



SENIOR LIVING *with Style!*

FRANKLIN PARK TPC PARKWAY

September 2024

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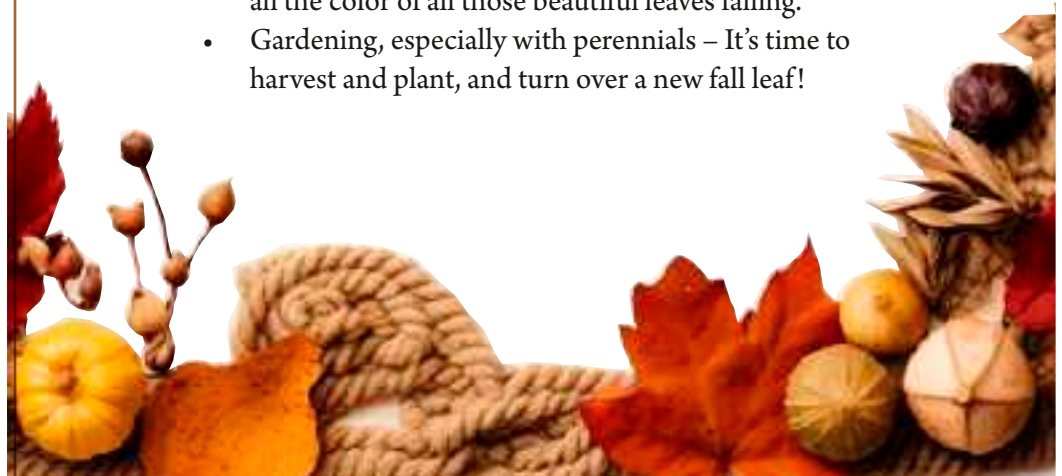
Leafing Summer Behind

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!



INDEPENDENT LIVING

A *Timeless* Combination Apple Sauce and Pork Chops

It's one of those specialties that has been around for decades, but the reasons behind the delightfully delectable companion dish pork chops and applesauce aren't all that familiar, which makes it a fine time to learn a little more about this treat.

This duo was introduced in the United States back in a late 1800s edition of "Good Housekeeping" magazine. An author suggests cooking the pork in its own fat, which is common enough, but pairing it with a sauce made of stewed apples, something not so common. However, given the magnitude and reach of this publication, the combination slowly trickled across America and it became a well-loved platter, for a few reasons. The mere mention led to tasting the two together. And simply put, they're fantastic. There is a notable number of pork recipes that include braising the meat with cider in fact.

Some suggest it's a nice pairing due to the synchronicity of harvest time. Pigs are slaughtered on one side of the farm, while apples are harvested on the other at the same time of year. Those who cook farm-to-table, which was the primary way back in the day, had two very fresh ingredients in front of them. Why not try the pork and apples together?

A lesser known reason the pairing became popular is due to a television reference on "The Brady Bunch." Surprising, I know, but apparently in one episode, middle child Peter Brady mentions this "swell" dinner dish during an impression of Humphrey Bogart. (You'll have to watch the episode to find out more about this.)

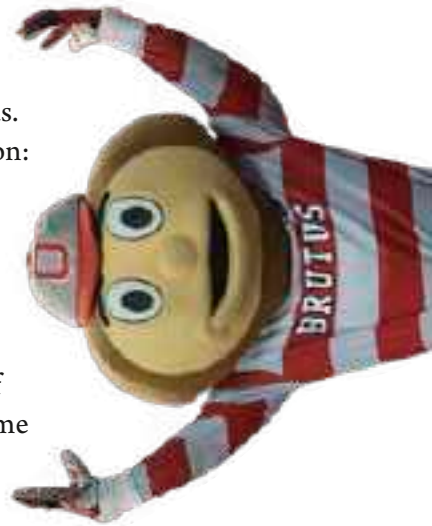
How do you feel about pork and apples? What is your take on the combination?

Who is the Furry Guy on the Sidelines?

It's that time of year again. Sports fans are ready for football season to begin. There's chatter around who might compete in various bowl games, which recruits will live up to their hype, who the new and old favorites might be. One thing that isn't talked about as often is the sideline secret. What does the team mascot actually have to do with the team itself?

This question is especially intriguing when considering a few specific teams. Let's take a look.

- **Pennsylvania State University:** The Nittany Lion emerged as the frontrunner in the mascot race after a baseball game against Princeton in 1904. The Princeton Tigers touted their ferocity and a witty retort by Penn State players bested it, referring to Mount Nittany and its lions that rule the campus.
- **University of Wisconsin-Madison:** It's no surprise that a badger might reign supreme as mascot of this school, given the nickname for Wisconsin is the "Badger State." But it's not because of the excess number of badgers in the state. The nickname arose during the 1800s, when miners had to burrow in tunnels during winter. Bucky Badger took the lead as UW mascot in 1940, after the mascot had been simply a "badger" for many years.
- **Ohio State:** OSU's unnamed mascot first appeared in papier-mâché form in 1965. Inspired by the official state tree, the Buckeye, this mascot eventually became known as Brutus Buckeye. His look blends nut and human to make one of the most spirit-filled mascots to date.



Senior Living with Style!



September 2024 | DATES TO CELEBRATE

Labor Day.....	9/2	Patriot Day.....	9/11
NFL Season Begins.....	9/5	World Gratitude Day.....	9/21
Grandparents' Day.....	9/8	Autumn Begins.....	9/22
Assisted Living Week	9/8-14	Centenarian's Day	9/22

Birthstone - Sapphire | **Flower** - Aster | **Zodiac** - Virgo & Libra

Franklin Park TPC Parkway - Independent Living

September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>9:30 DEPART FOR CT CHURCH</div> <div>1:30 MEXICAN TRAIN-GR</div> <div>2:00 MAHJONG - 4th</div> <div>4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO</div> <div>7:00 SUNDAY MOVIE - GR</div> <div>1</div>	<div>LABOR DAY HOLIDAY</div> <div>9:45 CATHOLIC COMMUNION - GR</div> <div>2:00 BOCCEE - AC</div> <div>2:00 KNITTING/SEWING CLUB MEETING - GR</div> <div>3:30 CRAZY 8'S - GR</div> <div>2</div>	<div>10:15 BIBLE STUDY - GR</div> <div>1:30 HAND AND FOOT - GR</div> <div>2:30 RESIDENT ACTIVITY MEETING - AC</div> <div>3:30 DOLLAR BINGO - AC</div> <div>7:00 MOVIE NIGHT - GR</div> <div>3</div>	<div>11:00 ZUMBA W/ ROXIE - AC</div> <div>1:15 WATER AEROBICS-POOL</div> <div>1:30 BEANBAG BASEBALL</div> <div>2:30 JEOPARDY - AC</div> <div>3:30 CRAZY 8'S - GR</div> <div>4:00 PARRY'S (DINNER OUT)</div> <div>7:00 MOVIE NIGHT - GR</div> <div>4</div>	<div>11:00 ZUMBA W/ROXIE - AC</div> <div>1:30 MEXICAN TRAIN - GR</div> <div>3:00 WII BOWLING - AC</div> <div>4:00 HAPPY HOUR W/REBECCA</div> <div>5</div>	<div>11:00 EXERCISE W/ AGEILITY</div> <div>1:30 SHUTTLE WALGREENS</div> <div>1:30 MAHJONG - 4th</div> <div>2:00 VETERANS MEETING - GR</div> <div>3:30 DOLLAR BINGO - AC</div> <div>6:00 POKER - GR</div> <div>6</div>	<div>10:00 WALKERS CLUB - MAIN LOBBY</div> <div>11:00 YOGA W/ANGELICA - AC</div> <div>1:30 MAHJONG - GR</div> <div>7:00 MOVIE NIGHT - GR</div> <div>7</div>
<div>9:30 DEPART FOR CT CHURCH</div> <div>1:30 MEXICAN TRAIN-GR</div> <div>2:00 MAHJONG - 4th</div> <div>4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO</div> <div>7:00 SUNDAY MOVIE - GR</div> <div>8</div>	<div>9:45 CATHOLIC COMMUNION - GR</div> <div>11:00 EXERCISE W/AGEILITY</div> <div>1:30 SHUTTLE TO WALMART</div> <div>2:00 BOCCEE - AC</div> <div>2:00 KNITTING/SEWING CLUB MEETING - GR</div> <div>3:30 CRAZY 8'S - GR</div> <div>9</div>	<div>10:15 BIBLE STUDY - GR</div> <div>1:30 HAND AND FOOT - GR</div> <div>2:30 RESIDENT FOOD MEETING- AC</div> <div>3:30 DOLLAR BINGO - AC</div> <div>7:00 MOVIE NIGHT - GR</div> <div>10</div>	<div>11:00 ZUMBA W/ ROXIE - AC</div> <div>1:15 WATER AEROBICS-POOL</div> <div>1:30 BEANBAG BASEBALL</div> <div>2:30 JEOPARDY - AC</div> <div>3:30 CRAZY 8'S - GR</div> <div>4:00 NONA'S (DINNER OUT)</div> <div>7:00 MOVIE NIGHT - GR</div> <div>11</div>	<div>11:00 ZUMBA W/ROXIE - AC</div> <div>1:30 MEXICAN TRAIN - GR</div> <div>2:00 BOOK CLUB MEETING - AC</div> <div>3:00 WII BOWLING - AC</div> <div>4:00 HAPPY HOUR W/ROB</div> <div>12</div>	<div>11:05 CHAIR TENNIS - AC</div> <div>12:00 MARIE'S CLOTHES - 4TH</div> <div>1:30 SHUTTLE WALGREENS</div> <div>1:30 MAHJONG - 4th</div> <div>3:30 DOLLAR BINGO - AC</div> <div>6:00 POKER - GR</div> <div>13</div>	<div>10:00 WALKERS CLUB - MAIN LOBBY</div> <div>11:00 YOGA W/ANGELICA - AC</div> <div>1:30 MAHJONG - GR</div> <div>6:00 POTLUCK-BISTRO</div> <div>7:00 MOVIE NIGHT - GR</div> <div>14</div>
<div>9:30 DEPART FOR CT CHURCH</div> <div>1:30 MEXICAN TRAIN-GR</div> <div>2:00 MAHJONG - 4th</div> <div>4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO</div> <div>7:00 SUNDAY MOVIE - GR</div> <div>15</div>	<div>9:45 CATHOLIC COMMUNION - GR</div> <div>11:00 EXERCISE W/AGEILITY</div> <div>1:30 SHUTTLE TO HEB</div> <div>2:00 BOCCEE - AC</div> <div>3:30 CRAZY 8'S - GR</div> <div>16</div>	<div>10:15 BIBLE STUDY - GR</div> <div>1:30 HAND AND FOOT - GR</div> <div>2:00 HEALTH TALK W/AGEILITY - AC</div> <div>3:30 DOLLAR BINGO - AC</div> <div>7:00 MOVIE NIGHT - GR</div> <div>17</div>	<div>9:00 BLOOD PRESSURE CLINIC - GR</div> <div>11:00 ZUMBA W/ ROXIE - AC</div> <div>1:15 WATER AEROBICS-POOL</div> <div>1:30 BEANBAG BASEBALL</div> <div>2:30 JEOPARDY - AC</div> <div>3:30 CRAZY 8'S - GR</div> <div>7:00 MOVIE NIGHT - GR</div> <div>18</div>	<div>10:00 HEARING LIFE - GR</div> <div>11:00 ZUMBA W/ROXIE - AC</div> <div>2:00 TOWNHALL - AC</div> <div>3:00 WII BOWLING - AC</div> <div>4:00 HAPPY HOUR W/TJ</div> <div>19</div>	<div>9:30 OUTING: NORTH STAR MALL</div> <div>11:05 CHAIR TENNIS - AC</div> <div>1:30 SHUTTLE WALGREENS</div> <div>1:30 MAHJONG - 4th</div> <div>3:30 DOLLAR BINGO - AC</div> <div>6:00 POKER - GR</div> <div>20</div>	<div>10:00 WALKERS CLUB - MAIN LOBBY</div> <div>11:00 YOGA W/ANGELICA - AC</div> <div>1:30 MAHJONG - GR</div> <div>3:30 SING ALONG W/INES - AC</div> <div>7:00 MOVIE NIGHT - GR</div> <div>21</div>
<div>FIRST DAY OF AUTUMN</div> <div>9:30 DEPART FOR CT CHURCH</div> <div>1:30 MEXICAN TRAIN-GR</div> <div>2:00 MAHJONG - 4th</div> <div>4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO</div> <div>7:00 SUNDAY MOVIE - GR</div> <div>22</div>	<div>9:45 CATHOLIC COMMUNION - GR</div> <div>11:00 EXERCISE W/AGEILITY</div> <div>1:30 SHUTTLE TO WALMART</div> <div>2:00 BOCCEE - AC</div> <div>2:00 Pumpkin Social & Sing-A-Long W/ Jillian</div> <div>3:30 CRAZY 8'S - GR</div> <div>23</div>	<div>10:15 BIBLE STUDY - GR</div> <div>1:30 HAND AND FOOT - GR</div> <div>2:30 PAINTING W/ VEGGIES - GR</div> <div>3:30 DOLLAR BINGO - AC</div> <div>7:00 MOVIE NIGHT - GR</div> <div>24</div>	<div>11:00 ZUMBA W/ ROXIE - AC</div> <div>1:15 WATER AEROBICS-POOL</div> <div>1:30 BEANBAG BASEBALL</div> <div>2:30 JEOPARDY - AC</div> <div>3:30 CRAZY 8'S - GR</div> <div>4:00 FISH CITY GRILL (DINNER OUT)</div> <div>7:00 MOVIE NIGHT - GR</div> <div>25</div>	<div>10:00 FALL CRAFTS- AC</div> <div>11:00 ZUMBA W/ROXIE - AC</div> <div>1:30 MEXICAN TRAIN - GR</div> <div>3:00 WII BOWLING - AC</div> <div>4:00 HAPPY HOUR W/JASON</div> <div>26</div>	<div>9:00 OUTING: RUBY CITY - THE UNSETTLED EYE</div> <div>11:05 CHAIR TENNIS - AC</div> <div>1:30 SHUTTLE WALGREENS</div> <div>1:30 MAHJONG - 4th</div> <div>3:30 DOLLAR BINGO - AC</div> <div>6:00 POKER - GR</div> <div>27</div>	<div>10:00 WALKERS CLUB - MAIN LOBBY</div> <div>11:00 YOGA W/ANGELICA - AC</div> <div>1:30 MAHJONG - GR</div> <div>6:00 POTLUCK - BISTRO</div> <div>7:00 MOVIE NIGHT - GR</div> <div>28</div>
<div>9:30 DEPART FOR CT CHURCH</div> <div>1:30 MEXICAN TRAIN-GR</div> <div>2:00 MAHJONG - 4th</div> <div>4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO</div> <div>7:00 SUNDAY MOVIE - GR</div> <div>29</div>	<div>9:45 CATHOLIC COMMUNION - GR</div> <div>11:00 EXERCISE W/AGEILITY</div> <div>1:30 SHUTTLE TO HEB</div> <div>2:00 BOCCEE - AC</div> <div>3:30 CRAZY 8'S - GR</div> <div>30</div>	<div>FOOTBALL is my favorite SEASON</div> <div>KICKOFF STARTS 9/5</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

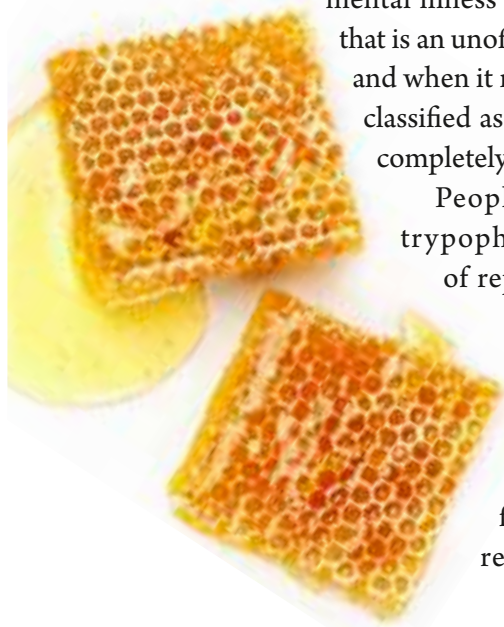
Are you familiar with the term "tryphobia?" It's among the lesser-known fears and doesn't appear to be commonly discussed. Some health professionals classify tryphobia as a type of anxiety disorder that falls in the mental illness health category, but that is an unofficial classification. If and when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



Employee of the Month!!

We are ecstatic to announce that Audrey Keif has been named EMPLOYEE OF THE MONTH at Franklin Park, IL! For the past six years, Audrey has been a valuable member of our team, consistently supporting both residents and colleagues while exemplifying Franklin Park's core values.

Audrey came out of retirement to rejoin the workforce, and we are honored that she chose Franklin Park as the place to continue her career. She often says that the best part of her job is helping our residents and staying active, which keeps her in great shape.

Audrey's hard work, calming presence, and dedication to serving our community truly define who she is. Her compassion and excellence shine through in everything she does.

Please join us in congratulating Audrey on this well-deserved recognition. Thank you, Audrey, for your exceptional contributions to our community and for embodying the spirit of excellence every day. We are truly fortunate to have you as part of our team!



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