

### Directors Words of Wisdom Or Silliness You Decide

#### Betty Medlin – Executive Director

I will breathe. I will think of solutions. I will not let my worry control me. I will not let my stress level break me. I will simply breathe and it will be okay because I don't quit.

#### Randy Resendez – Maintenance Director

Small steps in the right direction are better than big steps in the wrong direction

#### Jeanna Hooker – Activities Director

1.) What has to be broken before you can use it?  
2.) There is a one story house in which everything is Yellow. Yellow walls, yellow doors, yellow furniture... What color are the stairs?

#### Michelle Stansky – Lighthouse Director

Look for something positive in each day. Even if some days you have to look a little harder.

#### Shaniah Hardcastle – Business Office Manager

I know the voices in my head aren't real..... But sometimes their ideas are **Just Absolutely Awesome!**

#### Erin Wright – Resident Care Service Director/Nurse

Don't sweat the small stuff and it's all small stuff.

### September Birthdays

In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

- Rebecca M. (resident) – Sept. 01, 1942
- Beyoncé (singer) – Sept. 4, 1981
- Hugh Grant (actor) – Sept. 9, 1960
- Misty Copeland (ballerina) – Sept. 10, 1982
- Nell L. (resident) – Sept. 11, 1932
- Tyler Perry (producer) – Sept. 13, 1969
- Dorothy Vaughan (mathematician) – Sept. 20, 1910
- Fatima C. (staff) – Sept. 23, 1992
- Ray Charles (musician) – Sept. 23, 1930
- Serena Williams (tennis star) – Sept. 26, 1981
- Gene Autry (cowboy) – Sept. 29, 1907

### Coming Soon



Answers to Jeanna's riddles

- 1.) An Egg
- 2.) There are no stairs. It is a one story house.

# Trinity Shores Treasures

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### Celebrating September

**Intergeneration Month**

**Hispanic Heritage Month**

**Sewing Month**

**World Beard Day**

*September 4*

**Labor Day (U.S.)**

*September 6*

**Wonderful WeirDOS Day**

*September 9*

**Patriot Day**

*September 11*

**Yom Kippur**

*September 15*

(Begins at sundown)

**International Country**

**Music Day**

*September 17*

**One-Hit Wonder Day**

*September 25*

**Fall Foliage Week**

*September 26–October 2*

**Ancestor Appreciation Day**

*September 27*

### Snow Cones

It was a nice day for a snow cone. Yvonne Felkins with Calhoun County Home Health treated the staff and residents to a cool treat. They hired KONA ICE to come out and serve snow cones. It was a perfect afternoon snack for one of the hottest days of the year. Pick your favorite flavor. We had cherry, strawberry, blue coconut, bubble gum and a lot more. We sat on the front porch and enjoyed the day.



## Happiness on the Wing

Bluebirds, with their striking plumage and warbling song, are a pleasant sight to behold. But in many cultures, a bluebird is more than just another pretty bird: It is a powerful sign that happiness is just around the corner. For this reason, September 24 is Bluebird of Happiness Day.



In many Native North American cultures, the bluebird is a symbol of prosperity, fertility, and hope. The Cochiti people of New Mexico believe that the bluebird is the first-born offspring of the sun, and to this day it sings at first light to wake us up. The Ojibwa spirit Nanabozho, while putting color into the world, had his paint stolen by bluebirds. As the bluebirds flew through a waterfall's mist, the paint was scattered to create a rainbow. Nanabozho liked it so much that he decreed that every time the sun touches the mist of a waterfall, a rainbow should appear.

The Chinese have revered the bluebird for millennia. During the Shang Dynasty, dating back to 1766 BC, a bluebird was considered the messenger of Xi Wangmu, the Queen Mother of the West. The goddess began life as a fearsome immortal but evolved into a protector fairy queen. The appearance of a bluebird meant that Xi Wangmu was protecting young women who chose to break from traditional family roles: singers, nuns, and priestesses.

The bluebird of happiness features so prominently in the folklore of the Lorraine people of France that it inspired a stage play called *The Blue Bird*. Throughout the 20th century, it was developed into a children's novel, an opera, and seven films.

Of course, bluebirds are not the only birds with symbolic significance. Owls have been associated with wisdom since the worship of the Greek goddess Athena. Eagles are symbols of strength, courage, and freedom. Ravens symbolize knowledge and act as intermediaries for the gods. Cranes are symbols of healing and hope. But amongst all birds, perhaps none is more lighthearted and joyous than the bluebird.

## TABLE CLOTHS & TUNES

AUGUST 19, 2021

This was the first of what we hope to be a monthly event. The menu started with beef and barley soup followed by an entrée of Chicken Cordon Bleu, mashed potatoes with gravy, and Bacon rapped green beans. Dessert was an apple dumpling. It was Delicious. After supper we retired to the great room for live music by Larry Robinson.



## Lighthouse News

New to the Lighthouse Mrs. Brooks and Mrs. Mercer enjoy putting together a puzzle with help from Mrs. Machicek



Our residents love their time outside. Mr Koliba is visiting with the ladys, Mrs Hemphill and Mrs. Brooks



On national Chili dog Day we had chili dogs for an afternoon snack.



Mrs. Schneider enjoying a chili dog and Mrs. Hemphill enjoying cake.

## Church Services for September

**September 05, 2021** Michael Wittle with First Baptist Church will be in the Great Room at 4:00 pm for worship service.

**September 12, 2021** Rubin Castillo with Bayside Community Church will be in the Great Room at 4:00 pm for worship service.

**September 19, 2021** Alamo Heights Baptist Church and Friends will be in the Great Room at 4:00 pm for worship service.

**September 23, 2021** Father Tommy will be in the Chapple for Catholic Mass.

**September 26, 2021** Alamo Heights Baptist Church and Friends will be in the Great Room at 4:00 pm for worship service.

## Reliable by Nature



In 1870, former U.S. Representative and Civil War officer Henry Washburn led an expedition down the Yellowstone River to explore and survey a remote region of northwest Wyoming. Washburn's party was the first to map the area, explore its many lakes, and climb its mountains. What awed the explorers most were the many boiling and steaming thermal features of the region. One geyser fascinated them most of all. On September 18, 1870, the party realized that it would reliably erupt 100 feet into the air every 74 minutes. Washburn himself dubbed the geyser "Old Faithful." This famous geyser would help make Yellowstone America's first national park in 1872.