



Notable Quotable

“A nickel ain’t worth a dime anymore.”

~ Yogi Berra, baseball catcher and coiner of Yogi-isms

September Horoscopes and 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 gives them a love for others. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they resolve conflicts and are champions of justice and equality.

- Lily Tomlin – Sept. 1, 1939
- Beyoncé – Sept. 4, 1981
- Kim Yuna – Sept. 5, 1990
- Don F. – Sept. 6th
- Vic W. – Sept. 9th
- Ed. C – Sept. 13th
- B.B. King – Sept. 16, 1924
- Greta Garbo – Sept. 18, 1905
- Dorothy Vaughan – Sept. 20, 1910
- Connie H – Sept. 21st
- Bob K. – Sept. 22nd
- Ray Charles – Sept. 23, 1930
- Gene Autry – Sept. 29, 1907

Southern Hospitality *cont. from pg. 1*

well. 4. If someone is lost and needs directions or if a neighbor needs help fixing their lawnmower, one must always offer to *help*. 5. Southern *charm* can be magical. Witty small talk, compliments, and pleasantries put guests at ease and make them feel like old friends. 6. What some might call *charity*, others call the *golden rule*. Do unto others what you would have done unto you, and most importantly, do it freely and without any expectation of

reciprocity. These characteristics provide a foundation on which Southern hospitality is built.

For those looking to experience firsthand the best of Southern hospitality, look no further than September in Savannah. The city’s marquee event is Jazz Fest from September 23–26. Savannah’s jazz scene is as old as that in New Orleans, and Jazz Fest has offered the best local acts for 40 years.

National Assisted Living Week 9/12 - 9/18

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, and the surrounding communities to recognize the role of assisted living in caring for America’s seniors and 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.

Stay tuned for updates regarding special events, activities and other fun happenings that will be scheduled for National Assisted Living Week at Trinity Hills! We look forward to celebrating our role in providing a warm, inviting environment for our residents and the employees who keep things running smoothly, day and night!

Trinity Hills Times

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Southern Hospitality

During September in Savannah, Georgia, cooling winds blow away the oppressive, swampy heat of summer, and this “Hostess City of the South” gets to show what its famed Southern hospitality is all about. For non-Southerners, the notion of “Southern hospitality” might seem disingenuous, like a marketing pitch employed by southern businesses. For many Southerners, though, Southern hospitality is truly a way of life.

matter. When engaging with visitors, polite talk is a sign of respect. 2. Nothing says “Welcome to my home” better than good *home cooking*. Every Southern cook knows a few time-tested recipes that will warm the stomach, heart, and soul, such as peach cobbler, hummingbird cake, fried green tomatoes, or shrimp and grits. 3. *Kindness* extends not just to friends and neighbors but to strangers as

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Southern hospitality is more than welcoming visitors with a neighborly sense of charm. Southern hospitality has six foundational characteristics:

1. *Politeness* and manners



First, the News

On September 25, 1690, the first newspaper in America was published. Sadly for publisher Benjamin Harris, his *Publick Occurrences Both Forreign and Domestick* lasted for just one edition before British censors shut it down. Harris was the owner of Boston’s London Coffee-House, the premier venue for sharing news of the world and debating the philosophies of the era.

Harris, a savvy businessman, knew he had a captive audience for his monthly publication. But Harris was also a known rabble-rouser. He had published inflammatory pamphlets in England before fleeing to the colonies to evade imprisonment. Harris would eventually return to London and the news business, publishing his *London Post* from 1699 to 1706.

Celebrating September

Intergeneration Month

Hispanic Heritage Month

Sewing Month

Dog Days Event @ TH

September 2

Labor Day (U.S.)

September 6

Wonderful Weirdos Day

September 9

Patriot Day

September 11

Assisted Living Week!

September 12-18

Yom Kippur

September 15

International Country Music Day

September 17



Happiness on the Wing



Bluebirds do not have blue pigment in their feathers, but instead their feather structure scatters blue light for our eyes to see.



There are over 10,000 hydrothermal features in Yellowstone National Park

Bluebirds 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 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.

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

The Chinese, too, have revered bluebirds 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.

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.

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. It was Washburn himself who dubbed the geyser "Old Faithful." This famous geyser would help make Yellowstone America's first national park in 1872.

Smiles for Miles at Trinity Hills!

