

September 2019

# Treemont Tattler

Treemont Retirement Community\* 2501 Westerland Dr. Houston, TX 77063 \* (713)-783-6820\*



## Celebrating September

**Happy Cat Month**

**Sewing Month**

**Labor Day (U.S.)**

*September 2*

**Adventurous Outing**

*September 3*

**Book Return Day**

*September 9*

**Flu Clinic**

*September 19*

**End of Summer BBQ &  
Music**

*September 20*

**Rehab Hall of Fame**

*September 25*

## A Message from your Activity Director

Bad news! Summer is still in effect; therefore the heat is still present. Stay hydrated and cool. The good news is that Fall is on its way. Autumn officially begins September 23rd. Soon the leaves will start falling and the beautiful array of yellow, orange and red foliage will blanket the ground.

This month, we begin with Labor Day on September 2nd. What is Labor Day? It is the first Monday in September and is dedicated to the social and economic achievements of American workers. Although the Activity office will be closed that day, the Activity room is always open for your everyday use.

September 3rd is our monthly adventurous outing. We will visit the **Port of Houston** on a boat tour followed by lunch at Los Cucos restaurant. Papparazzi Jewelry will be here on September 12th with the new Fall collection on display for sale in the front lobby. Everything is \$5, what a deal!

Culinary Chef James and his team are teaming up with the Activity Department for an **End of Summer BBQ** for both staff and residents. Weather should be cooling off to enjoy this outdoor BBQ event, September 20th at 2:00 pm.

Sr. Allegiance has partnered with Randall's Pharmacy to bring the **Flu Clinic** to Treemont. This will be September 19th in the Auditorium. The Flu Clinic is open to everyone.

After the Ice **Cream Social** on Sept. 25<sup>th</sup>, celebrate our fellow residents' success at the **Rehab Hall of Fame**. Congratulate the residents who worked hard at their exercise regimen so they are now back in their apartments.



# DONATE to a GOOD CAUSE

Our Jazzy Threads Club meet every Monday at 2:00 pm in the auditorium and knit blankets, sweaters and even quilts. These group of ladies wanted to give back with their talent in mind. After many table talks, and a generous donation from a former resident and other residents, the Greatful Threads Project was born. This project is making double sided hand tied fleece lap blankets. The blankets will then be taken to be blessed and prayed over before being delivered as gifts in December to our very own Treemont Healthcare Center residents. The group has made about 40 blankets at this time but has come to a halt due to funds.

If you would like to donate your time or make a monetary donation to this wonderful cause, stop by the Activity Office and speak to Activity Director, Monica or visit resident, Linda Hopwood.

Below is a picture of a few Jazzy Threads Club ladies busy at work with their Greatful Threads Project.



## Greek to Me

“Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds.” While this saying is not the official motto of the U.S. Postal Service, many recognize this as the postal worker’s creed thanks to its inscription on the James A. Farley Post Office building in New York City, which was opened on September 7, 1914.

The famous motto comes from the classical Greek work *Histories* by the Greek historian Herodotus. While detailing the Persian Wars, Herodotus refers to the mounted courier service of the Persian Empire, known as the *angarium*. One of the architects of the Farley Post Office building was the son of a classics scholar, and he enjoyed reading Greek. When he happened upon the phrase, he decided to incorporate it into the building. Professor George Herbert Palmer of Harvard University was enlisted to translate Herodotus’ words into the motto that is so well known today.

## Adventurous Outing

On September 3rd, we will be given a tour of the Port of Houston aboard the Sam Houston Boat. If you have signed up already, the bus will leave promptly at 8:45 a.m. so be sure to be downstairs no later than 8:30 a.m.

Also, keep in mind that you will not be able to use your walker to board the boat; there will only be the railing to assist.

After our tour is concluded, we will have lunch at Los Cucos on Westheimer.

There is no fee for the boat tour. You will only need money to purchase your lunch and tip for the driver.



## Happy Birthday Treemonters

- 1st Felix Meyer
- 2nd Ruby Pennington
- 3rd Karen Nypaver & Ethel Van Tine
- 4th Jan Gardner & Louis Blankenbaker
- 7th Mario Concha
- 9th Steve Golvach
- 10th Sally Muma
- 15th Joanne Driscoll
- 17th Kathy Samford
- 18th Nancy Alldredge, William Sparks, & Barbara Frances
- 19th Judy Grant
- 20th Purvis Crews & Nancy Marcus
- 21st Julia Cain
- 23rd Delores Sagissor
- 25th Daisy Bourque
- 26th Candace Hurst
- 28th Fairy Lee
- 29th Ronald Hogan
- 30th Kyle Richards



Come relax outside on our back patio for an 'End of Summer BBQ' event. Chef James and his culinary team will be plating up some good 'ol country BBQ for both staff and residents. Music by Curtis Nickelson will follow at 3:00 pm in the Back Lobby.

**When: September 20th – Friday**  
**Time: 2:00 pm, Music at 3:00 pm**  
**Where: Back Patio and Back Lobby**



## Rehab Hall of Fame



**September 25<sup>th</sup> at 2pm**

**Auditorium (after Ice Cream Social)**

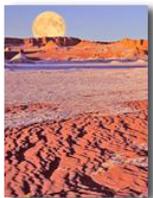
Welcome back Carmen Washington! Celebrate Carmen and other Treemont residents who worked hard in their therapy regimen in Treemont Health Care Center and are now back in their apartments. These include: Tilman Pool, Walter Taber, Dayne White, Margaret McCoslin, Ronald Pearce and Dorsie Miller. To learn more about nursing and rehab, please contact **Kelli Walleck** at **(713)-816-2033**. or [KelliW@TreemontHC.com](mailto:KelliW@TreemontHC.com).

## Into the Wild

Humans have settled 77% of Earth's surface, so what places are left unexplored? This September, Wilderness Month, we will take a look at some of the world's wildest places.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but who would want to go there? For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia's Far East. It is Russia's land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia's submarine bases.

Papua New Guinea also remains one of the world's least-explored places. Scientists believe that many of the world's undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country's interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.



For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its 40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here.

How much longer will such wild and untouched corners of Earth exist? No one knows. But there is still ample time to protect these pristine natural jewels. It may be as easy as following the old explorer's mantra: "Take only pictures, leave only footprints."

## Flu Clinic at Treemont

Sr. Allegiance has teamed up with Randall's Pharmacy to bring the Flu Clinic to Treemont. If you would like to receive the Flu vaccination, you will need to fill out the short form with your insurance information. These forms are available at the Treemont Front Desk or on the 3rd floor (F307) at Senior Allegiance. Forms need to be filled out by September 11th to have an accurate count. The Flu Clinic is open to everyone, so please spread the word.

**Date: September 17th**

**Time: 10 a.m.**

**Where: Treemont Auditorium, 2nd floor**



## Book Return Day



Attention all you book readers: If you have any books that need to be returned to the library or want to donate books you received from somewhere else, please place these outside your door on the date below and we will swing by and deliver them to the library.

**Monday – September 9th**

**11:00 am**

**Outside Your Door**

