



CLATSOP CARE RETIREMENT VILLAGE

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

Administrator's Corner

Well, fall is right around the corner. Kids back to school, Halloween, Thanksgiving, etc...

We will be having our annual flu clinic on September 11th. If there are other vaccines that you would be interested in receiving, talk with Nurse Sue. All information will be printed and handed out to all residents.

We are sorry about the passing of our dear resident council president and friend Wayne Germond. Please show Sherry and her family some love. We will miss Wayne and his positive attitude, his knowledge of flowers, and his big heart.

Carol Pierre has resigned from the council and the residents have decided to hold another election in September. Please come to the next resident council meeting and let your voice be heard.

Please be mindful of the work that Mike has done to make the parking area look clean. I am going to stress again, we have a designated smoking area, please use it if you are a smoker. The smoking area is out back, not in front of the building by the front doors.

Ann Rubino
Administrator

September 2026

Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.



Assisted Living
Neighborhood

Does Everyone Want to Leave a Legacy?

A legacy can be created in different ways. One example is through a legal document, such as a will, which allows you to name a beneficiary of your wealth or assets. A legacy can be handing down historical information from previous generations, your values to live by, and the traditions taught. Some want to leave a legacy of their accomplishments.

Every single one of us leaves a legacy. Our journey, our story is never just about ourselves. Our influence affects the people that we see every day by the words we say, our daily actions, and our character. All of that influence adds up, and it is etched in the minds of those we interact with.

Have you thought about what kind of legacy you want to leave? We often think of a legacy in terms of a positive quality we hope to be known for, but the reality of it is that legacies can be positive or negative. Are you going to invest in your legacy or neglect it? It is your choice, but either way, you and I will leave one.

Laura-Office Manager/HR



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there many ways to connect and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits, sending "just because" cards by mail or making phone or video calls. For short but meaningful connections, try texts or connecting on social media.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most is love and support. Showing interest in their lives, offering a listening ear and saying "I love you" are all simple yet shining ways of being a wonderful grandparent.

Grounded Gratitude

"Gratitude can transform our life sooner than anything else," urged spiritual leader Sri Chinmoy, who helped establish World Gratitude Day on Sept. 21. Keep your gratitude grounded with these practical paths to transformation.

One-minute messages. Each day, send a brief message to a loved one, making sure to include one or two of their specific qualities that you notice and appreciate. When you sign a receipt, include a brief thank-you note.

Bring it home. Incorporate gratitude into your environment with a gratitude jar and dedicated space for thankfulness. Consider using pages from an old gratitude journal to fill your jar and read the slips when you need a boost of peace.

Avoid thankfulness thieves. Persistent comparison, complaining or gossip can create a loop of negative thinking that impedes gratitude. If you find yourself slipping into one of these habits, consider trying a weeklong challenge with no complaints allowed or substitute gossip for bragging rights.





Intergenerational Friendships

September could be the beginning of a beautiful friendship. This month shines a light on both Friendship Month and Intergeneration Month, focusing on connections between people with an age gap of a decade or more.

Befriending someone of a different generation helps all parties learn new things and broaden their perspectives

thanks to generational differences in worldviews and experiences. According to a 2022 study in the "European Journal of Aging," older adults with intergenerational friendships also tend to have a more positive perspective on aging.

Making new friends outside your age range can pose a challenge. Consider taking a local class or workshop and invite classmates to activities related to your shared interest. Social media platforms can also provide opportunities for folks with similar passions from all walks of life to connect both online and in person.



Clatsop Care Center Health District
Providing Safe, Supportive,
Scenic Places to Live and Recover
www.clatsopcare.org



Just For Fun

All in a Day's Work

In celebration of Labor Day on the first Monday in September, think back to your experiences on the job.

- What was your first job? How old were you? How much did it pay? What responsibilities did you have?
- Did you go to college or a trade school to learn a profession? What about the military or other training program?
- Some people remain in one career for their entire working lives, while others explore a variety of vocations. How about you? What are some pros and cons to each of these paths?
- If you've had more than one job, which was your favorite? Why?
- Reminisce about some of your employers and co-workers. Who was the best boss you ever had?
- Did you ever start or own your business? Did you enjoy that role?
- Did you have an occupation that no longer exists, such as switchboard operator or log driver? What modern-day career field would you be interested in if you had the chance?

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 National Forgiveness Day	2	3	4	5 National Cheese Pizza Day
6	7 Labor Day	8	9	10	11	12 National Day of Encouragement
13 National Grandparents Day	14	15	16	17 International Day of Listening	18 National Cheeseburger Day	19
20 Pepperoni Pizza Day	21	22	23	24	25 National Daughters Day	26
27 National Day of Forgiveness	28	29 National Coffee Day	30	September		

“This Month
In History”
SEPTEMBER

1868: The first volume of “Little Women” by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, “A Trip to the Moon” is a sensation when it’s first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip “Blondie” debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: “Fiddler on the Roof” opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: “Monday Night Football” premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O’Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.