

FREMONT FOUNTAIN VIEW

A program of Baruch Senior Ministries 501(c)



Management at your service

“Baruch Senior Ministries seeks to honor God by serving people as they age.”

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The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

Psalm 86: 11-12 "Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may revere your name."

The Message version ends this verse with "undivided, I'll worship in joyful fear." As I write this morning, my thoughts are a bit scattered; landing on one thought for meditation is difficult. But this is our reality. We hold the truth of God's power and our pitfalls, our praise and lament, our fight and our surrender in our mind and experience always. In today's reading, the prayer is well placed: "God, my soul feels scattered and incoherent like that poor wretch Legion (Mark 5:2-10). Gather up my diverse needs, my conflicting desires, my jumbled identity, and make a harmonious whole of me, 'give me an undivided heart to revere your name.' Amen."

Recently my husband's personal statement essay from a 1984 law school application was discovered in some old files. Remarkably it sets forth in hope and dream the person he has fully become....more than we hope or imagine. It was so solidly him, just young not knowing any of what was to come. Reading it, the helm of God's hand and direction seems so incredibly sure, in spite of how scattered it often feels. Listening to resident stories brings about this similar reframing. The remarkable-ness of a life, the blessing of impact both from and to others, the strength and breath of truth, survival ...and always, always thankfulness...is what stands out when it is said out loud. In the telling, one is named. What seems scattered or meaningless can be seen as hemmed in and held by the arms of God. Praise and thankfulness completes the journey of reframing, ushering us into God's presence and breath. Undivided, we worship in joyful reverence.

Chaplain Sheri

Never too old to have a BFF



Phyllis L. has only been here for a short time, but Doris and Phyllis have become very good friends.

Enjoying the sunshine on the Patio



The History of Grandparents Day

You know that Grandparents Day, taking place the Sunday after Labor Day every year, is a holiday for celebrating your parents' parents. You might send them a card, or give them a call. But how did the holiday come to be? Did it originate out of a sweet, sincere desire to celebrate the young at heart... or was it all a giant marketing scheme to sell more stuff?

It is, in fact, the former. When West Virginia native Marian McQuade first thought of the idea for the holiday, commercialism was the last thing on her mind. In 1956, McQuade was trying to plan a celebration for the elderly members of her community. She made the sad discovery that many of the senior citizens in the nursing home didn't often receive visits from their families. So she set out to designate a day to honor and appreciate grandparents. Here's [how grandkids can help you feel young](#) (and how you can get that feeling even if you don't have grandkids).

Thanks to a federal proclamation signed by President Jimmy Carter, Grandparents Day became an official holiday in 1978. And it's not actually just for grandparents. [The National Grandparents Day Council](#) says that it's also "to give grandparents an opportunity to show love for their children's children." In any case, McQuade never wanted the holiday to be a money grab. [Mother's Day actually has a similar story](#); in fact, its founder wanted it discontinued in the 1920s after she saw how commercialized it had become. However, McQuade's intentions didn't stop card

Resident of the Month

For September

Our Resident of the month is in memory of a special man Darrell who passed away in July. Darrell enjoyed playing bingo and visits with his wife Ruth.



Birthdays in September

Residents

Linda.....9/03

Florence.....9/18

Staff

Erica.....9/02



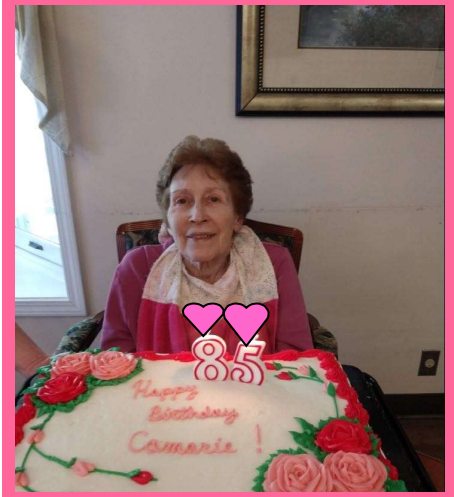
Assisted Living Week

With a nod to essential frontline caregivers battling COVID-19, “Caring is Essential” has been announced as the theme of this year’s National Assisted Living Week.

“The theme, ‘Caring is Essential,’ is more relevant today than in recent years and highlights the incredible care provided by essential caregivers in assisted living communities across the country,” according to American Health Care Association / National Center for Assisted Living.

Established by NCAL in 1995, National Assisted Living Week is an opportunity for residents, their families, staff, volunteers and local communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities.

The annual observance — this year Sept. 13-19 — 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 educate the public about this aspect of long-term care.



Happy Birthday Cam!!!
Hope you had a great day!

Anniversaries for the Month of September

Residents

- 1 yearJeanette
- 1 year.....Doris

Staff

- 7 years.....Amanda



Kid and School the stories we might not hear.

My first year of teaching I had a terribly naughty little boy (he tried to pull the fire alarm on the first day of school). About midway through the year he drew a picture at free time and brought it up to show me. He pointed to the pictures saying, “Look, this is me and on my shoulders I drew those two guys that tell you to do good things or bad things... I like to listen to the bad one!” It was so funny (and true) all I could do was hug him and laugh.

