

SEPTEMBER 2018

The Bridges Tribune

The Bridges at Ankeny • 3510 NW Abilene Rd, Ankeny IA 50023 • 515.963.9815



Celebrating September

Sewing Month

World Alzheimer's Month

Classical Music Month

Labor Day: U.S.
September 3

Grandparents Day
September 9

Line Dance Week
September 10–15

Online Learning Day
September 15

Museum Day
September 22

Johnny Appleseed Day
September 26

Newsworthy

Perhaps we take for granted the convenience of finding our daily newspapers on the front stoop or in the mailbox. On September 4, give extra thanks to our delivery boys and girls on Newspaper Carrier Day, for it was on this day in 1833 that New York City news publisher Benjamin Day hired the very first paperboy, 10-year-old Barney Flaherty. Day's advertisement looking for help requested "steady men" for the job, but Flaherty proved a sincere and hardworking lad. Soon, boys and girls could be found manning the city's street corners yelling, "Extra! Extra! Read all about it!"

Nowadays, newspaper carriers are a rare breed. A 2016 study showed that in the United States, only two out of 10 adults get their news from an actual paper. More than half of us watch the news on television. But a recent 2017 survey showed that 67% of all Americans now get the latest news through social media outlets like Facebook and Twitter. Cell phones have dramatically contributed to this change, with 72% of Americans using their phones to find out the latest headlines. While many lament that print newspapers are going obsolete, there is some good news: journalism is actually getting better.

The world is better informed today than it has ever been. Thanks to cell phones, people can follow the news with a few quick swipes of the finger. Moreover, journalists have better access to the technology that allows them to uncover facts and stories, as well as to widely distribute those facts. So, the good news is that there is a lot of good news out there. However, with so much news out there competing for our attention, it has never been more important to check the news for ourselves and get our facts straight. While those printed newspapers delivered by our celebrated newspaper carriers undergo rigorous editorial processes, sometimes online outlets do not. Reading the news is a responsibility we should all take seriously.

August Happenings: State Fair Fun

Thank you to all the family members and friends that came out for our week-long Iowa State Fair celebration, making it all the more special for our residents! We had a fun-filled week with pies to staff faces, a petting zoo, snow cones, cotton candy, a dunk tank, and much more! Residents were able to participate in all of these activities and we were so excited to bring the fair to them! The Iowa State Fair is a staple tradition for many of these residents and it was so special to see their faces light up all week long! Enjoy these pictures from our festivities.



Oktoberfest in September

The annual German celebration of Oktoberfest begins on September 22, which is confusing to many. Why would a festival named for the month of October actually begin a month early? It wasn't always the case.



Oktoberfest began as a fabulous wedding celebration on October 12, 1810, when the Bavarian Crown Prince Louis married Princess Therese von Saschen-Hildburghausen. The Bavarian royal family invited all the citizens of Munich to celebrate the occasion on the fields in front of the palace gates. The fields were named *Thereseinwiese*, "Therese's meadows," in honor of the bride. For five days, the people

of Munich ate, drank, danced, and otherwise partied to their hearts' content. Finally, on the last day, a dramatic horse race ended the reveling. The townspeople had to wait only a year before the celebration was held again, and then every year afterward as an annual festival. Over the years, it became bigger and better.

Oktoberfest became an agricultural fair, showcasing the bounty of Bavaria's farms. Carnival games like bowling and tree climbing were added, and prizes were awarded. So much was packed into Oktoberfest that organizers had no choice but to extend the celebration to 16 and sometimes 18 days. Finally, it was decided that October was far too cold for such an event. The shorter days meant chilly nights, so the start of Oktoberfest was moved to September, and no one ever bothered to change the name—not that anyone even cared, for Oktoberfest has always been a point of pride for Bavarians. It is still celebrated today as the world's largest *Volksfest*, or beer festival and fun fair. Indeed, the Bavarian beer halls and their Oktoberfest beer are famous. Since 1887, participating breweries have enjoyed their own parade to kick off the festivities. And since 1950, the celebration has officially begun with a 12-gun salute and the tapping of the first keg of beer by the Lord Mayor of Munich. As they say in Bavaria, "Prost!"

Looking Forward

The Bridges is excited to announce that we will be hosting a beggar's 'Trick or Treat' night again in October! We will host beggar's night on Tuesday, October 30th which will be beggars night city-wide in Ankeny. We would love to have our residents dressed up and passing candy out to make it interactive for both the kids and residents! Family members, if you could help by bringing donations of candy and costumes in for residents to wear, it would be greatly appreciated. You can leave donations at the front desk with Dixie or in the activities room. Thank you in advance for all your support!

End Alzheimer's Walk 2018

Thank you to those that donated money on the Bridges Behalf for the End Alzheimer's Walk 2018. Together, we were able to raise over \$1,000! The team joined together with hundreds of other participants outside of the state capitol building and set off on the 2 mile walk around 9:30am on Saturday, August 25th. The Alzheimer's Association is still accepting donations, but to this date they have raised over \$275,000.

alzheimer's 
association

Resident of the Month: Janice Manning

Congratulations to Janice, our September Resident of the Month. This is a well-deserved honor as she is kind, funny and helpful. She likes to participate in activities such as bingo, Yahtzee, bunco and bean bag baseball.

Janice was born and raised in Ottumwa, Iowa where she was one of three girls. She enjoyed History class and swim team. Her first car was a 1963 red Corvair Manza. She loved that car!

Janice had two children. She worked in the accounting department at Karl Chevrolet, where she retired from.

Her hobbies include quilting, crocheting, knitting, cooking, reading and playing games.

A fun fact about Janice is that she lived in Japan for one year.

When asked what she liked about The Bridges, she replied, "Everyone is nice here and I like having my own space."

September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Happy
Birthday

- JoAnne H. (5th)
- Clarice G. (15th)
- Eva Mae (23rd)

