



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

THE Greenhaven Estates *Lifestyle*

MEMORY CARE COMMUNITY
7549 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

SEPTEMBER 2023

GREENHAVEN MANAGEMENT TEAM

Executive Director

Kayla Davis

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Sales Director

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Alexandria Rodriguez

AL Resident Care Coordinator

Arlene Moreno

AL Activities Director

Kaitlynn Eagleson

MC Activities Director

Robin Riswold

MC Resident Care Coordinator

Desiree Burns

Dining Director

Dennis Lalata

Maintenance Director

Steven Corey

Holiday ABCs for September

P is for Pride in our country

A is for American spirit

T is for Teamwork in trying times

R is for Remembering fallen heroes

I is for Inspiring others to action

O is for Offering compassion

T is for Tributes to the deceased

D is for our Determination to prevail

A is for Appreciating our freedoms

Y is for hopeful Years ahead

Wild World: Ring-Tailed Lemur

The island of Madagascar is home to over 100 species of lemur, small primates whose ancestry dates back to the time of the dinosaurs. Ring-tailed lemurs are unique from others in that they're active during the day and spend most of their time on the ground, instead of in trees. This lemur species is easily identified by its gray-brown body and black-and-white striped tail, which has exactly 13 alternating bands. To stay together when traveling, they hold up their tails as a sort of flag. They can often be found sunbathing in a yoga-like position, their white bellies and underarms pointed straight at the sun.





SEPTEMBER 2023

Popular Pages: 'The Murder on the Links'

Renowned as the world's best-selling novelist, with billions of copies of her books sold, mystery author Agatha Christie is remembered on her birthday, Sept. 15. Her third published novel also celebrates a big birthday this year, turning 100 years old. The second book in the Hercule Poirot series about the Belgian detective of the same name, "The Murder on the Links" finds wealthy Frenchman Paul Renauld in a grave near a local golf course. With five shady suspects, Poirot and his associate Arthur Hastings work to get to the bottom of the mystery.

The Cat of Many Names

Puma, mountain lion, catamount ... what do you call a cougar? This wild cat species holds the Guinness World Record for mammal with the most names—having over 40 in the English language alone!

"Be curious always! For knowledge will not acquire you; you must acquire it."
—Sudie Back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 Morning News 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Music Appreciation 12:30 All about us Game 2:00 Bingo 3:00 Happy Hour 4:00 Trivia 5:30 Movie Night (resident choice)	9:00 Morning news 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Finish the Phrase Game 12:30 Corn hole 2:00 Paint therapy 3:00 Bingo 5:30 Movie night (resident choice)
3	Labor Day 4	5	6	7	8	9
9:00 Morning news 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Activity with Lori 12:30 Activity with Lori 3:00 Activity with Lori 5:30 Movie night (resident choice)	9:00 Morning News 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Activity with Lori 12:30 Activity with Lori 1:30 Activity with Lori 3:00 Happy hour 5:30 Movie night (resident choice)	9:00 Morning News 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Crossword Challenge 12:30 All about me game 2:00 Bingo 3:00 Happy hour 4:00 Trivia 5:30 Movie Night (resident choice)	9:00 Morning News 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Whiteboard Games 12:30 Chair Volleyball 2:00 Cooking class w/ AL or Bingo 3:00 Happy Hour 5:30 Movie Night (resident choice)	9:00 Morning News 10:00 Church 12:30 Daily Chronicle 1:00 Apples to Apples 2:00 Bingo 3:00 Happy Hour 4:00 Trivia 5:30 Movie Night (resident choice)	9:00 Morning News 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Music Appreciation 12:30 All about us Game 2:00 Bingo 3:00 Happy Hour 4:00 Trivia 5:30 Movie Night (resident choice)	9:00 Morning news 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Finish the Phrase Game 12:30 Corn hole 2:00 Paint therapy 3:00 Bingo 5:30 Movie night (resident choice)
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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 by cleaning teeth and gums and fighting off bacteria. 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.
- *Terms of endearment.* The phrase “apple of my eye” appeared in a work by King Alfred the Great titled “Gregory’s Pastoral Care” written in A.D. 885. It also appeared in William Shakespeare’s “A Midsummer Night’s Dream” in the 1590s.
- *By any other name.* Apples are part of the rose family, and so are pears, peaches, plums, apricots, cherries, blackberries and strawberries.
- *Famous name.* Silver-screen queen Gwyneth Paltrow named her daughter Apple, who was born on May 14, 2004.



Unusual Chili Choices

Heat up a chilly night with a steaming bowl of savory chili. America’s favorite stew is simmering with possibilities as unusual ingredients crop up in recipes across the country. From the traditional blend of beans and spices to the over-the-top additions of fruit, noodles or seafood, chili stirs up lots of attention this season.

Here are some unconventional flavors found in different chili concoctions:

Tropical. Hawaiian-inspired recipes put a sweet spin on a savory favorite. Fruits such as pineapple and mango make their way into this variation, often with rice, ginger and spicy pork.

Pumpkin. Pureed pumpkin puts a slight twist on the traditional recipe and adds a mild, sweet flavor.

Pasta. Some chili recipes resemble a soup more than a stew, but these thinner consistencies are no slouch when served over a bed of noodles.

Seafood. A twist to the popular white chicken chili variation now includes seafood. Shrimp, scallops and pieces of white fish get caught up in this concoction, usually with sautéed garlic and bell peppers.

Chocolate. Bacon, sausage, barbecue sauce and chocolate mingle to make a statement for your sweet tooth in chocolate chili.

Journal Prompt: Mindfulness

Mindfulness is all about being aware of what you’re experiencing and feeling in a given moment without casting judgment upon yourself. Practicing mindfulness can relieve stress, anxiety and depression and can even help you sleep better. Answer this prompt: What is your dominant emotion right now? How is it affecting you physically?

Self-Care Corner: A Better Brew

Chock-full of antioxidants, coffee can be a healthy beverage, but “too much of a good thing” is a saying for a reason! National Coffee Day arrives on Sept. 29, so use this month to make your regular brew healthier in some way. Crave a sweet beverage? You can use less sugar by adding ground cinnamon, vanilla extract or unsweetened cocoa for a flavor boost. If coffee upsets your stomach—but you love it anyway!—check out a low-acid blend. Struggling with sleep? Avoid drinking coffee after 2 p.m.



Where Did ‘The Wave’ Come From?

It’s a sports stadium tradition: A ripple of excitement moves through the crowd as fans stand, raise their arms and cheer before they sit back down.

Called “the wave,” the fun move was created by professional cheerleader Krazy George Henderson in the 1970s.

National audiences saw it for the first time during a 1981 MLB game, where 47,000 fans executed a complete wave all around the stadium three times.

