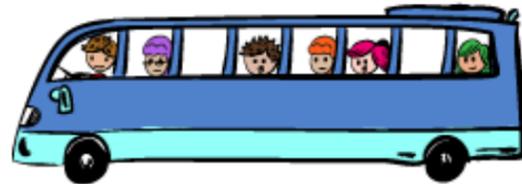


## September Outings

Just a reminder that we will not have a Monday outing on September 2<sup>nd</sup> because of how busy the stores can get during Labor Day. We will resume our shopping the following Monday.

### Monday Outings

Walmart 9/9  
Target 9/16  
Publix 9/23  
Winn Dixie 9/30



### Wednesday Outings

Rays Baseball Game Outing 9/4  
New Castle Outing 9/11  
Ford's Garage 9/18  
Mall Outing 9/25

## Special Event – Family Party

*You are formally invited to our family party. This month of September we are having our family party and we hope you can join in on all the fun. To welcome Autumn we will have a Harvest theme party.*

*This will take place on Saturday, the 21<sup>st</sup> at 3pm.*

*We will be combining both our Memory Care community Family and Assisted Living Family. I hope everyone can make it. There will be live music by our very own Claire Petrie. Be prepared to dance because she brings all the dance music.*

## Fun Fact About September

*September* is the ninth month, but this was not always the case. It was named for *septimus* meaning "seven," its original place in the Roman calendar (January and February were added to the calendar in 700 B.C). September was called "harvest month" in Charlemagne's calendar. Anglo-Saxons called the month *Gerstmonath*, or "barley month," for the crop that was usually harvested then.



## What's Lucky in September?

Lucky Color? Gold  
Lucky Day? Thursday  
Lucky Number? 4  
Lucky Letter? A

### Notable Quotable

"As Summer into Autumn slips and yet we sooner say, 'the Summer' than 'the Autumn,' lest we turn the sun away."

~ Emily Dickinson



# The Crossings News

September 2019



The Crossings at Riverview Assisted Living & Memory Care Community  
8451 US HWY 301 South  
Riverview, FL 33578  
813-671-0222  
www.thecrossingsatriverview.com

### Celebrating September

### Happy Cat Month

### Sewing Month

### International Enthusiasm Week

September 1-7

### Labor Day (U.S.)

September 2

### International Day of Democracy

September 15

### World Alzheimer's Day

September 21

### Love Note Day

September 27

### World Heart Day

September 29

## Meet our Newest Residents...



Dolores



Julia



Henry

If you see them around, don't forget to introduce yourself to them and make them feel welcome.

### Residents Birthdays

Ed W. 9/1  
Esther Q. 9/5  
Vera C. 9/9  
Vernelle J. 9/11  
Marlene M. 9/17  
Mary M. 9/26

### Employees Birthdays

Aisha 9/7  
Johanna 9/8  
Daniella 9/10  
Francis 9/12  
Parechia 9/20  
Isela 9/28



### Meet Chris & Toby our employees of the Month



He was born in Virginia but traveled a lot since his father made the military his career. Chris followed in his father's footsteps and retired from the military after 23 years as a Combat Medic and Military Policeman. As a member of our staff for almost five years, Chris has a passion for helping seniors. He believes that the residents of the Crossings are a part of the greatest generation there's ever been. He strives to treat each of his residents as if they are his grandparents. In his spare time, he enjoys visiting with residents and learning about their lives. In addition to serving the residents at the Crossings, he believes service to others is equally important. He has had the privilege to participate in several Mission Trips with his church. He has been to Brazil once, Guatemala three times and plans to go again in 2020 with his wife. In September 2018 due to a service-connected disability from his time in the military, Chris was selected to receive his service dog Toby from Southeastern Guide Dogs. Toby has become a welcomed member of the Crossings. Chris complains that Toby gets the first good morning and the first goodbye. One of the biggest ways Toby helps is he can calm or redirect anyone having a bad day. They make an awesome team. When I asked Chris what he likes most about his job he said knowing that he has done his best to ensure his residents are taken care of and happy in their golden years.

### Director's Corner

Dear Residents and Families,

Happy September! I hope everyone has a wonderful Labor Day. Did you know writing checks every month can be costly and stressful? At the Crossings we offer ACH withdrawals. The Corporate office advised me the transactions take place on the 5<sup>th</sup> of the month. All that is needed to get this setup is a form filled out and a blank voided check or letter from the bank with the routing and account number on it. If you happen to be interested, please let me know. I am also always available if you have any further questions regarding ACH withdrawals.

Gina Conforte  
Business office manager

### 8 Ways your pet can help relieve stress

1. Just being around an animal lowers blood pressure
2. Our pets decrease our reactions to stressful situations
3. Pet owners on average get more exercise
4. People with pets are less likely to say they feel loneliness
5. Pets help you be in the moment
6. Pets lower stress by fulfilling our need for touch
7. Pets seem to help support feelings that make you more resilient at dealing with stress
8. Finally, they make us Laugh!

<http://www.vetstreet.com/our-pet-experts/8-ways-your-pet-can-help->

*The Crossings at Riverview are grateful for the High School volunteers that came in to help during for the summer break. They helped with activities, outings, and other areas with such joy in their hearts. They truly are a blessing to our residents.*



We are going to miss this group of hard working volunteers.



Just a guy dancing with his therapist.



The ladies enjoying an afternoon breeze after dinner.