



SENIOR LIVING *with Style!*

FRANKLIN PARK TPC PARKWAY

September 2024

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ASSISTED LIVING

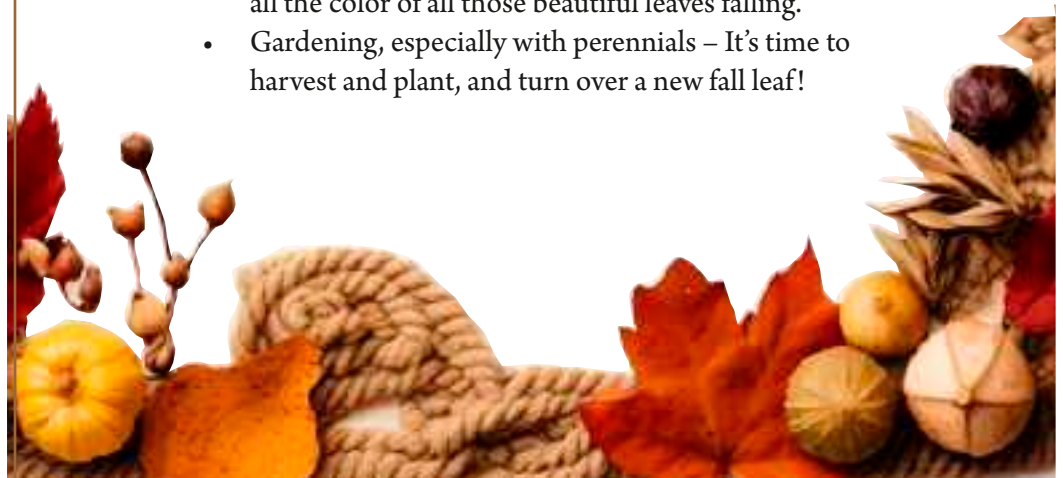
Leafing Summer Behind

Welcome to September! It's an amazing and inspiring time of year. There's a crisp chill to the air. The leaves are transitioning, mesmerizing with their graceful change. It's hard to take your eyes off their stunning nature. And, it's also time to rotate the wardrobe and break out the colorful collection of light sweaters. Choose your favorite and get ready to look for a fall festival.

There are so many in September that it's hard to decide what to do. Many festivals are themed and focus on areas such as art, beer and wine, bluegrass, music in general, hopscotch, apples, and other yummy goods harvested in the fall (even collard greens). There's something for everyone.

The cool autumn air lends itself to plenty of outdoor fun. A few fall favorites include:

- Tailgating – This isn't just for football games. Anyone can gather up a picnic to share on a tailgate!
- Communal gatherings outside to watch or participate in sporting events.
- Leaf "peeping" – This can be done on a leisurely drive or on a lovely late afternoon stroll. The point is to embrace all the color of all those beautiful leaves falling.
- Gardening, especially with perennials – It's time to harvest and plant, and turn over a new fall leaf!



Fall Sudoku

2	9		4		3			
6	1	8			5	4		
4	3		8	6	2		9	
3						6	5	
	2			8	4	3	1	
	7	6	3		9			
	5					7	6	
7	6	1		3	8	9	2	4
			2	7		5	8	1

Easy

		4	1	3	8	5		2
		3			5			
			6					9
		8						1
	1	6						
		5			4	6		8
	7			9	6	3		
		2						
				5			2	

Medium

Senior Living with Style!



Employee of the Month

We are very excited to announce that Eva Salcedo has been selected as EMPLOYEE OF THE MONTH!!

Eva has been with Franklin Park TPC for four months and has made quite an impression on our residents and staff. She always has a smile on her face and is willing to jump in on the fun with the residents. Eva not only cleans the resident's rooms but also ensures that each resident feels valued and cared for during her visit. Residents frequently give her glowing praise on a job well done.

Please join us in congratulating Eva for her exceptional work ethic and contributions to our community. We are grateful to have you as part of our team!!





Franklin Park TPC Parkway - Assisted Living

September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>9:30 Bible Word Search-Prayer</div> <div>10:00 Spiritual Hymns-2</div> <div>10:15 Christian Worship-Chapel</div> <div>2:00 I Love Lucy Show-2</div> <div>3:00 Guitar Music W/ Marco- 2</div> <div>5:00 Domino Group-3</div> <div>1</div>	<div>LABOR DAY</div> <div>9:45 Catholic Communion</div> <div>10:15 Chronicles/Puzzles-3</div> <div>10:30 Tools of the Trade Match-3</div> <div>1:30 Movie- Mr. Popper's Penguins- 2</div> <div>2</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>10:30 Balloon Tennis-3</div> <div>2:00 Bingo-2</div> <div>3:00 Pretty Nails-3</div> <div>5:00 Domino Group-3</div> <div>3</div>	<div>9:30 Happy Feet Walking- 3</div> <div>10:00 Bible Study-3</div> <div>10:00 PAWS - Visit W/Jasper</div> <div>10:45 Chronicles-3</div> <div>2:00 Sing-A-Long W/Jillian-2</div> <div>3:00 Book Club- Chapel</div> <div>4</div>	<div>9:30 Chronicles/Puzzles- 3</div> <div>10:00 PAWS-Visit</div> <div>10:30 Grandparents Day Detective- 3</div> <div>1:30 ZUMBA W/Roxie- 3</div> <div>2:00 Bingo-2</div> <div>3:00 Librarian Ann- Author Talk-2</div> <div>5</div>	<div>9:30 Chronicles/Puzzles-3</div> <div>10:30 Bunco Group-3</div> <div>1:30 Shuttle -Walgreens</div> <div>2:00 VETERANS Meeting-4</div> <div>5:00 Domino Group-3</div> <div>6</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>12:45 Play UNO Card Game-3</div> <div>2:00 Quarter Bingo- 2</div> <div>3:00 Book Club- Chapel</div> <div>6:00 MOVIE NIGHT Les Miserables-2</div> <div>7</div>
<div>GRANDPARENTS DAY</div> <div>Happy B-Day Bobbie E.</div> <div>9:30 Bible Word Search-Prayer</div> <div>10:00 Spiritual Hymns-2</div> <div>10:15 Christian Worship-Chapel</div> <div>11:30 Grandparents Day Barbecue-2</div> <div>3:00 Guitar Music W/ Marco- 2</div> <div>5:00 Domino Group-3</div> <div>8</div>	<div>ASSISTED LIVING WEEK</div> <div>Happy B-Day Reeder H.</div> <div>9:30 Shuttle- HEB</div> <div>9:45 Catholic Communion</div> <div>10:00 Sit & Be Fit Exercise-3</div> <div>10:15 Chronicles/Puzzles-3</div> <div>2:00 LUAU Happy Hour W/Kai-2</div> <div>9</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>1:30 Fall Scavenger Hunt-2</div> <div>2:00 Bingo-2</div> <div>3:00 Pretty Nails-3</div> <div>5:00 Domino Group-3</div> <div>10</div>	<div>9:30 Happy Feet Walking- 3</div> <div>10:00 Bible Study-3</div> <div>10:00 PAWS - Visit W/Jasper</div> <div>10:45 Chronicles-3</div> <div>2:00 50's Sock Hop & Coke Floats- 2</div> <div>3:00 Book Club- Chapel</div> <div>11</div>	<div>Hippie Day- Dress in the 60's</div> <div>Happy B-Day Robert S.</div> <div>9:30 Chronicles/Puzzles- 3</div> <div>10:30 Play Would you Rather ?-3</div> <div>1:30 ZUMBA W/Roxie- 3</div> <div>2:00 Hippie Bingo- 2</div> <div>3:00 Health Talk W/Ageility-2</div> <div>12</div>	<div>Happy B-Day Jerry D.</div> <div>7:30 Men's Breakfast-4</div> <div>9:30 Chronicles/Puzzles-3</div> <div>10:30 Bunco Group-3</div> <div>1:30 Shuttle -Walgreens</div> <div>2:30 Trivia & Treats-2</div> <div>3:00 Piano Music W/Arland- 2</div> <div>5:00 Domino Group-3</div> <div>13</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>1:00 Games & Popcorn- 2</div> <div>2:00 Quarter Bingo- 2</div> <div>3:00 Book Club- Chapel</div> <div>6:00 MOVIE NIGHT Walk the Line Jonny Cash-2</div> <div>14</div>
<div>9:30 Bible Word Search-Prayer</div> <div>10:00 Spiritual Hymns-2</div> <div>10:15 Christian Worship-Chapel</div> <div>2:00 I Love Lucy Show-2</div> <div>3:00 Guitar Music W/ Marco- 2</div> <div>5:00 Domino Group-3</div> <div>15</div>	<div>9:30 Shuttle- Walmart</div> <div>9:45 Catholic Communion</div> <div>10:00 Sit & Be Fit Exercise-3</div> <div>10:15 Chronicles/Puzzles-3</div> <div>2:00 Play Hangman-3</div> <div>16</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>10:30 One Hit Wonder Match-3</div> <div>2:00 Bingo-2</div> <div>3:00 Pretty Nails-3</div> <div>5:00 Domino Group-3</div> <div>17</div>	<div>9:30 Happy Feet Walking- 3</div> <div>10:00 Bible Study-3</div> <div>10:00 PAWS - Visit W/Jasper</div> <div>10:15 LUNCH BUNCH- Max & Louie's New York Diner</div> <div>10:45 Chronicles-3</div> <div>2:00 Play What Did it Cost ?-3</div> <div>3:00 Book Club- Chapel</div> <div>18</div>	<div>9:30 Chronicles/Puzzles- 3</div> <div>10:00 PAWS-Visit</div> <div>10:30 Hooked on Books Detective-3</div> <div>1:30 ZUMBA W/Roxie- 3</div> <div>2:00 Bingo-2</div> <div>3:00 Food Committee Meeting-2</div> <div>19</div>	<div>9:30 Chronicles/Puzzles-3</div> <div>10:00 Outing to Krispy Kreme</div> <div>10:30 Bunco Group-3</div> <div>1:30 Shuttle -Walgreens</div> <div>2:00 Make Cherry Chip Dip & Finish the Lines- 2</div> <div>5:00 Domino Group-3</div> <div>20</div>	<div>Happy B-Day Jan R.</div> <div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>12:45 Play UNO Card Game-3</div> <div>2:00 Quarter Bingo- 2</div> <div>3:00 Book Club- Chapel</div> <div>6:00 MOVIE NIGHT Annie-2</div> <div>21</div>
<div>FIRST DAY OF AUTUMN</div> <div>9:30 Bible Word Search-Prayer</div> <div>10:00 Spiritual Hymns-2</div> <div>10:15 Christian Worship-Chapel</div> <div>2:00 I Love Lucy Show-2</div> <div>3:00 Guitar Music W/ Marco- 2</div> <div>5:00 Domino Group-3</div> <div>22</div>	<div>9:30 Shuttle- HEB</div> <div>9:45 Catholic Communion</div> <div>10:00 Sit & Be Fit Exercise-3</div> <div>10:15 Chronicles/Puzzles-3</div> <div>2:00 Happy Hour- 2</div> <div>23</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>10:30 Balloon Tennis- 3</div> <div>2:00 Bingo-2</div> <div>3:00 Pretty Nails-3</div> <div>5:00 Domino Group-3</div> <div>24</div>	<div>7:30 Women's & Waffles-4</div> <div>9:30 Happy Autumn Walking- 3</div> <div>10:00 Bible Study-3</div> <div>10:00 PAWS - Visit W/Jasper</div> <div>10:45 Chronicles-3</div> <div>2:00 Bean Bag Baseball-3</div> <div>3:00 Book Club- Chapel</div> <div>25</div>	<div>9:30 Chronicles/Puzzles- 3</div> <div>10:00 PAWS-Visit</div> <div>10:00 Fall Painting- 4</div> <div>1:30 ZUMBA W/Roxie- 3</div> <div>2:00 Bingo-2</div> <div>3:00 Resident Meeting-2</div> <div>26</div>	<div>9:30 Chronicles/Puzzles-3</div> <div>10:00 Fall Painting- 4</div> <div>10:30 Bunco Group-3</div> <div>1:30 Shuttle -Walgreens</div> <div>2:00 Pumpkin Social-4</div> <div>3:00 Play Toss Across -4</div> <div>5:00 Domino Group-3</div> <div>27</div>	<div>9:30 Sit & Be Fit Exercise-3</div> <div>10:00 Chronicles/Puzzles-3</div> <div>12:45 Play UNO Card Game-3</div> <div>2:00 Quarter Bingo- 2</div> <div>3:00 Book Club- Chapel</div> <div>6:00 MOVIE NIGHT Footloose 1984-2</div> <div>28</div>
<div>9:30 Bible Word Search-Prayer</div> <div>10:00 Spiritual Hymns-2</div> <div>10:15 Christian Worship-Chapel</div> <div>2:00 I Love Lucy Show-2</div> <div>3:00 Guitar Music W/ Marco- 2</div> <div>5:00 Domino Group-3</div> <div>29</div>	<div>OKTOBERFEST WEEK</div> <div>Happy B-Day Linda S.</div> <div>9:30 Shuttle- Walmart</div> <div>9:45 Catholic Communion</div> <div>10:00 Sit & Be Fit Exercise-3</div> <div>10:15 Chronicles/Puzzles-3</div> <div>2:00 Play Hangman- 3</div> <div>30</div>					

GEOCACHING *for Seniors*

If you already participate in this fun-filled activity, it's wonderful, isn't it? For those who haven't tried it, maybe you'll be inspired after reading this or talking to your geocaching cronies. First thing's first: What is geocaching, anyway?

Two things stand out in the name. The first is *geo* since this is a geography-related activity. The second is *cache*. According to Merriam-Webster, in the verb form this word means "to place or store (something) in a hidden or secure place for safety or concealment." Ultimately, the name for this activity is quite accurate. Geocaching is basically an outdoor treasure hunt that anyone can participate in from anywhere in the nation or world. You download an app on your smart device and put on your walking shoes. Go exploring in the area you wish as shown on the app, find the treasure, log it and boom! Time for the next exploration. You can also take the treasure and replace it with something of equal value, and also log it into the app.

This exciting adventure increased in popularity during the pandemic, as it is something one can do at no cost outdoors. It has proven to be an exceptional hobby among seniors. It's engaging for both the mind and body, heavy on Vitamin D and lends itself to group and family play. A caretaker can help even the disabled participate. Retirement communities can set up a group activity. It's a great time to make memories with friends and loved ones, and learn something new at the same time. Give it a shot! It may be exactly what you've been looking for in your life.



Fear of the Funky-Shaped

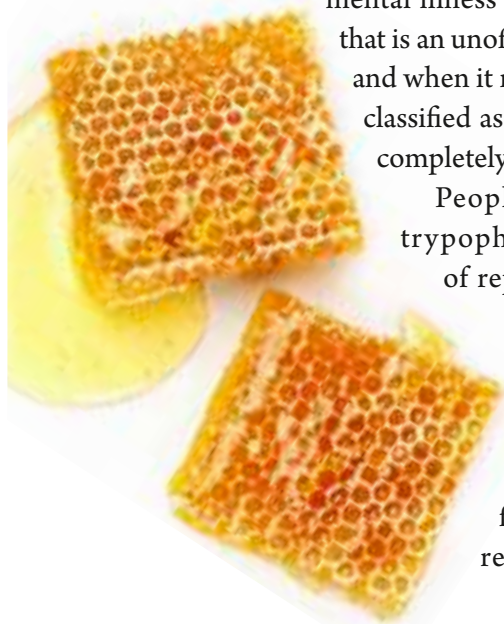
Are you familiar with the term "tryphobia?" It's among the lesser-known fears and doesn't appear to be commonly discussed. Some health professionals classify tryphobia as a type of anxiety disorder that falls in the mental illness health category, but that is an unofficial classification. If and when it might be legitimately classified as a mental disorder is completely unknown.

People who suffer from tryphobia harbor a fear of repetitive patterns on objects, specifically patterns made of clustered small holes. They experience intense feelings of disgust and repulsion when they

encounter such objects. Holes in general aren't triggering; it's holes that are clustered in a pattern that they find disturbing. Seeded fruits like strawberries and kiwi, sponges, honeycombs, sunflowers, soap bubbles, reptile skin (snakes, frogs and other lizards), holey cheeses like Swiss, clusters of eyes on insects, water condensation and seeded breads are often assumed to be common triggers.

The causes for the active emotional response to holey things is continuously being analyzed. Some noted analysts believe tryphobia is an unconscious response to a perceived threat. For instance, some people see clusters of tiny holes and respond as if they might house fleas or some other threatening parasite. Other analysts say the phobia isn't related to what the cluster could be, but rather the cluster itself.

Exposure therapy, cognitive behavioral therapy, relaxation techniques, medication and self-awareness exercises can be used to help combat tryphobia. Success rates vary among each individual though.



Diet Disrupts Gut Microbes

Dr. Ivaylo Ivanov from Columbia University led a study funded by the NIH, looking at how Western-style diets (high in fat and sugar) affect weight gain and diseases like diabetes by focusing on the immune system and gut bacteria. This study was published in the journal *Cell* on September 15, 2022.

In the study, mice were fed either a high-fat, high-sugar diet or a low-sugar diet. Mice on the high-fat, high-sugar diet gained weight and showed early signs of diabetes within a week. This was linked to changes in their gut immune cells, especially a drop in protective Th17 cells. These Th17 cells help fight weight gain and metabolic problems and are influenced by a type of gut bacteria called segmented filamentous bacteria, which decreased on the unhealthy diet.

When mice that couldn't produce Th17 cells were studied, it was clear that these cells are necessary to prevent

weight gain and diabetes. Adding Th17 cells back to these mice kept them at a healthy weight and free from diabetes symptoms. Additionally, giving the mice good bacteria helped protect them even on an unhealthy diet.

The study found that sucrose (a major part of table sugar) was a key factor. Sucrose lowered Th17 cell production, leading to weight gain and metabolic issues. It also increased harmful gut bacteria and reduced beneficial ones.

Th17 cells help by slowing down fat absorption and reducing gut inflammation. Dr. Ivanov emphasized the complex relationship between diet, gut bacteria, and the immune system in obesity and related conditions. Even though there are differences between human and mouse gut bacteria, other studies suggest that fewer Th17-inducing microbes in humans may be linked to metabolic problems, highlighting the need for more research on how dietary sugar affects human gut bacteria.



Happy Birthday!

Bobbie E.....9/8
Reeder H.....9/9
Sandy T.....9/9
Robert S.9/12
Jerry D.9/13
Julie T.....9/21
Jan R.9/21
Emerence M.....9/22
Douglas J.....9/27
Linda S.....9/30

Welcome!

Robert H.

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