassky in "the match of the century" to become the world chess champion. Fischer was only 29 years old.

**1984:** Joe Kittinger completes the first solo balloon crossing of the Atlantic Ocean. He launched from Maine and crash landed on the Italian coast 86 hours later, breaking his ankle and a record for distance in a solo balloon flight.

**1986:** "The Oprah Winfrey Show" debuts nationwide, running until May 25, 2011.

**1998:** Google is founded in Menlo Park, Calif., and receives 10,000 queries in its initial beta phase.

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