



Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living · 1221 Lodge Lane Wilmington, DE 19809 · 302-757-8100



Celebrating September

World Alzheimer's Month

Classical Music Month

Labor Day BBQ
September 3

Grandparents Day
September 9

Rosh Hashanah
September 9-11

Encore Meal: Musicals
September 11

Birthday Dinner
September 13

Yom Kippur
September 18-19

Sukkot
September 24-30

Shemini Atzeret
September 30-October 1

Simchat Torah
October 1-October 2

Lodge Lane Gets a Makeover

In efforts to demonstrate the association of The Kutz Home and Lodge Lane Assisted Living & Memory Care as one Community, the Board of Directors resolved that an umbrella name would be the best course of action. This may seem as though it would be a simple undertaking. However, if you were granted the opportunity to change your name, how would you begin to make your selection? The Board decided to enlist the help of residents, family members, staff and the community-at-large regarding their thoughts on a new name that would link both buildings. After a summer filled with focus groups and feedback, the Board of Directors voted. With a new name, comes a new image. The selection of our logo comes with a bit of thought and creativity. Look again, and see if you can identify the two images? On behalf of Administration and the Board of Directors, we would like to thank all those who participated in providing feedback and suggestions. We proudly welcome you to KUTZ SENIOR LIVING CAMPUS.

Rosh Hashanah

Rosh Hashanah is the autumnal festival celebrating the start of the Jewish New Year. Many people use New Years as a time to make "resolution" and plan to lead a better life. Likewise, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year. This period of introspection does not end at the conclusion of Rosh Hashanah but actually stretches for ten days until Yom Kippur. Traditional observances of this holiday forbid work and many indulge in consumption of honey dipped apples, a symbol of our wish for a sweet new year. Check out the schedule for Rosh Hashanah services to be held at Kutz Rehabilitation & Nursing. Shana_Tovah.



Workingman's Holiday

For the majority of Americans, Labor Day means family barbeques. It is a day to relax and enjoy some time off from work. However, as the name suggests, Labor Day has less to do with cook-outs and more to do with the start of a movement. The working conditions that brought about this holiday weren't so delightful. In the 1880's workers went on strike to demand better working conditions and pay. At this time the average work week consisted of six 10-hour shifts. As if working a long day wasn't bad enough, the treatment that workers received was unfair. After much struggle, the results of the strike proved progressive. American Federation of Labor co-founder, Peter McGuire proposed the idea of Labor day. On September 5th 1882 the first Labor Day Celebration took place. Join Lodge Lane as we celebrate Labor Day with a BBQ on September 3rd at noon.

National Assisted Living Week

"Capture the Moment" is this year's theme for National Assisted Living Week, which hopes to inspire residents to realize their dreams and seize the day. The theme also supports reflection, as residents may look back on the pivotal moments in their lives. It reminds staff that often the little, everyday interactions with residents can deliver high quality, person-centered care. Assisted living communities



across the country are encouraged to organize activities and events during NALW that help residents celebrate their past while also enjoying the present. Here at Lodge Lane we're kicking off Assisted Living week on Grandparents Day. We are hosting a Sip-n-Paint at 11:00am. Following, we will enjoy an apple buffet in

combination with some musical entertainment from Craig Satchell. From there the week only gets better. Keep an eye out for a schedule of events for Assisted Living Week.

Music Month

When we think of classical music we immediately think of Bach, Mozart or even Beethoven. These musical geniuses have had



a great influence on music and artist today. One in particular, Agnes McGeehan, who made a career of

teaching others music. As a pianist she has earned many praises for her amazing talent. Even at 95 she is inspired to keep teaching piano. She is currently instructing a young student, who is on her way to becoming a great pianist herself. A standing ovation for Ms. Agnes, continue spreading the joy of music.

Alzheimer's Month

In the United States alone, there are more than 15 million Alzheimer's and dementia caregivers. During National Alzheimer's Disease Awareness & Family Caregivers Month, we honor the people who serve as care partners and caregivers by providing tips for those looking to support these families living with the disease. Whether you are seeking to support a person with Alzheimer's or the person that cares for him or her, you will find helpful ways to lend a hand – in ways both big and small. Support the Alzheimer's cause. Join our team and walk for Alzheimer's on October 20th 2018. Contact Melissa, the Marketing Director, for registration information. Donation can also be made to support Kutz Senior Living Campus walk team. Every little bit helps.



September's Super Food: Apples

We all know the well-known phrase "An apple a day keeps the doctor away". The superb health benefits of apples have given rise to this famous saying. Most of an apple's nutrients are stored in or just beneath the skin. Apples are known as an excellent source of pectin and dietary fiber. They are high in vitamin A and C and a good source of essential minerals such as potassium, calcium, iron and phosphorus. They contain the phytonutrients: ellagic acid, malic acid, chlorogenic acid, and quercetin. There are many more phytonutrients in an apple, some yet to be discovered and named. These compounds are high in antioxidants, anti-inflammatory and anti-cancer properties. Enjoy the numerous health benefits of apples and try out the delicious recipe below.

Easy Apple Cheesecake

Ingredients

Serves: 12

- 1 (600g) tin apple pie filling
- 1 prepared crumbed pie shell
- 500g cream cheese, softened
- 1/2 cup (125g) white sugar
- 1/4 teaspoon vanilla essence
- 2 eggs
- 1/4 cup (60ml) caramel ice cream topping
- 12 pecan halves
- 2/3 cup chopped pecans

Directions

Preheat oven to 180 degrees C.
Reserve 3/4 cup of apple pie filling and set aside. Spoon remaining apple pie filling into shell. In a large bowl combine cream cheese, sugar and vanilla. Beat until smooth then add eggs and mix well. Pour over apple filling in crust. Bake at 180 degrees C for 35 minutes or until center is set. Remove from oven and cool to room temperature. Mix reserved apple filling and caramel topping in a small saucepan. Heat for about 1 minute. Arrange apple slices around outside edge of cheesecake. Spread caramel sauce evenly over. Decorate with pecan halves around edge. Sprinkle with chopped pecans. Chill until ready to serve.

September Birthday Babies

Sherri (LPN)- September 20

Barbara P.- September 20

John V.- September 27

Celebrity Birthdays

Lily Tomlin (comedienne)- 9/1/39

Beyoncé (singer) -9/4/81

Grandma Moses (painter) -9/ 7/1860

Sid Caesar (comedian)- 9/8/22

Jesse Owens (Olympian)- 9/12/13

Amy Poehler (comedienne)- 9/16/71

Greta Garbo (actress) -9/18/05

Stephen King (writer)- 9/21/47

Serena Williams (Athlete) – 9/26/ 81

Johnny Mathis (singer) – 9/30/35

What's Lucky in September?

Lucky Colors: Gold and Brick Red

Lucky Days: Monday and Friday

Lucky Numbers: 6 and 9

Lucky Letters: S and R

Lucky Plant: Apple Tree

DELI DAYS

Lodge Lane Deli Hours
Tuesdays and Thursdays
Noon- 1:30 p.m.

Serving Deli Sandwiches & Sides
Cash Purchases Only

Please see the Front Desk for current pricing



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

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- Daniel Judge, Executive Chef
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- George Black, Director of Community Works
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Words of Wisdom

"Life is about striking the perfect balance and since nothing in life is perfect, we have to do the best with what we got."

-Anquanette Gaspard

"No matter the number of times you fail you must be determined to succeed. You must not lose hope. Don't stop in your storm."

-Tony Narams,

"No matter how tall the mountain is, it cannot block the sun."

-Chinese Proverb

"Soon, when all is well, you're going to look back on this period of your life and be so glad that you never gave up."

-Brittany Burgunder

"Always do what is right. It will gratify half of mankind and astound the other."

-Mark Twain