

Campus Club

September
2010



Program Coordinator: Jenny Cooper; Program Assistant: Julie Fergus; Bath Aide: Rhonda Grism

Celebrating September

Labor Day

September 6

**Center Closed in Observance
of this holiday**

Breakfast Month

**National Adult Day Program
Month**

Swap Ideas Day

September 10

Grandparents Day

September 12

Make-a-Hat Day

September 15

Oktoberfest Begins

September 18

World Gratitude Day

September 21

First Day of Autumn

September 22

Crush-a-Can Day

September 27

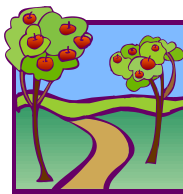
Coming Attractions...

Summer is quickly coming to an end! August had us visiting Como Zoo and Conservatory and cheering for the St. Paul Saints as well as touring around the Minneapolis Lakes and having a picnic lunch near the Japanese Gardens and enjoying ice cream by Minnehaha Falls! Our friends came over from Creekside and we had a rousing game of volleyball followed by “beach fun” and summer treats. We’ve got some fun times planned for September as well!

Monday, September 13th begins “storytelling” week as part of our Martin Luther Campus Life Long Learning program. We are excited to have professional storyteller Nothandu Zulu with us to help residents and campus club participants tell their life stories. Participants will meet for several hours on Monday, Tuesday and Thursday with a “finale” for all on Friday.



Wednesday, September 15th we’ll go to the Minnesota Harvest Apple Orchard where we will take a wagon ride through the orchards, have a picnic lunch and enjoy some fresh apple pie. There is no fee for this outing, however you may want to bring some spending money if you plan to shop in the general store or bring home some apples.



Wednesday, September 22nd is “Cowboy” day at Meadow Woods Assisted Living where we will be entertained by Lonesome Ron. Lonesome Ron’s music is filled with Rich American traditions from roundup songs to the classics of the singing cowboys. We’ll enjoy a “Texas/cowboy” style lunch and other fun filled activities throughout the day.



**We have tentatively scheduled a fall leaf tour for Thursday, September 30th weather and color permitting.*

The Glow of Singapore

On September 22, under a full white moon, millions of people across Singapore will admire the glowing beauty of fabulous lanterns for Singapore's Mid-Autumn Lantern Festival. The



lanterns come in all imaginable shapes, sizes, and colors – glowing paper animals prowl the parks, paper cities float down the river, paper armies march down the streets and avenues. The entire country is aglow with awe, happiness, and celebration.

This Mid-Autumn festival is hundreds of years old, and is both a Harvest Festival and a Moon Festival. On this day the moon is at its fullest and brightest, symbolizing a time of abundance and plenty. Families celebrate by gathering together, eating traditional moon cakes (pastry made of lotus seed paste), gazing at the moon, and watching the parades of lanterns go by.

You may have heard of the Man on the Moon, but during the Mid-Autumn Festival people in Singapore tell the ancient legend of the Woman on the Moon named Chang-O. Chang-O was married to a powerful archer named Hou-Yi. In ancient times, ten suns circled the earth, each taking a turn to warm the planet, but one day all ten suns shined at the same time, burning the earth. Hou-Yi, with his bow and arrows, shot down nine suns and saved the earth. As a reward, the gods gave Hou-Yi a pill of immortality. Chang-O discovered the pill and, being curious, she took it. She suddenly began to fly to the moon! Up on the moon she found it hard to breathe and she coughed out the pill. A rabbit, a wise and magical animal, was told by the gods to make another pill. It is believed that he is still making that pill today, and for now, Chang-O still waits on the moon. On September 22, when the moon is full, Hou-Yi will visit his wife, and that is why the moon glows so bright.

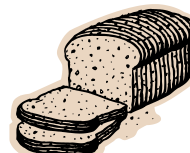


We're on the Move to End Alzheimers!

Martin Luther Campus is participating in the upcoming Memory Walk. The team will be walking on Saturday, September 25th at the Hyland Lake Park Reserve. The purpose of this event is to raise critical funds that benefit the care, support and research efforts of the Alzheimer's Association as well as to raise awareness that encourages people to seek and accurate and early diagnosis.

You can help us reach our goal and help to provide support to those living with dementia and their caregivers by purchasing our special recipe cookies that are on sale for 3/\$5.00. Cookies are available in the lobby of Meadow Woods or at our Campus Club location. Also, on Thursday, September 9th a bake sale will be held at the Care Center in their newly completed Art Room from 1:00-4:00 with all proceeds going to support the Memory Walk/Alzheimer's Association.

Feed My Starving Children



On Wednesday, August 18th, 18 Campus Club and Creekside Adult Day Program participants and staff went to St. Stephens Lutheran Church to assemble food packages for the international relief program "Feed My Starving Children". Working with other community members, packages were assembled that will feed seventy nine children for the next year!

This was a great opportunity to serve those less fortunate! Be watching for more opportunities to come.

Don't forget! We continue to be a drop-off site for Lutheran World Relief. We would like to assemble some health kits to be sent out in October. During September we are collecting metal nail files and/or clippers with files.

School Day Memories...



As children go back to school this fall, we asked some of our clients and staff what they remembered most about their “first days” of school each fall.

Jenny – “I always had new shoes and for the first few days, my feet would really hurt by the end of the day!”

Doris H. – “I was always excited to see my friends again. Living on a farm, I didn’t get to see them very often over the summer.”

Lorraine – “I always loved to go back in the Fall as I looked forward to all of the activities.”

Ken – “I was a bit nervous one year but a friend greeted me in German then I felt right at home.”

Helen – “I was always excited to back to school. I liked it and I was a good student.”

Brain Fitness Event...

We will be having a Campus Club Event on Tuesday, September 21st from 4:00 – 6:30. In addition to professional associates, clients and family members are welcome as we celebrate National Adult Day Program Month and “show-off” our new addition to our present location. In conjunction with our campus Alzheimer’s Association Fundraising efforts, there will be a \$5.00 per person suggested donation.



Amazing Answers

On September 28, feel free to ask any question you like, because it is Ask a Stupid Question Day. As the saying goes, there really is no such thing as a stupid question. The questions below will prove that every question has a very interesting answer:

Q. Can pregnant women drive in the carpool lane? A. In 1987, a pregnant California woman was ticketed for driving by herself in the carpool lane. She sued, the jury sided with her, and she won the case.

Q. Why do we generally use No. 2 pencils? A. No. 2 pencils use medium weight graphite, the best type of graphite for everyday writing. No. 1 pencils have soft graphite that smudges easily, and No. 3 pencils are too hard.

Q. Why do batteries skip from A to C? Is there a B battery? A. Yes. Battery letters signify their size, and B-sized batteries exist, though they are very uncommon.

Bowled Over

On September 9, 1895, the American Bowling Congress was organized. For the first time, the official rules for bowling and equipment for the ten-pin game were laid out. Dutch colonists first brought the game to America in the 1600s. It began with only nine pins, and it was played in the area of New York City still known today as “Bowling Green.”



In 1841, the state of Connecticut banned the “game of ninepins,” as bowling was known, because it encouraged gambling. Many other states followed Connecticut’s lead and adopted similar bans, but bowling could not be stopped. Players added one more pin to create a new game that fell outside of these strict laws. Ten-pin bowling was born.

Coordinator's Cornerby Jenny Cooper

My family often teases me about my job. They think it would be great to go to work and get paid to play bingo, cards, etc... It is fun leading and participating in the many activities of the day program! The part of my job that is not quite so fun is the paperwork. In compliance with our state license, we are required to keep certain documents in the form of a chart for each person served. There are documents updated monthly and yearly. You can help:

- If you have documents at home that need to be completed and returned, please send them back asap.
- When making a Dr. appointment, please let us know and if you are due for a yearly update, the forms can be sent with you to your appointment.
- Please keep us informed of any changes – especially contact information and medication changes.

Thank you!

September Birthdays

If you were born from August 23-September 22, you are a Virgo, the virgin. If you were born from September 23-October 22, you are a Libra, the scales. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

Gloria Estefan (singer)	Sept. 1, 1957
Mitzi Gaynor (actress)	Sept. 4, 1931
Claude Pepper (U.S. senator)	Sept. 8, 1900
Jesse Owens (Olympian)	Sept. 12, 1913
Milton Hershey (candy-maker)	Sept. 13, 1857
Happy Birthday Tim!	Sept. 18
Happy Birthday Anna!	Sept. 21
Ray Charles (musician)	Sept. 23, 1930
Wilford Brimley (actor)	Sept. 27, 1934
Ed Sullivan (really big host)	Sept. 28, 1901



Campus Club
1301 E. 100th St.
Bloomington, MN 55425

Postage
Information