



September 2011

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THE VILLAGE ON PHEASANT RIDGE



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What's ^{NEW!} New?

Ask Rehab

Over the next few months, Genesis Rehab will introduce a new monthly newsletter column. A segment called "Ask Rehab" will offer an opportunity for you to get answers to health related questions. You will find in the first floor hallway an 'Ask Rehab' box. Please place questions in there, and we will do our best to answer them. Each month's newsletter will feature questions and answers. So start thinking of some health questions that you would like to know the answer to. This can benefit everyone.

Facing the Causes of Wrinkles

A variety of factors are

responsible for causing those lines in the face that develop over the decades. Some you can control. Others you can't.

MayoClinic.com reports that the main causes of wrinkles are age, exposure to ultraviolet light, smoking, repeated facial expressions, gender (women wrinkle more) and poor nutrition.

Settle in for Summer's End

Soak up the last days of the season, because fall arrives later this month.

Change Up Those Puzzles

You've probably heard that word games and number puzzles boost your brain power. But according to *AARP.org*, brain teasers stop forming new neural connections in your mind once you've mastered them. So if it takes you no time to complete the crossword, it may be time to try cryptograms or sudoku.

10-Year Tribute

This year's Patriot Day, on Sept. 11, marks the 10th anniversary of 9/11. Americans unite to remember the heroes and victims of that day and honor their extreme acts of bravery and patriotism.

Positive Thought

"Once you replace negative thoughts with positive ones, you'll start having positive results."
—Willie Nelson

Goodnight, John-Boy

"The Waltons" premiered on Sept. 14, 1972.



Trivia Whiz

Hard-Core About Apples

Apples appear as the archetypal symbol of health, and for good reason. They are an excellent source of antioxidants, fiber and potassium. Apples may lower the risk of asthma, lung cancer and other diseases, and they also combat tooth decay. Here are some other facts about the fruit:

Doctor deterrent. One of the earliest printed instances that "an apple a day keeps the doctor away" can be found in an 1866 edition of the Oxford Journal, Notes and Queries. It states: "Eat an apple on going to bed, and you'll keep the doctor from earning his bread."

It's official. The apple is the official state fruit of Rhode Island, New York, Washington, West Virginia, Illinois, Minnesota and Vermont.

Laugh Lines: School Daze

In honor of September, here's a busload of back-to-school jokes:
Summer vacation is over, and little Tommy is back in school. A few days later, the teacher calls Tommy's mother:

Teacher: "You have to do something about Tommy. He's acting up and disrupting class."

Tommy's mom: "I kept Tommy all summer long and never once called you when he misbehaved."

Little Sadie comes home from school very upset.

Sadie's mom: "What's wrong?"

Sadie: "My teacher scolded me for something I didn't do."

Sadie's mom: "That's terrible! I'll go down to the school and talk to her. What was it that you didn't do?"

Sadie: "My homework."

A teacher is telling her class about the discovery of gravity.

Teacher: "Isaac Newton discovered

gravity when an apple hit his head while he was sitting under a tree. Isn't that amazing?"

Student: "If he'd been stuck in a classroom like we are now, he wouldn't have discovered anything."



Foods That Irritate the Bladder

If you find yourself making more trips to the restroom each day, you may be inclined to reduce your beverage consumption. Cutting back too much on fluids, however, can cause even more bladder irritation. Management of overactive bladder symptoms involves the whole diet. *Caring.com* reports that these foods may irritate the bladder:

Citrus fruits and juices. They're highly acidic. Instead, eat non-acidic fruits such as apples, bananas and berries.

Coffee and black tea. These beverages are diuretics, which increase urination, plus they contain caffeine, which can stimulate the bladder. Sip caffeine-free herbal tea.

Hot sauce, chili peppers and wasabi. Just as these hot foods can

burn the mouth, they can irritate the bladder. Add flavor with herbal seasonings.

Tomato products. They're acidic. Instead, top your pizza and pasta with mushrooms and other vegetables or herbs.

Overactive bladder could be a sign of a more serious illness. If you've noticed an increase in frequency or urgency, consult your physician.





The Gifts of Age

Author Judith Viorst has made a career of exploring the ups and downs of growing older. Her books include "Suddenly Sixty," "I'm Too Young to Be Seventy" and her most recent, "Unexpectedly Eighty." If you heed the lessons of Father Time, she says, life can deliver some amazing gifts. Viorst shared with *AARP.org* some of the insights she's gained:

- *Know that time is precious.* As we age, we have fewer moments left to squander. Use this knowledge to embrace each moment and be grateful for whatever good it brings.
- *Move on.* You may look back on your life and feel that you never got what you wanted, expected or deserved. Have a short pity party, and then find better things to do.
- *Don't take things personally.* Sometimes people are curt, aloof or rude for reasons that have nothing to do with you.
- *Keep trying to change the world.* You're never too old to help make it a better place for future generations.

Designate Your Own Day

Spending holidays with grandchildren is a wonderful way to celebrate and connect. Holidays give us a reason to decorate, bake certain treats and make crafts together. But what about the times when the calendar is clear? *Grandparents.com* suggests making up your own holidays!

Why wait for an official observance to celebrate with your grandkids? Creating a holiday that's unique for you strengthens bonds and builds relationships. Once you determine what to celebrate, designate a day and mark your calendar so you can do something special and look forward to it together each year.

Here are some ideas for silly celebrations:

Apple Dapple Day. Perfect for fall, you can celebrate by visiting an apple orchard and picking produce for baking pies when you get home. Plan an apple craft to do together while the pies are in the oven.

Mad Hatter Day. Schedule a day of activities but with each one, change your headwear and don a crazy hat.

Keep Cool Day. Dedicate a day to beating the heat with water games, water balloons and plenty of frozen treats.

Photo Fun Day. Grab a camera and take pictures of each other in various locales. Process the photos that day and put them in a scrapbook.



Wit & Wisdom

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."
—Martin Luther King Jr.

"Laziness may appear attractive, but work gives satisfaction."
—Anne Frank

"By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day."
—Robert Frost

"Nothing will work unless you do."
—Maya Angelou

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."
—Theodore Roosevelt

"Opportunities are usually disguised as hard work, so most people don't recognize them."
—Ann Landers

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9	10
11 	12	13	14	15	16	17
18	19	20	21	22	23 	24
25	26	27	28	29	30	

"This Month In History" September

1794: The first American labor union—the Federal Society of Journeymen Cordwainers (shoemakers)—forms in Philadelphia.

1867: The first eight-hour work day is instituted by the Illinois state legislature.

1886: Samuel Gompers, a former cigar maker, founds the American Federation of Labor (AFL).

1882: In lower Manhattan, Thomas Edison throws the switch on the country's first commercial power station.

1894: A U.S. congressional resolution makes Labor Day a legal holiday.

1926: Henry Ford adopts the eight-hour day and five-day work week to alleviate a depression in the auto industry.

1936: The practice of ceasing to work but occupying the workplace first occurs on a mass scale in the rubber factories of Akron, Ohio.

1939: The Supreme Court rules that sit-down strikes are illegal.

1955: The AFL and CIO labor unions become the AFL-CIO on Dec. 5. Estimated membership: 15 million.

1978: Congress passes legislation naming the first Sunday after Labor Day as National Grandparents Day.

1981: President Reagan fires 11,600 air traffic controllers after they refuse to obey a court order.

2008: Congress approves a bill that widens the definition of disability to include epilepsy, diabetes and cancer, among other illnesses.