

# GEOCAM CONNECTION

Georgetown & Cambridge Assisted Living 141-151 Port Sheldon Rd. Grandville, MI 49418



## UPCOMING HAPPENINGS

### September 7

Labor Day- US

### September 8

Dr. Hyde Visit

### September 12-27

Biking For Baruch

### September 13

National Grandparents Day

### September 14 & 28

Chaplain Val Visits

### September 13-19

National Assisted Living Week

### September 19

Holland Alzheimers Walk

### September 22

First Day of Fall

Pause. Breathe. Begin Again.

There is a phrase I have been drawn to when I am feeling overwhelmed and stressed that helps me slowly come back to myself...Pause. Breathe. Begin

Again. I heard this phrase from a former professor of mine, and it was something I could not get out of my head. Even simply saying the phrase slowly to myself a few times was and is calming. I find myself coming back to this phrase as we continue through this pandemic, not only as a practice that is helpful to me personally, but also as a spiritual practice to be shared with our residents. So what does it mean to Pause. Breathe. Begin Again, and how is this practice helpful to us during this season we are all in?

Pause. I heard a pastor friend of mine once say, "Distraction is the curse of our age. The desperate need today is not for a number of efficient people, or busy people, but for present people." We cannot be present with ourselves, God or our neighbor without pausing and taking time to notice and take inventory of our thoughts, feelings, worries, etc. The act of pausing is a defiance against busyness and distraction, allowing us to "...be still and know that I am God" (Psalm 46:10). When we pause, we can recognize our anxieties and worries and turn those into prayers to God, "...casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful..." (1 Peter 5:7-8). As we take time to pause and notice these things, our hearts are free and have more room to "...give thanks to God in all circumstances..." (1 Thess. 5:18), leaning in and pondering more on all the blessings we do have, which helps us breathe again.

Breathe. In a book titled "Atomic Habits" by James Clear, the author talks all about the science of creating healthy habits and breaking bad habits. One of the ways to begin good habits, he says, is not the length of time you do a habit but how consistently you do it. He suggests that to start a good habit, do it no more than 2 minutes per day coupled with a healthy habit you already do. Once we begin practicing pausing, being still and taking inventory of our hearts and minds as well as our blessings, we can begin to couple it with our breathing for a short 2 minutes per day...breathing in slowly through our nose and slowly exhaling out of our mouths. We can even add scripture to our breathing as a practice that dates back centuries to the desert mothers and fathers, breathing in "The Lord is my Shepherd" and exhaling "I lack for nothing" (Psalm 23). Breath and spirit often mean the same thing in the Hebrew scriptures, and so we pause and then breathe, recognizing our spirit is alive, because of "...he who is in you..." (1 John 4:4).

Begin Again. This phrase is simply grace. Grace for ourselves given to us by God and grace for others that we share. When we pause and breathe, we allow ourselves to become present with ourselves and with God, which then allows us to receive the grace we so desperately need in order to extend our grace and presence to others. My prayer for you and our residents is that you may pause; breathe; and begin again.

Chaplain Clint

## Caring is Essential

September always marks the start of fall every year; it also marks each year, a special time where assisted living homes are nationally recognized.

September 13-19.

This year, COVID has been an enormous, unforeseen challenge that has resulted in every person working in long term care to step up & go above and beyond expectations. At a time when the entire profession is doing so much, this year's National Assisted Living Week theme, **Caring is Essential**, reflects hard work & dedication of all essential caregivers in assisted living facilities across the country.

During this week, we will be honoring our residents & staff in various ways.

So stay tuned to what's coming!!



## HAPPY BIRTHDAY!

To our Residents....

Joyce Clay-9/4 (East) - "85<sup>th</sup>!"  
Marilyn Barker-9/6 (South)  
Marjorie Olson- 9/17 (North)  
Barb Kwekel- 9/20 (South) - "95<sup>th</sup>!"  
Marcia Baker- 9/22 (North)  
Don Cronkright- 9/28 (West)

To our Staff....

Carley Sika- 9/6  
Tamara Samuels- 9/15  
Emily Spencer- 9/17  
Adam Gruppen- 9/27

## WELCOME!

Grace Albers- North  
Paul Christensen- North  
John Lopez- West  
Toby Miller- North  
Erma VerDonk- South  
Marion Ziliox- North

We are happy to have you here with us!!

## 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.

## National Assisted Living Week

Starting Monday, September 14, we will have a theme each day. And with this theme we will be dressing up, having special treats & food & games centered around each one.

- Monday, September 14-  
**Bright Colors Day**
- Tuesday, September 15-  
**Patterns Day**
- Wednesday, September 16-  
**Italian Day**
- Thursday, September 17-  
**Wacky Sock Day**
- Friday, September 18-  
**Favorite Sports Team Day**



Autumn winds begin to blow,  
Colored leaves fall fast and slow.  
Whirling, twirling all around,  
Till at last they touch the ground.



Fall is always the time where we start to think about baking once again. We usually take the Summer “off” to keep it cool in our homes. This September, and throughout the rest of the year; we will be featuring special recipes that some of our residents, staff, & family members have made throughout the years! And, we may even have a taste or two of some of these delicious goodies!

This month features:

Rachel Rynbrandt’s Moms **Apple Crisp**

- 5 ½ c. apples-peeled & sliced
- ¼ c. Water
- ½ c. Sugar
- ½ c. packed brown sugar
- ½ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp salt
- ¾ c. flour
- ½ c. margarine
- ½ c. chopped nuts (optional)

Blend all ingredients together except water & apples. A pastry cutter is helpful.

Spread sliced apples in an 8x10 baking dish. Sprinkle with water.

Spoon crumble topping over apples.

Bake covered for 30 minutes at 350 degrees, then uncovered for 30 more minutes. Serve warm with ice cream!

## Jenison Christian School Service Day 2020

Every September, JCS has a Spiritual Emphasis Week. This year, due to Covid, it's a little different for the students as they won't be going out into the community to do various service projects. Like last fall, where we had students come in & play games & do crafts, they will be staying at school & doing a prayer walk instead. They would like to include any specific requests to be prayed for. If you have any that you would like to share, please see Rachel by September 14.

God STILL SHINES is their theme this year!

## **Kitchen Creativity**



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.