

September 2020

# Bentson Bulletin

740 Kay Avenue \* Saint Paul, MN \* 55102 \* 612-328-2000 \* www.sholom.com



## Celebrating September

**Happy Cat Month**

**Mushroom Month**

**Healthy Aging Month**

**Labor Day: U.S.**  
*September 7*

**National Assisted Living  
Week**  
*September 13-19*

**Grandparents' Day**  
*September 13*

**Rosh Hashana**  
*September 19-20*

**Autumn Equinox**  
*September 22*

**Yom Kippur**  
*September 28*

## The uplifting power of family

This month has gone so quickly. It seems like we have done outdoor family visits all summer, not just six weeks! We are currently scheduling 20 minute outdoor visits on Sundays (9:30 am - 1:00 pm), Mondays, Wednesdays and Fridays (9:30 am – 11:00 am). In preparation for the fall weather, we are continuing to offer window visits on Tuesdays and Thursdays (9:30 am – 11:00 am). Lori Rodewald is scheduling these visits (651-328-2065) and we are NOT scheduling visits on Sept. 6-7<sup>th</sup> due to the Labor Day weekend. Outdoor visits will resume Sept. 8-9<sup>th</sup>.

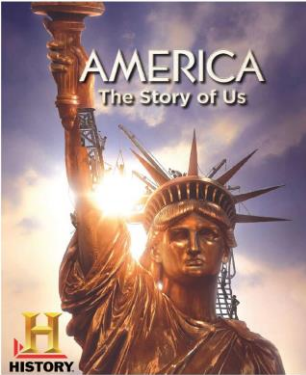


So far we have celebrated birthdays, a 50<sup>th</sup> wedding anniversary, and introduction of a new great-grandchild at these managed visits! There has been spontaneous singing together and one grandson brought his violin to play during a window visit.

It has been so good to resume group sessions in the Nosh Nook and meals in the dining room. Staff members are as happy to greet tenants in the hallways as the tenants are to be out and about.

Please read inside about other upcoming joys including our High Holy Days celebrations and a project for National Assisted Living Week.

## “America: The Story of Us”



This month, we will celebrate the last month of the presidential election cycle by appreciating how much our country has achieved so far.

Each Wednesday afternoon from 2:30 – 3:30 pm on Channel 33, Sholom will present another episode of the History channel miniseries “America: The Story of Us”.

“(It) is an epic 12-hour television event that tells the extraordinary story of how America was invented. With highly realistic CGI animation, dramatic recreations and thoughtful insights from some of America’s most respected artists, business leaders, academics and intellectuals, it is the first television event in nearly 40 years to present a comprehensive telling of America’s history. Elaborate, ambitious and cinematic, America The Story of Us will take you into the moments when Americans harnessed technology to advance human progress, from the rigors of linking the continent by transcontinental railroad—the internet of its day—to triumphing over vertical space through the construction of steel structured buildings to putting a man on the moon. It is an intensive look at the people, places and things that have shaped our nation, and the tough and thrilling adventure that is America’s 400-year history.”  
(Quoted from The History Channel publicity)

## Bingo is the best!

For the spring and early summer, we played Bingo in the hallways, using walkie talkies to call numbers between the floors. Many players were in the doorways to their apartments. Communication was difficult!



When the dining room opened, we were allowed to play there for a few days.



And now it is good to be back in the Nosh Nook with our new tray tables!



## National Assisted Living Week

As you may note on page 1, there are several commemorations nationally each month on a large variety of topics. The American Health Care Association and The National Center for Assisted Living have done the paperwork to have a congressional declaration of September 13-19, 2020 as Assisted Living Week.

The purpose of this celebration is to honor the community we have made here in Bentson. The theme for this year is "Caring is Essential", recognizing that all workers in a community like Bentson are designated Tier 1 Essential staff during the COVID pandemic. Sholom is among many workplaces that are celebrating their staff as "heroes" for adapting to new and evolving policies aimed at keeping infection rates low.

This experience has also accentuated the caring relationships between staff, tenants and family which give us sholom on a daily basis. Over the next few weeks, we will be developing a display of photographs and stories highlighting these relationships. The display will be posted in the lobby and may be used for marketing purposes in the future.

Please reflect on the moments and people who have "made your day" during this spring and summer. Is there a staff member who you could rely on for a smile? Do you have a renewed appreciation for a simple pleasure? Have you tried a new hobby or pastime? Write down a few lines or contact Liz for a visit and we will collect your words into a mosaic of resiliency and hope.

## Just what does GC stand for?

Our dear African Grey parrot is named "Gustavos Cristis" or GC. He has recently taken up residence in the lobby outside the Bentson Dining room. He enjoys the sun and trees through the window, which was not a feature of his previous location in the Chapman building. He is very social!



GC has been with Sholom West for many years and moved from the previous building when our Shaller campus opened. He is celebrating his 35<sup>th</sup> birthday this month on August 1<sup>st</sup>! He has a large vocabulary of words, phrases and sounds. Please enjoy talking to GC, but never try to touch him. He can bite if he feels threatened! If you see staff touching him, that is because they have built trusting relationships with him over the years.

### High Holy Days celebrations

- Sept. 12 – Selichot service on Channel 33 at 7:00 pm
- Sept. 18 – Erev Rosh Hashana blessings in the Dining Room at 4:45 and 5:45 pm meals
- Sept. 19 – Rosh Hashana Morning Service on Channel 33 at 10:00 am
- Sept. 27 – Erev Yom Kippur, Kol Nidre Service on Channel 33 at 7:00 pm
- Sept. 28 – Yom Kippur, services at 10 am (with Yizkor memorial) and 6:45 pm on Channel 33

## Minnesota State Fair trivia

For the first time since 1946, our State Fair has been cancelled.



Some of the events, like the Fine Arts Exhibition and the State Fair Marketplace, have moved online. There is a socially-distanced food truck event at the Fairgrounds but the tickets sold out in just two hours on July 31<sup>st</sup>. Here are a few more bits of trivia to enhance your State Fair knowledge:

- In 2019, more than two million people attended during the 12 days.
- Princess Kay and her court of dairy maidens have their likenesses carved into 90 pound blocks of butter in a rotating, refrigerated room in the Dairy Building.
- Deep Fried Candy Bars are the highest calorie food served!
- The Fair began in 1859 and has been held in its current location since 1885.
- The first flight in Minnesota was at the Fair on June 20, 1910.
- The Grandstand has hosted a range of entertainment including horse and auto races, military spectacles, staged train wrecks, stunt flying shows, beauty pageants and speeches (including Theodore Roosevelt's "Speak Softly and Carry a Big Stick" speech).
- In 1902, the Minneapolis and Saint Paul school boards pushed back the opening day of school because there was "more to be learned in a single day at the fair than in double the time at school or college".

## September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Catherine Warrick – September 11

Muriel Lachter – September 13

Marjorie Volk – September 15

Evelyn Crist – September 23

Lily Tomlin (comedian) – September 1, 1939

Richard Wright (author) – September 4, 1908

Raquel Welch (actress) – September 5, 1940

Jacob Lawrence (artist) – September 7, 1917

Otis Redding (singer) – September 9, 1941

Jesse Owens (athlete) – September 12, 1913

Agatha Christie (author) – September 15, 1890

B.B. King (musician) – September 16, 1925

Frankie Avalon (singer) – September 18, 1940

Jim Henson (puppeteer) – September 24, 1936

Serena Williams (tennis pro) – September 26, 1981

## Christian communion available



Our Chaplain Amy is offering communion service room to room while heightened infection control protocols are in place. If you are interested in receiving a visit from Amy (with or without communion) please sign up with Liz. Amy works part time so can be difficult to catch in the building. Liz will compile a list and email it to Amy for follow up and scheduling.