

# Arbor House News



## Our Staff

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## The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!



# Searching for September

The words listed below can be found vertically,  
horizontally, diagonally, forward, and backward.



X	P	A	Y	M	T	F	Y	R	R	H	E	S	E	S
C	M	R	A	L	T	D	M	A	E	P	V	P	R	C
Y	O	B	D	V	I	R	G	O	D	T	I	Q	I	A
O	R	I	S	A	U	T	U	M	N	R	S	Z	H	L
M	N	L	T	N	I	G	R	I	V	I	O	A	P	E
K	I	R	N	F	T	X	R	H	K	L	U	B	P	S
I	N	D	E	P	E	N	D	E	N	C	E	D	A	Y
P	G	G	R	F	G	V	Z	T	U	Q	R	K	S	L
P	G	H	A	N	A	H	S	A	H	H	S	O	R	Q
U	L	A	P	B	D	E	F	E	H	N	X	W	Y	Q
R	O	P	D	S	V	Z	B	C	F	T	G	F	A	Y
S	R	U	N	R	S	X	C	D	J	A	S	R	W	P
F	Y	U	A	O	K	T	O	B	E	R	F	E	S	T
A	W	H	R	M	A	I	E	Z	K	S	P	C	E	Q
R	U	O	G	R	E	B	M	E	T	P	E	S	H	J

ASTER

LIBRA

SAPPHIRE

AUTUMN

MORNING GLORY

SCALES

GRANDPARENTS DAY

OKTOBERFEST

(Libra)

HARVEST

ROSH HASHANAH

SEPTEMBER

INDEPENDENCE DAY

VIRGIN (Virgo)

(Mexico)

VIRGO

LABOR DAY

YOM KIPPUR



When life gives you lemons.....

.....have a party!!



# Our Philosophy

*Giving new meaning to Life*

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?

Contact Christi or Email

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# Happy September Birthday

## Residents

9-4 Mary W.  
9-5 Inez H.  
9-5 Sue R.  
9-8 Elizabeth C.  
9-9 Wilma S.



## Staff

9-2 Amanda C.



## 2020 Football Schedule



Sept. 12 Missouri St.  
Sept. 26 Kansas St.  
Oct. 3 at Iowa St.  
Oct. 10 Texas  
Oct. 24 at TCU  
Oct. 31 at Texas Tech  
Nov. 7 Kansas  
Nov. 21 OSU  
Nov. 28 at West Virginia  
Dec. 5 Baylor

Sept. 12 Tulsa  
Sept. 26 West Virginia  
Oct. 3 at Kansas  
Oct. 17 at Baylor  
Oct. 24 Iowa State  
Oct. 31 Texas  
Nov. 7 at Kansas State  
Nov. 21 at OU  
Nov. 28 Texas Tech  
Dec. 5 at TCU

**Go Sooners!**

**Go Cowboys!**



Thank you for  
recommending us!

**We'd love your feedback!**

