

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.

Southern hospitality is more than welcoming visitors with a neighborly sense of charm. Southern hospitality has six foundational characteristics: 1. *Politeness* and manners 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 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. *Some southern sayings:*

- He squeezes a quarter so tight the eagle screams.
- I'm so poor that I can't afford to pay attention.
- He is so poor he has a tumbleweed for a pet.
- It's so dry that the trees are bribing the dogs.
- She is as lost as last year's Easter eggs.
- Grinnin' like a possum eatin' a sweet tater.
- He's about as useful as a steering wheel on a mule.
- The porch light's on, but no one's home!
- I was born at night, but not *last* night!
- If his brains were dynamite, he couldn't blow his nose
- His brain rattles around like a BB in a boxcar.
- Something smells bad enough to knock a dog off a gut wagon
- We're off like a herd of turtles.
- Deep in the South where sushi is still called bait
- Bless your pea-pickin' little heart.

Do you recall any of these fun southern sayings?



Alessandra (Staff)	September 4
Eunice (Resident)	September 8
Bobbie H. (Resident)	September 15
Amelework (Staff)	September 17
Karetha (Staff)	September 21
Wendy (Staff)	September 23

Beyoncé (singer) – Sept. 4, 1981
 Kim Yuna (figure skater) – Sept. 5, 1990
 Idris Elba (actor) – Sept. 6, 1972
 Hugh Grant (actor) – Sept. 9, 1960
 Misty Copeland (ballerina) – Sept. 10, 1982
 Tyler Perry (producer) – Sept. 13, 1969
 Dorothy Vaughan (mathematician) – Sept. 20, 1910
 Ray Charles (musician) – Sept. 23, 1930
 Serena Williams (tennis star) – Sept. 26, 1981
 Gene Autry (cowboy) – Sept. 29, 1907



Take a moment this month to welcome Three Fork's newest community residents.

MARTHA
 BETTY O.
 ROBERT
 JOE
 JIMMIE
 CAROL & WES
 WYNELL
 JEANETTE
 CATHERINE



September 2021

Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426

Three Forks Team

Emily Whitson
 Executive Director

Corie Ford Gonzales
 Resident Care Director

Tony Jackson
 Clinical Director

Alex Davis
 Community Relations
 Director

Shelby Mathis
 Business Office Manager

Bill Lawson
 Maintenance Director

Angela Tyler
 Life Enrichment Director



NATIONAL ASSISTED LIVING WEEK
 SEPTEMBER 12-18, 2021

NATIONAL ASSISTED LIVING WEEK

SCHEDULE OF EVENTS

Sunday, September 12~Wear Purple

*Grandparents Day Concert w/ Refreshments by Steve at 2:00
 *Collection for Forney Food Bank will begin today

Monday, September 13~Wear Parrotic Colors for Uncle Sam Day

*Donuts at 10:00 (courtesy of Trinity Hospice)

Tuesday, September 14~Wear Brown

*Ice Cream Sundaes at 2:00 (Courtesy of Alinea Family Hospice)

Wednesday, September 15~Wear Green

*Staff Appreciation Bingo (Prizes Courtesy of Cheyenne Medical Lodge)

Thursday, September 16~Wear Orange

*Fruit basket turnover during lunch~men on one side and ladies on the other side.
 *Jessie Franks Concert w/ Refreshments at 2:00

Friday, September 17~Wear Red

*Staff will be treated to a special meal
 (Courtesy of Three Forks and Dignity Hospice)

Saturday, September 18~Wear Blue

*Turn in your prize bucks today at 11:00
 *Scavenger Hunt today beginning at 12:30
 *Cupcake Social at 2:00

Each day is represented by a color. Wear the various colors each day in support of this special week. For each day you participate in wearing the color of the day, you will be awarded a prize buck to trade for fun prizes on Saturday the 18th. Be sure to refer to your daily schedule for more events throughout National Assisted Living Week.

Happy National Assisted Living Week

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.

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, an establishment frequented by the city's intellectual elite. The cafe was 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 fines and imprisonment. Harris would eventually return to London and the news business, publishing his *London Post* from 1699 to 1706.

Free Money



It may sound crazy, but on September 15 people all over the world will hand out their own hard-earned money to complete strangers. This is Free Money Day, a day to show the world that generosity is always better than self-interest.

This holiday was invented in 2008 after America's financial crisis. International groups dedicated to economic equality thought that it was time for humans to reevaluate their relationship with money. While a certain amount of money is vital for securing basic needs, research shows that large amounts of money do not improve an individual's well-being or overall happiness. The overarching drive to secure wealth may actually be destructive to society and the planet. On Free Money Day, give two banknotes to a stranger. Encourage them to keep one and pass the other on to another stranger. Some give money away digitally through online apps like Venmo. Your generosity is bound to awe your recipient.

Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.



Employee of the Month LINDA COLE

Congratulations to Linda for being Three Forks employee of the month! Linda lives in Forney and was born in Detroit, Michigan. Her hobbies include reading, matching movies and painting furniture. She has four daughters.

Linda has been the weekday receptionist at Three Forks Senior Living for 18 months. She says that she likes her fellow coworkers at Three Forks Senior Living.

