



National Healthcare Environmental Services & Housekeeping Week, Sept. 8-14, 2024

Held annually during the second full week of this month, Environmental Services Week/ Housekeeping Week honors the dedication of our diligent custodial staff. These exceptional individuals exemplify the teamwork and expertise essential for maintaining our facility's cleanliness, safety, and well-being.

Let's take this time to celebrate, appreciate, and sincerely thank all the professionals in healthcare environmental services for their hard work and commitment.



GRANDPARENTS DAY

Grandparents Day celebrates the important role grandparents play in families and society, highlighting their unique contributions and strengthening intergenerational bonds.

Looking for ways to celebrate? Here are some ideas to get you started:

Family Gatherings: Enjoy a meal together, whether it's dinner or afternoon ice cream. Share stories, memories, and quality time with one another.

Activities Together: Spend the day doing activities

grandparents enjoy, like listening to music, bowling, gardening, or playing cards and board games.

Video Messages: For long-distance families, arrange video calls or send video messages to connect. Text or email photos if you're not able to arrange a video call.

Take the time, Sunday, September 8 to recognize, appreciate, and celebrate the unique impact grandparents have on our lives through their wisdom, support, and love.

Happy Birthday!

STAFF

Jimmy D. 09/09

RESIDENTS

Lynn V. 09/09

Noel C. 09/13

Joseph C. 09/18

Aaron S. 09/21

William H. 09/22

James J. 09/28

Justin W. 09/29

Welcome New Residents

Welcome to your new home! We're so glad you've joined our community. Here, you'll find a supportive and caring environment where everyone is treated like family. Our staff and residents are excited to get to know you and help make this transition as smooth and comfortable as possible. Whether you need assistance, a friendly chat, or just want to participate in our activities, we're here for you.

Welcome to our family- we're looking forward to creating wonderful memories together!

Steve P. 07/31

James L. 08/01

Louis C. 08/02

Jefferey K. 08/08

Upcoming Activities:

September ushers in the beauty of fall, with the air growing crisper and leaves starting to turn vibrant shades of red, orange, and gold. It's a time when nature starts to slow down, and there's a cozy, comforting atmosphere that invites us to enjoy warm drinks, layered clothing, and the scent of the earth preparing for its winter rest. September is the perfect blend of lingering summer warmth and the first hints of autumn's embrace, making it a special time of transition and reflection.

Are you ready for some football? Absolutely! Football season is one of the most exciting times of the year. Whether you're gearing up for one of our amazing tailgating parties, cheering on your favorite team, or just enjoying the energy of game day, there's nothing quite like the thrill of football in the fall. Let's get ready for some action-packed games, epic plays, and all the fun that comes with it! Let's go! Will your team be the next Super Bowl LVIII champs?

SUMMER OLYMPIC FESTIVITIES!

A time was had at the summer Olympic festivities! The residents had an absolute blast! Everyone got into the spirit with friendly competition, laughter, and lots of cheering. From our "parade of nations" opening ceremony to the closing medal presentation the energy was contagious, and it was wonderful to see everyone enjoying themselves, staying active, and creating such joyful memories. It was 4 days filled with smiles, food, togetherness, and a lot of Olympic-sized fun!

A New Take on a Traditional Snack: Ants On A Log

Ants On A Log will always be an easy go-to snack. Whether your "logs" have peanut butter or cream cheese, September 10, Ants on a Log Day, is the perfect opportunity to try some of these tasty variations or mix and match them to create a delicious combination all your own! You may just discover your new favorite snack!

Classic: Creamy or crunchy peanut butter on celery topped with raisins

Buttery goodness: Substitute a different kind of nut butter: almond, cashew, or sunflower

Fruity fun: Substitute raisins with other dried fruit: cranberries, cherries, or diced mango

Go nuts: Substitute raisins for mixed nuts or your favorite nut

Fresh 'n' fruity: Substitute raisins for fresh fruit: kiwi, pears, bananas, or apples

Protein: Fill celery with chicken or tuna salad, sprinkle lightly with shredded mozzarella cheese

Veggie: Fill celery with hummus and top with sun-dried tomatoes, chickpeas, diced cucumber or carrots

Mediterranean: Fill celery with cream cheese and top with chopped olives, beets or carrots



National Doodle Day: Sept. 20

The origins of doodling date back centuries, reflecting an innate human tendency to create spontaneous drawings, especially when the mind is otherwise occupied. **The term "doodle" itself was popularized in the early 20th century. In psychology, doodling became recognized as a window into the subconscious mind, often revealing hidden thoughts, emotions, and creativity.**

The act of doodling gained recognition as a common practice among people of all ages and backgrounds, often occurring during moments of boredom, daydreaming, or while listening to lectures. Benefits can include:

Creative Expression: Doodling allows for spontaneous and

unstructured creativity, serving as a visual form of thinking.

Relaxation and Stress

Relief: The repetitive and freeform nature of doodling can have a calming effect, reducing stress and anxiety.

Cognitive Benefits: Studies have shown that doodling can improve focus, memory retention, and cognitive processing by keeping the brain engaged.

Grab a pen and paper (or a tablet and stylus) and let your imagination flow!

- Doodling is a fun, relaxing way to spark creativity and unwind. No need to be an artist; just enjoy the process and see where your pen takes you!



EMPLOYEE OF THE MONTH: 
MONA PROCTOR
HOUSEKEEPING

Happy Labor Day

Labor Day observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution.

Tips To Slow The Aging Process

Celebrate Healthy Aging Month this September by trying the tips below, which may help you age slower and improve your quality of life.



Eat a varied and healthy diet. Include plenty of fruits, vegetables, and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.



Exercise every day. Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.



Manage stress. Develop ways to help you cope and adjust to situations in your life that may cause you stress.



Seeking prompt medical care when you're ill or injured. Listen to your body and take care of any little problems before they become big problems.



Use sunscreen to prevent sunburn. One of the most significant factors contributing to aging is chronic inflammation of the skin.



Quit smoking, vaping, and avoid secondhand smoke. Smoking has very damaging effects on your overall health and increases your risk of getting cancer and heart disease.



Keep strong relationships. Maintaining close ties to your family and friends are crucial to healthy aging.



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Teddy Bear Day

Celebrated on September 9, National Teddy Bear Day has long been a cherished tradition, symbolizing comfort and companionship since its origins in the early 20th century. **Today, teddy bears are beloved stuffed animals that bring joy to grandchildren and loved ones of all ages, serving as enduring symbols of special people in their lives.**

Recently, memory teddy bears have gained popularity. These customized keepsakes offer a touching way to remember loved ones, whether living or passed. For example, if grandma adored sunflowers, a memory bear could be crafted from fabric featuring sunflower patterns, such as an old shirt or dress.

Creating a memory bear can help both adults and children cope with the loss of a loved one, honor their memory, and heal, while cherishing their personality and essence. It provides adult children and grandchildren with a tangible connection to those they hold dear, preserving precious memories and offering comfort for years to come.



DON'T SKIP A BEAT PREPARE FOR HEART ATTACKS

Recognize the signs. **Heart attacks look and feel different in women than they do in men.** Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.



Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, faint, or a cold sweat.
- Shortness of breath.
- Pain or discomfort in the jaw, neck, or back.

- Pain or discomfort in one or both arms or shoulders.

Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. **Being prepared now may just save a life later.**

Source: cdc.gov

SEPT. – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

- ANTS
- BEAR
- CLEAN
- DOODLE
- DRAW
- GRANDCHILD
- GRANDMA
- GRANDPA
- HANDS
- HEART
- LABOR
- MEMORY
- SAFETY
- SIGNS
- SNACK