

September 2017

# Cottonwood Villa

Assisted Living for a Great Life!

450 S Main St ~ Ainsworth, NE 69210 ~ 402-387-1000 ~ [www.cottonwoodvilla.com](http://www.cottonwoodvilla.com)



## Celebrating September

**International Square  
Dancing Month**

**Library Sign-Up Month**

**Ice Cream Shake Month**

**College Colors Day**  
*September 1*

**Opposite Day**  
*September 9*

**Assisted Living Week**  
*September 10–16*

**International Country  
Music Day**  
*September 17*

**Love Note Day**  
*September 26*

**Good Neighbor Day**  
*September 28*

## Television's Fall Feast

It's September, and that means it's time to ring in another new season of television. Why does the television season begin in September? This harkens back to the days of radio, when new radio shows would begin their runs in September, continue through the winter into the spring, and then take the summer off when most people spend time outside away from their radios and televisions. September is also an important time for television networks because the Nielsen Company begins its measurement of television audiences and ratings. The better the ratings for a television show, the easier it is for a network to sell advertising. So September marks a frantic time for television makers, raters, and advertisers, not to mention fans awaiting the return of their favorite shows like NBC's *This Is Us* and the premieres of new ones such as CBS's *Young Sheldon*, a spin-off of the wildly successful comedy hit *The Big Bang Theory*.

Great classics like *Cheers*, *M\*A\*S\*H*, *All in the Family*, *The West Wing*, and *Seinfeld* adhered strictly to the September schedule. However, cable now competes with network TV for dominance. Cable channels HBO, Showtime, and Starz all draw Hollywood talent for their small-screen gems, such as *The Young Pope*, *American Gods*, and *Game of Thrones*. And cable shows do not have to air in September. They can premiere new shows whenever they want.

Even more disruptive of television is streaming video. Netflix, Hulu, and Amazon Prime all offer shows that can be accessed only by paying for their particular service. The advantage is that you no longer have to pay for cable to watch popular shows like *House of Cards*, *The Handmaid's Tale*, and *Mr. Robot*. Viewers can watch them whenever they like directly from a computer, smartphone, or Internet-connected television. September may offer a bonanza of new network television, but there are countless ways to watch new shows all year long.

## Hitting the Century Mark



What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

## Resident Council Minutes

The Cottonwood Villa Resident Council met on Tuesday, August 15, at 10AM. Heidi Snyder facilitated the meeting. Eight residents and Local Ombudsman Judy Densburger were present. Feedback was received on the following departments:

Housekeeping- Good, no issues.

Maintenance-Good, no issues. Tony will be cleaning heating units this month, if he hasn't cleaned them already he will be around in the coming weeks to do so. Just a reminder: to not leave food out as there have been issues with ants. Also the Bug Man will be spraying the outside of the building so that should help cut down on the crickets.

Administration- Good, no issues.

Medication Aides- Good, no issues.

Bath Aides- Good, no issues.

Activities- Good, no issues. Everyone enjoyed having the Bridges Summer School students out at the end of July. Plans are being made for the Solar Eclipse which will take place on August 21, 2017. National Assisted Living Week is September 10-16; Natalie is busy planning an exciting week. Letters have been mailed to the families so they can take part in the Assisted Living Week Kick-Off Potluck.

Kitchen- Good. Discussion was held on each meal. Everyone is enjoying the fresh garden produce and the Cream Can Supper was liked by all.

The Making Strides Walking Group walked a combined total of 340 miles from April 1<sup>st</sup> to June 1<sup>st</sup> and raised \$520 which was donated to the Sandhills Iron Horse Riders.

There were no further comments.

Meeting Adjourned.

## Changes to Cottonwood Menu

You will find new changes to the Cottonwood Villa Menu. Each meal will now have an option menu. Breakfast will feature the Special, Cereal, English Muffin or Bagel. Dinner will feature the Special, Soup of the Day & Sandwich or Chef Salad. Supper will feature the Special, Soup of the Day & Sandwich, Chef or Taco Salad.

## A Consequential Cup



While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and throughout the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as your own kitchen counter.

## Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic. Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning? Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete? Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that *she* wants, not that you want her to have.



Cottonwood Villa's walking group "Making Strides" walked a combine total of 340 miles from April 1<sup>st</sup> to June 1<sup>st</sup> and raised \$520 which, they donated to the Sandhills Iron Horse Riders for their annual July fundraising event. Participants included Shirley Hoefel, Turk Beebout, Vivien Johnson, Doris Hughes, Beverly Scheer, Dora Scott, Eunice Wulf, Bernice Kuchera and Garneta Johnson.

## Appleseed Fact and Fiction



On September 26, 1774, John Chapman was born, yet the world would come to know him as Johnny Appleseed and memorialize his life work in fantastic tales. For this reason, September 26 is Johnny Appleseed Day.

Unlike the fictional tall-tale characters Paul Bunyan and John Henry, Johnny Appleseed was a real man. His passion for apple trees began in his teenage years, when he got a job working in an apple orchard. While the popular image of Johnny Appleseed is that of a man wandering the continent spreading handfuls of apple seeds, Johnny Appleseed was far more deliberate in his plantings. The law of the frontier granted land rights to anyone who developed a homestead, and a nursery of 50 trees fit that definition. In this way, Johnny would raise his nursery and then sell the land to settlers. In this manner, Johnny Appleseed came to own over 1,200 acres over 100,000 square miles of frontier wilderness.

Furthermore, Johnny's apples weren't for eating. He planted the small, tart varieties of apples known as "spitters," because that's what you did when you tasted them. These were the perfect apples for making hard cider, which in Revolutionary America was a far more valuable commodity than edible apples. Water was considered unsafe for drinking due to harmful bacteria, whereas fermented, alcoholic cider was far safer. Sadly, during the Prohibition Era of the 1920s, many of Johnny Appleseed's original nurseries were axed, and the American tradition of cider making was decimated.

Despite the government's best efforts during Prohibition, the legacy of Johnny Appleseed lives on. The image of Johnny, barefoot and wearing threadbare clothes, is not fiction but fact. As a member of the New Church, he preached that nature and God were intertwined. As such, he lived a spare, nomadic life, loved animals, and was a vegetarian. But that tin pot on his head? It most likely sprang from the rumor that he wore a tin cloth hat that he used as a dinner plate.

## September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

### Residents

Bernice Kuchera- 9/29

### Staff

Natalie Leach- 9/3

Michelle Bain- 9/21

## Slovenian Cow Belles



In Slovenia's Bohinj Valley, cows are the real belles of the ball on the third Sunday in September. After spending the summer eating their fill in the fertile upland pastures, the cows return to their winter homes in the valley below with great fanfare known as the Cows' Ball. The cows are decked out in beautiful

wreaths and paraded through the village by local herders, cheese makers, and milkmaids. The cows don't have all the fun—humans enjoy live Slovenian folk music and dancing, as well as competitions in log sawing, horseshoe-throwing, and shooting. The entire celebration is laid out at the edge of Lake Bohinj, a beautiful alpine lake surrounded by snow-capped mountain peaks reminiscent of *The Sound of Music*. These hills, too, are alive, but with the sound of mooing.