

Ten Healthy Habits for Seniors

1. Eat healthy.
2. Focus on prevention.
3. Get information on medication management.
4. Get some sleep.
5. Remember mental health.
6. Screen for vision changes.
7. Socialize.
8. Stay physically active.
9. Take advantage of free physicals.
10. Visit the dentist every six months.

Source: <https://www.aplaceformom.com/blog/11-5-14-healthy-habits-for-seniors/>

Welcome to our new residents in August!

Be a friendly neighbor and help welcome them. Feel free to invite them to sit at your table at meals, activities or just say hello.

Welcome Home

#201- Sharron Brown
#301- Elisa Valentine
#309- Chuck Broh

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

Contact Information

Executive Director-Brad Jahner
BJahner@northstarSL.com

Resident Care Director- Tashe Beard
Tbeard@northstarSL.com

Business Office Manager- Lanor Jablonski
ljablonski@northstarSL.com

Community Relations Director- Jennifer Marentette
jmarentette@northstarSL.com

Community Relations Director- Kim Bora
Kbora@northstarSL.com

Activities Director- Michelle Betman
mbetman@northstarSL.com

Dietary Services Director- Karreen Dean- Hassan
Kdean-hassan@northstarSL.com

Environmental Services Director- Jeff Cope
JCope@northstarSL.com

Townehall Place

4460 Orchard Lake Road West Bloomfield MI 48323 ~ 248-683-1010~ www.townehallplace.com



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

November is Near

It's hard to believe November is coming near. As an American you have the right to vote. (There is additional qualifications). Townehall Place is offering two options to vote this year. Please talk to Michelle about either option.

Option #1 - Voting Outing.

On election day, Michelle will take voters to the local voting place. You will have to be registered to vote using your Townehall Place address. To reregister for this address, please talk to Michelle or a family member. This must be done 15 days prior to elections. On election day, we'll get on the bus and vote in person.

Option #2- Absentee Ballot

This will involve a ballot being mailed to your address. This is a separate application, that must be turned in by 5pm the Friday before an election. A ballot will come to the place and filled out and sent back via mail.

Please talk to Michelle to find out what option is best for you or for any help.

Voting day is November 5, 2019.



Outings

Harry Hovakimian 🎵

Wednesday September 4 2019- Leave time 12:15 PM Congregation Shaarey Zedek 37375 Bell Rd Southfield MI 48034 Cost: Free

Kevin Devine Family Concert 🎵

Saturday September 7, 2019- Leave time 10:15 West Bloomfield Library 4600 Walnut Lake Rd West Bloomfield MI This fun-filled family concert will have everyone singing and dancing along. An entertaining event for the whole family to enjoy, jam-packed with laughter and amusement as well as super fun sing-alongs. Cost: Free

Sweet Dreams Bakery \$

Thursday September 12, 2019- Leave Time 2:00 PM 4153 Orchard Lake Rd, Orchard Lake, MI 48323

Lunch @ Pickles & Rye \$

Friday September 13, 2019- Leave time 12:00 6724 Orchard Lake Rd. West Bloomfield, MI 48322 Cost: Around \$10 Cash or invoice

Petticoat Surgeon: The Extraordinary Life of Dr. Bertha Van Hoosen

To celebrate the upcoming 100th anniversary of women's suffrage, learn about Dr. Bertha Van Hoosen. She was raised in Stony Creek and despite her parents' refusal to finance her education, Dr. Van Hoosen graduated from the University of Michigan in 1888 with a medical degree. She was a pioneering surgeon, focused on the health of women and children, and championed the advancement of female surgeons. Learn more about Dr. Van Hoosen from Michigan-based author Maureen Thalmann. Co-sponsored by the Greater West Bloomfield Historical Society. September 18, 2019- Leave time 6:30 4600 Walnut Lake Road, West Bloomfield, MI 48323 Cost: Free



Outings Continued

Elvis Impersonator 🎵

Thursday September 19, 2019- Leave time 12:45 Come here the king sing with cookies after Temple Israel: 5725 Walnut Lake Road West Bloomfield, MI 48323 Cost: Free

Dollar Store \$

Tuesday September 24, 2019- Leave time 2:00 3236 Orchard Lake Rd, Orchard Lake, MI 48324 Cost: One dollar (+tax) per item

Cider Mill

Thursday September 26 2019- Leave time 2:00 PM 7450 Franklin Rd Bloomfield Hills, MI 48301 Cider and a doughnut will be provided Cost: Free

September Facts

- The third September begins on the same day of the week as December every year.
- September's flower is the aster or morning glory.
- September's birthstone is the sapphire.
- In the year 1752, in the British Empire, the Gregorian calendar was adopted and as a result September did not have days numbered 3–13.
- September in the Northern Hemisphere is the seasonal equivalent to March in the Southern Hemisphere and vice versa.
- World War II began on September 1, 1939 following Hitler's invasion of Poland and ended on the same month, September 2, 1945 with the Japanese surrender.
- Caligula (Roman Emperor 37-41 AD) attempted to rename September "Germanicus" after his father. It didn't take.

Holidays



Labor Day: The first Monday of September, this holiday honors the nation's working people, typically with parades. For most Americans it marks the end of the summer vacation season, and for many students the opening of the school year.

Rosh Hashanah (Jewish New Year) is observed from September 29- October 1, 2019, but is different every year. This day marks the beginning of the Jewish year 5766 and opens the Ten Days of Penitence, which close with Yom Kippur.



National Assisted Living Week

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, & the surrounding communities to recognize the role of assisted living in caring for America's seniors & individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long-term care. "A Spark of Creativity" is this year's theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond. This year it is celebrated Sunday, September 8 - Saturday, September 14, 2019. Come join us as we "Spark Creativity" each day of the week!



Bulletin Board

- John Anthony Salon is here Tuesdays to do hair. A credit card form must be filled out for their company before the hair is completed.
- Manicures are the first and third Monday and Wednesday of the month. This gets added onto the monthly bill. Talk to Michelle for more information.
- We are always looking for volunteers! If you know anybody interested, please let Michelle know.