

September 2019

West Bloomfield Health and Rehabilitation Center

6445 West Maple Road, West Bloomfield, MI 48322 (248) 661-1600



SEPTEMBER

Celebrating September

Happy Cat Month

Sewing Month

**International Enthusiasm
Week**

September 1-7

Labor Day (U.S.)

September 2

**International Day of
Democracy**

September 15

World Alzheimer's Day

September 21

**International Day of Sign
Languages**

September 23

World Heart Day

September 29

Sunday, September 8th
Grandparents Day! The Recreation Department will have a **'Take A Grandie'** photo booth set up for your convenience for the day located in the Main Dining Room until 4:30 p.m. Select a prop and shoot away!



Thursday, September 12th

Join us for some new entertainment by **Dana Stern** at 2:30 p.m. in the Main Dining Room

Saturday, September 14th

We will have beautiful piano music provided by **Mr. Mark Green** during our Ice Cream Social from 2:30-3:00

Monday, September 30th

First day of **Rosh Hashanah** will be celebrated with a Rosh Hashanah social at 4:00 p.m. in the Main Dining Room with The Shul



All September Birthdays are Invited to a Birthday Party in The Main Dining Room on **Wednesday, September 18th** at 2:30 p.m. with our entertainer, **Mr. Ivory Darnell**. Cake & Ice Cream to be served!

Thursday, September 19th

Mark your calendars now! We will be strutting our stuff down the red carpet for our first **FALL FASHION SHOW!**

Monday, September 23rd

Let's **Welcome Autumn** by sipping on some **Cider** and eating warm **Donuts!** 6:30 p.m. in the Main Dining Room



Religious Happenings



Regardless of religious affiliation, YOU are welcome to attend and participate in any of the following Religious Happenings!

- Every Sunday at 10:30 A.M., there will be Spiritual Music in the Recreation Room;
- Every Friday, at 4:00 P.M., Jewish Shabbat Service with Temple Beth El in our Recreation Room;
- September 3, 17: Bible Study with Joy at 2:30 P.M. in the Recreation Room;
- September 4: Bible Study with Caroline at 2:30 P.M. in the Recreation Room;
- September 5: Catholic Mass with Prince of Peace in the Recreation Room at 10:00 A.M.;
- September 8, 22: 3:30 P.M. in the Main Dining Room with Hope United Methodist Church;
- September 12: Catholic Communion with St. Thomas in Individual Rooms;
- September 19: Catholic Communion with Prince of Peace in Individual Rooms;
- September 26: Catholic Mass with St. Thomas in the Recreation Room at 4:00 P.M.



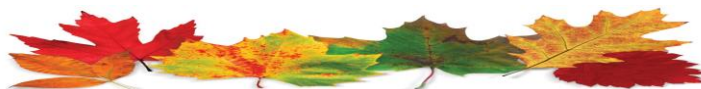
Social Activities

Ice Cream Social is held daily from 2:30-3:00 pm. You & your family are invited to try our delicious variety of ice creams & sherbert;

Friendly visits from our therapy dogs, Major, Scout and Ralphie take turns visiting us on Friday mornings;

Please check our calendar, located on in-room bulletin boards, (daily) next to each Nursing Station, across from the Recreation Room and across from the kitchen (near the North Courtyard);

For further information, please contact our Recreation Therapy department at extension 228.



Welcome to West Bloomfield!

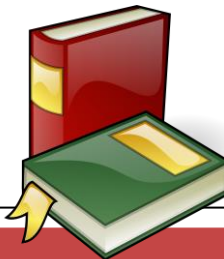
Internet Services

A desktop computer & printer are available for patients in the Recreation Room; a tablet is available for you during the day in your room if you are unable to leave your room;

Wi-Fi service User Name: **Westbloomfield**
Password: **Westbloomfield1**

Library

A variety of reading material are available including: books, magazines, cards, jigsaw and word search puzzles; if you want the newspaper, it is your responsibility to subscribe to it



A Path Away from Pollution



The third Monday in September marks the start of Pollution Prevention Week. In 1990, the U.S. Congress passed the Pollution Prevention Act, charging the Environmental Protection Agency (EPA) with the responsibility of implementing the act. Over the past 30 years, the EPA and companies have teamed up to develop methods and technologies to dramatically reduce pollutants and contaminants in our environment.

The top three biggest sources of pollution are transportation (cars and planes), food production, and energy production. Electric car companies like Tesla have created vehicles that emit no pollution into the air. With the advent of renewable sources of electric energy and the development of more efficient batteries that allow for long-range travel, electric cars may become the primary mode of transportation around the world. Airplanes can emit less pollution if they are designed to be more efficient, fly more efficient flight paths, and use alternative fuels.

Farm pollution, particularly the runoff of fertilizers from agricultural land, harms waterways and oceans. Animal waste, too, leaches into soil and water. Farms prevent pollution by applying fertilizers in proper amounts at specific times of the year and using no-phosphorous fertilizers. They can also do their best to prevent water runoff and stabilize soil to minimize landslides. Forested buffer zones near waterways can also catch and filter runoff before it even reaches the water.

Burning fossil fuels to produce energy releases both carbon and other pollutants like mercury and methane into the environment. Alternative energy sources like solar and wind power help reduce pollution, but there are other solutions. Technologies exist to separate carbon dioxide from emissions, capture it before and after combustion, and then safely store it so that it never enters the environment. These excellent innovations could help clean up our Earth. All we need is the will to do the hard work.

Ötzi the Iceman

On September 19, 1991, two Germans, Erika and Helmut Simon, while hiking high in the Ötztal Alps between Austria and Italy, made a startling discovery. They had glimpsed the body of a man protruding from the ice. They believed it to be a victim of a horrible mountaineering accident but were shocked to discover that it was instead a 4,000-year-old frozen mummy! Further excavations of the site found a quiver, string, hide, grass, remnants of his clothes, a pouch for his belt, a bearskin cap, and a copper axe. The mummy, now known as Ötzi or the Tyrolean Iceman, became an archaeological sensation. It is Europe's oldest known natural human mummy and has offered an unprecedented glimpse back to the European "Copper Age." Analysis of the mummy has determined that he may have been a copper smelter who ate meats of red deer, ibex, and wild goat, as well as herb bread made from eikhorn wheat bran. After the discovery of an arrowhead in his shoulder, it is believed that Ötzi was likely killed as part of a violent encounter. His body was then covered by the winter snow and preserved.

Out of the Tiffany Blue



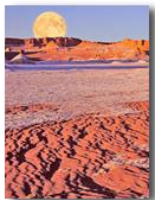
Long before those blue boxes from Tiffany & Co. promised jewelry, the store was a stationery emporium. It was founded on September 18, 1837, by Charles Lewis Tiffany and John B. Young in Brooklyn, Connecticut. In 1838, the storefront moved to Broadway in Lower Manhattan, and the store shifted its focus to luxury goods like ladies' silks, satins, and bonnets. In 1845, Charles Tiffany himself selected the color of robin's egg blue for its Blue Book, an annual catalog of its handcrafted jewels. In 1867, Tiffany's was recognized at the Paris World's Fair for its exquisite silver craftsmanship, launching it as an international brand and esteemed design house. By 1870, Tiffany & Co. had risen to become the preeminent purveyor of silver, jewelry, and timepieces in America.

Into the Wild

Humans have settled 77% of Earth's surface, so what places are left unexplored? This September, Wilderness Month, we will take a look at some of the world's wildest places.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but who would want to go there? For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia's Far East. It is Russia's land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia's submarine bases.

Papua New Guinea also remains one of the world's least-explored places. Scientists believe that many of the world's undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country's interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.



For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its 40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here.

How much longer will such wild and untouched corners of Earth exist? No one knows. But there is still ample time to protect these pristine natural jewels. It may be as easy as following the old explorer's mantra: "Take only pictures, leave only footprints."

September Birthdays

Those born between September 1–22 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Queen Elizabeth I (monarch) – September 7, 1533
Col. Sanders (businessman) – September 9, 1890
Roald Dahl (writer) – September 13, 1916
Agatha Christie (writer) – September 15, 1890
Lauren Bacall (actress) – September 16, 1924
Greta Garbo (actress) – September 18, 1905
Michael Faraday (scientist) – September 22, 1791
Victoria Woodhull (politician) – September 23, 1838
Jim Henson (puppeteer) – September 24, 1936
Shel Silverstein (poet) – September 25, 1930

Tolkien's Literary Magic



Those familiar with the work of author J. R. R. Tolkien know that September 22 is Hobbit Day, commemorating the birthday of both Bilbo and his nephew Frodo Baggins. For this reason, the entire week containing September 22 is celebrated as Tolkien Week. For those unfamiliar with Tolkien's fantasy writings, the words *hobbit*, *orc*, *Mordor*, and *Silmarillion* may have no meaning at all. Tolkien, after all, invented all these fantastic words during the creation of his magical world of Middle Earth. The development of the world and legend of Middle Earth grew from Tolkien's desire to manufacture a mythology for England, one of elves and faeries. Some might say that he saw this through to extraordinary ends, going so far as to invent an entire pantheon of gods and new languages for his magical races of creatures. Bilbo's adventures with dwarves and dragons and Frodo's saga with the Ring of Power have become the pinnacle of high fantasy literature.