

September 2023

# Your Home Away From Home

Mrs. Bush's Personal Care Homes | 610-381-3713 | www.mrsbushcares.com



## BIRTHDAYS

*Here's to celebrating YOU!*

Sept 9- Madlyn R.  
Sept 16- Gladys W.  
Sept 24- Noelia F.

*Happy Birthday to each of you!*

## Celebrating September

Classical Music Month

Sewing Month

World Alzheimer's Month

Victory Over Japan Day

September 2

Labor Day (U.S.)

September 4

Grandparents Day

September 10

Patriot Day (U.S.)

September 11

## MRS. BUSH'S PERSONAL CARE HOMES CAR CRUISE & COMMUNITY DAY SEPTEMBER 16, 2023

Rain Date: 9/17/23

9AM-1PM

- ◆ CRAFT AND VENDORS
- ◆ DIGGITY DOGS & MORE FOOD TRUCK
- ◆ BAKE SALE & BASKET RAFFLE
- ◆ ENTERTAINMENT
- ◆ FLAG CEREMONY AT 10:30AM BY AMERICAN LEGION POST 927

**\*NEW FOR 2023\***  
**CHILI COOKOFF CONTEST**  
carrie@mrsbushcares.com to register!

THIS YEAR'S EVENT SUPPORTS:  
BRING A NON-PERISHABLE FOOD DONATION



### HAVE A CLASSIC CAR?

Register by 9/1 for a Swag Bag, Dash Plaque and a chance to win door prizes!

Free to register, donation appreciated on day of event.

carrie@mrsbushcares.com or 610-381-1009

NEW FOR 2023- Larger Parking Area and People's Choice Award



*Mrs. Bush's*  
PERSONAL CARE HOMES  
Run by Our Family for Your Family for Over 40 Years

302 Kunkletown Rd.  
Kunkletown, PA 18058

Congratulations to all of our West End Fair participants.

We came home with many ribbons for crafts and art work, as well as our garden club!

We also enjoyed a great day at the fair!



# SIGN UPS

Sign up for the following events in the West Annex Community Room. All costs go on incidental bills, unless indicated. All outings \$5.00 bus fare.

**Sept 7<sup>th</sup> PV Highschool Football Game-**  
*Join us as we cheer on our local highschool football team as they take on East Stroudsburg South! Early supper at 4:30pm Depart 5:45pm*  
No cost, unless you would like to purchase refreshments during the game!

**Sept 13<sup>th</sup>: Chinese Take Out-** \$10.25  
*Choice your favorite lunch special and join us for lunch in the community room.*

**Sept 25<sup>th</sup>: Dollar Tree Outing-** Must be able to shop independently in store and have own money to purchase items. - \$5 bus fee only Depart 1:30pm

**Sept 19<sup>th</sup>: Fishing at Big Brown-** \$10.00  
*includes bus ride, bait, tackle and rod.*

**Sept 20<sup>th</sup>: Fish Fry-** *Join us for pan fried trout, coleslaw and French fries. \$12.00 may be less, depended on fish price.*

**Sept 21<sup>st</sup>: Diner's Club-** Olive Garden-  
Depart 11am Cost: \$5 bus fee, plus food cost, tax & tip

## BOOK CLUB- *The Hiding Place*

*The Hiding Place* is an autobiographical memoir by Corrie ten Boom, a devoutly religious woman who lived in the Holland city of Haarlem during the Nazi occupation. Compelled by her unshakeable Christian morality, she defied tyranny to rescue her Jewish neighbors who faced annihilation during the Holocaust. She was ultimately caught and sent to the notorious Ravensbruck death camp, where she witnessed scenes of unimaginable cruelty. In the camp, it was Corrie's bedrock faith in the glory of God that sustained her. She discovered that love was a far more powerful force than hate—for God's love was truly unconquerable.

**EVERY MONDAY AT 3:30PM**

# ART AND CRAFT CORNER

*Pictures of our crafts are on display on the café screen.*

- Sept 5<sup>th</sup> at 1:30pm:** Canvas Painting- "Crow On Pumpkin"
- Sept 12<sup>th</sup> at 1:30pm:** Country Apple Craft
- Sept 26<sup>th</sup> at 1:30pm:** Fall Leaf Sun Catcher Craft

**Purls of Wisdom- Yarn Club** All those who knit or crochet are invited to join the group every Tuesday and Saturday at 9:30am in the West Annex dinette. The group makes items for charity, currently making lap blankets. We have everything you need!

# THIS MONTH'S ENTERTAINMENT

**Sept 8<sup>th</sup> at 2pm:** Live Entertainment w/ Kris Phiphany and Apple Pie Crescents

**Sept 22<sup>nd</sup> at 2pm:** Cherryvalley Folk Ensemble and Apple Crisp

**Sept 29<sup>th</sup> at 2pm:** Country Music w/ Len and Ice cream Floats

All entertainment is held in the courtyard, weather permitting.



Family Bingo was held on August 12<sup>th</sup>! We had lots of winners and great guests!

## September Horoscopes

In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented. Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.

### THE SPACE RACE

On September 12, 1962, President John F. Kennedy was at Rice University in Houston, Texas, and his mission was clear: deliver a speech that would get the nation excited about sending a man to the moon. This speech stands as a seminal moment in the Space Race between the United States and the Soviet Union.

The Soviet Union struck first in the Space Race, launching the world's first satellite, Sputnik 1, in October 1957. Then, in April 1961, Russian cosmonaut Yuri Gagarin became the first person in space. By the time Kennedy became president, the United States' space efforts seemed woefully behind the Soviets. And after the Bay of Pigs disaster in April of 1961, America's reputation as a world power was severely tarnished.

Kennedy needed a win, an achievement that would demonstrate American superiority over the Soviets. Could the Americans beat the Russians in launching a space station? Orbiting a man around the moon? Landing a man on the moon? NASA administrator James E. Webb identified landing a man on the moon as the most feasible—but also the most expensive—option.

In May of 1961, Kennedy asked Congress for billions in funding for a space program called Apollo that would land a man on the moon. Plans moved forward, and the U.S. started building a new Manned Spacecraft Center in Houston, Texas. In September 1962, Kennedy toured the new facility. He met astronaut John Glenn and reviewed models of the Apollo spacecraft. Then, before a crowd of 40,000 at Rice University, he delivered his speech, famously saying: "We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard." The speech was a success, and Kennedy finally had the support he needed for his "space race."

## RELIGIOUS SERVICES

**Protestant Services:** We continue to look for churches to come in and provide services, if you have a connection with a local church that may be interested in providing a service, please see Carrie.  
**Sept 13<sup>th</sup> 2:30pm-** Jerusalem UCC – Pastor Marion  
**Sept 20<sup>th</sup> 2:30pm-** Middlecreek Christian Church

### Catholic Services:

**Every Sunday at 9:30am:** Communion  
**Every Wednesday at 1:30pm:** Rosary (in private dining room)  
**Sept 21<sup>st</sup> at 10am:** Mass

### Bible Study:

**1st and 3rd Wednesday at 10:30am:** led by Pete and Jean DeSanto  
**2nd Wednesday at 10:30am:** led by Loida

### Hymn Sing:

**September 27<sup>th</sup> at 10:30am:** Join us as we sing our favorite hymns

## FLU SHOT CLINIC

Flu vaccination clinic will be held on September 25<sup>th</sup> from 9am-11am in the West Annex Community Room. All families were sent the consent form to be filled and returned by 9/18. If you have any questions please see Missy.

**BAKING CLUB-** Our baking club will meet every other Friday to bake delicious treats for activities.

Join us on Friday Sept 8<sup>th</sup> and Friday Sept 22<sup>nd</sup>!



## TIPS FOR HEALTHY AGING MONTH

It's never too late to strive for a healthier lifestyle, and September is the perfect time to make a plan. Recapture that "back to school" feeling with a personal commitment to renew yourself.

1. **Move more, sit less.** Physical activity is your weapon to help control blood pressure, help prevent heart disease and stroke and possibly lower your risk for depression, anxiety, and conditions like certain cancers and type 2 diabetes.

2. **Move 20 mins a day!**

3. **Get motivated and join us for exercise!**

4. **Try to cut back on salt.**

5. **Volunteer.** .. join the activity planning committee, Purls of Wisdom-yarn club or talk to activities to see how you can help.

6. **Beat back loneliness.** Participate in activities!

7. **Rekindle or follow a new passion.** Join the activity planning committee to rekindle new passions.

8. **Smile more.**

9. **Be realistic** with what you can accomplish

10. **Sit in the sunshine and soak up the Vitamin D.**

So, grab onto that "back to school" feeling and make September the perfect time to renew or set your lifestyle goals. It's not too late!

## Mrs. Bush's Country Store News

\*\*Beef Stick Snacks are now available to support the Boy Scouts. \$1.50\*\*

\*\*AVON CALLING! AVON is available for purchase in the store or grab a catalog to place an order.

\*\*GREETING CARD SALE- All cards 10 for \$2.00\*\*

FALL DECORATIONS will be in the store this month!

The store is now the supplier for tissues, soaps, cough drops, etc...The nursing dept will no longer have these items. All items in store may be purchased with cash or it may be placed on your incidental bill.

**STORE HOURS: 9am-4pm Monday-Saturday and every other Sunday. We appreciate your kindness when activity programming is going on, as the store may need to close for a brief period.**

### ACTIVITY PLANNING COMMITTEE- SEPT 6<sup>TH</sup> AT 3PM

This month we will trial an activity planning committee. This will be a time for any resident who wishes to help shape the upcoming activity calendars to offer suggestions and ideas. We will be working on planning for October. Please bring ideas! All residents are welcome to join; this will be a group discussion.

### BACK TO SCHOOL, GUESS WHO?- Photo Contest

Pictures will be up in the West Annex Community Room on 9/5! Stop by and try to guess who is who for a chance to win some fun prizes!