

Culinary Corner

Summer is over and we now are going into my favorite time of the year. Fall is filled with the cool, brisk days and nights and the thoughts of more fresh baked goods. There is just something about this time of year that brings excitement and anticipation of the coming holiday.

The fall season brings us the harvest of the gardens and the excitement of creating great hearty foods that stick to your ribs and make you feel all warm and comfy inside.

The thought of outdoor bon fires and the leaves changing colors just brings a new cycle of life. The smell of burning wood and hearing the crackling of the fire just makes you feel alive and fills you with a new season and changing of time.

With all the changes coming in fall we also change the way we eat and the food we eat. If any of the residents or family members have special family recipes that you would like your culinary team to make a meal, please feel free to submit them to your culinary team. Some family recipes seem to be the best food we eat. I am excited to prepare more great food and see the smiles on the face of happy residents when they enjoy some of these fall favorites.

Once again, I cannot express my gratitude for having the honor to serve all of you every day. Please never hesitate to bring ideas and suggestions to us.

God Bless and we continue to look forward to being in your home and serving you.

Sincerely,

David Andert
Dietary Director

September Birthdays

Resident Birthdays

Nancy D.	9/3
Bonnie M.	9/9
Jackie S.	9/14
Kathy K.	9/19
Vern E.	9/25
Clyde H.	9/26

Others You May Know....

Lily Tomlin (comedian) – September 1, 1939
 Bob Newhart (comedian) – September 5, 1929
 Grandma Moses (artist) – September 7, 1860
 Otis Redding (singer) – September 9, 1941
 Agatha Christie (author) – September 15, 1890
 Frankie Avalon (singer) – September 18, 1940
 Jim Henson (puppeteer) – September 24, 1936
 T. S. Eliot (poet) – September 26, 1888
 Gene Autry (singer) – September 29, 1907
 Fran Drescher (actress) – September 30, 1957

Point Taken

Grammarians rejoice! September 24 is Punctuation Day. If punctuation makes you feel as excited as an exclamation point, then get ready to express your enthusiasm over some rarely used punctuation marks, so obscure that they don't even appear on keyboards.



The *interrobang* looks like a question mark with an exclamation point cut through its heart, and it means “?!” The *exclamation comma* and *question comma* are versions of these marks with a comma below instead of a dot. Why? Because sometimes you want to express excitement or ask a question in the middle of a sentence, not at the end. Three dots forming an upside-down triangle are known as the *because sign*. An *irony mark* looks like a backward question mark and means that the sentence should be read with irony... this sentence not included, of course.

The Pines Times

Mount Royal Pines III | 50 E Saint Marie St. | 218-724-5500

Celebrating September

Intergeneration Month

World Alzheimer's Month

Labor Day
September 1

Eat an Extra Dessert Day
September 4

International Day of Charity
September 5

Bald Is Beautiful Day
September 13

Balance Awareness Week
September 14–20

Respect Day
September 18

Centenarian's Day
September 22

Women's Health
and Fitness Day
September 23

Good Neighbor Day
September 28

New Employee Introduction



I am so excited to join this wonderful team at Mount Royal Pines III as the new operations manager. With 14 years of experience in healthcare, I've seen firsthand the incredible impact a dedicated team can have. I'm passionate about creating a supportive and joyful environment for both residents and staff. It is a privilege to be a part of such a special community. When I am not here, you can find me at home with my

husband, our three amazing children and our two very spoiled dogs. I am such a homebody, and you can usually find me in the kitchen baking up a storm or cooking a great new recipe. I love to read in cozy blankets, watch movies with my family and nothing really beats shopping online for new clothes! I am happy to be here for this new journey and role and cannot wait to see where this path leads me. I look forward to supporting you and your family here at Mount Royal Pines III.

Resident & Family Council

Mount Royal Pines III provides a space and coordinates the participation of interested participants for resident and family council. This is an opportunity for residents and/or families to come together and discuss any changes they would like to see implemented, share concerns or simply collaborate with other council members. Please stop by the front desk if you would like to schedule a date and time for a Resident & Family Council Meeting.

Activities Corner

The month of August at Pines III was packed with fun, food & live music!

We kicked off the first week with National Night Out, where families and friends came and enjoyed a great BBQ and root beer floats!

Pines III residents were entertained with live singing, guitar and piano music. Special thanks to Abe Curran, Steve Johnson and Joseph Kotiranta for sharing their talents with us.

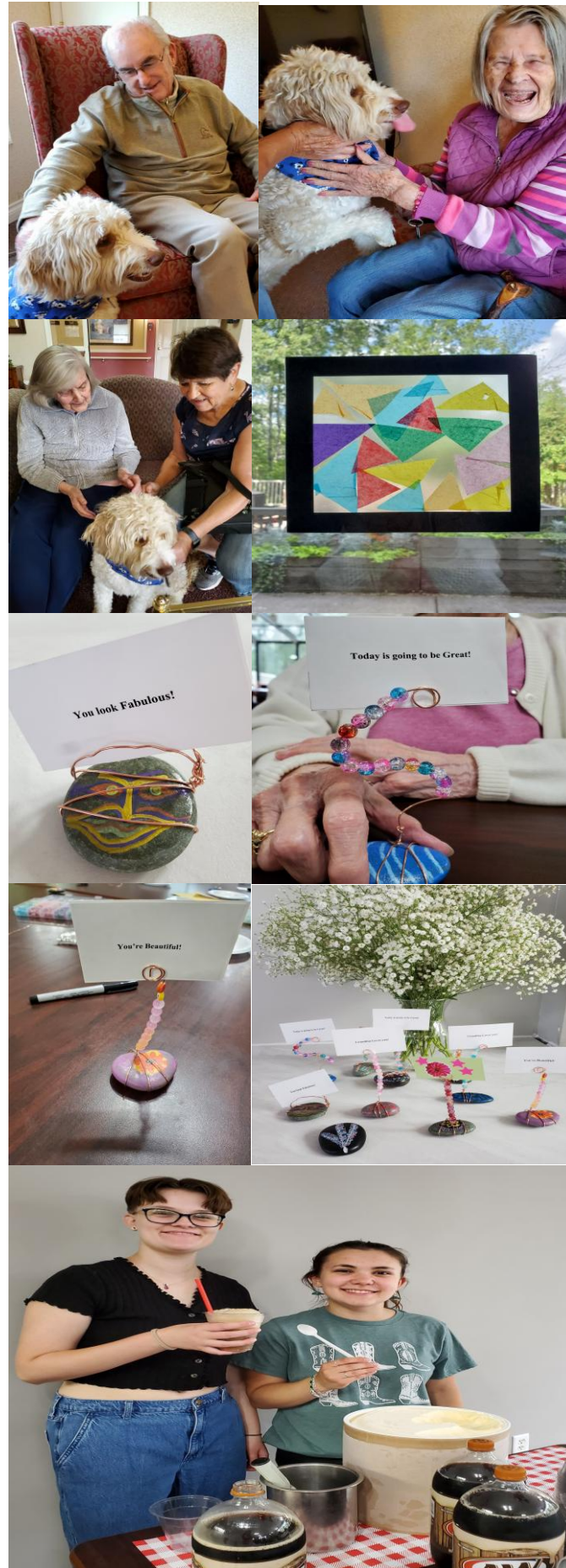
For the dog lovers we welcomed Trapper, a 6-year-old Aussie/doodle connected with Helping and Healing Paws and his handler Ardis.

We also had a nice visit from Cricket, a King Charles Spaniel therapy dog with her handler Barb. We look forward to seeing both dogs and ladies in the near future.

Being creative is something I enjoy and passing it on to the residents here brings me joy! Our August craft was a three-class project! The outcome was a rock picture/inspirational message holder. It was great to see the crafters show up for each stage of the project!

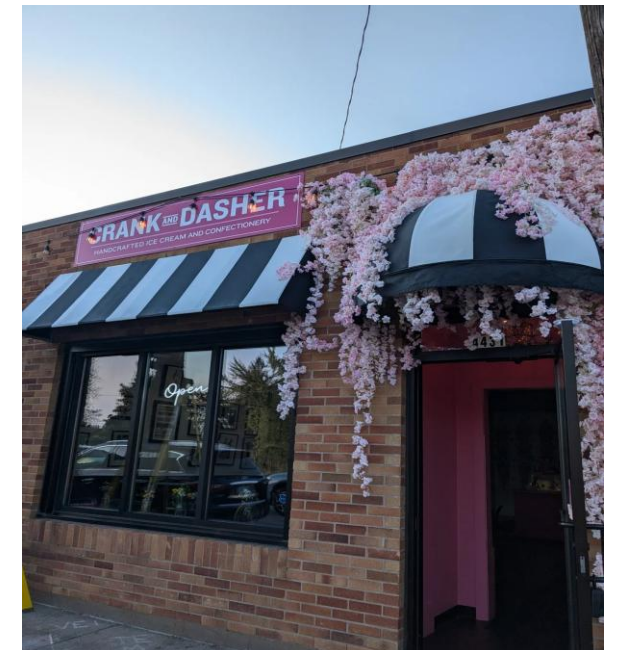
National Assisted Living Week runs Sunday, Sept. 7th - Saturday 13th. I have fun things planned! The local business, Crank and Dasher will be here on location Wed., Sept. 10th from 3-4 pm. They are a local ice cream business! There will be three flavors of ice cream to choose from, \$5.50 (tax included) for a single serving. Come and spend time eating delicious ice cream with your loved one, while supporting a small local business.

Cindy Koecher
Health and Wellness Coordinator



Reminder

**The Main Office is closed
Monday, September 1st in
Observance of Labor Day.**



**Come support a small business and
spend time with a loved one!**

**Crank and Dasher will be here on
Wednesday September 10th 3pm-
4pm**

\$5.50 a scoop (tax included)