

September Horoscopes and Birthdays



Notable Quotable

"It's what's in *yourself* that makes you happy or unhappy."

~Agatha Christie
(Sept. 15 1890 - Jan. 12 1976)

In astrology, those born between September 1–22 are considered Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try.

Those born September 23–30 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.



Two Words:

Chocolate Lasagna

Celebrities born in September:

Lily Tomlin (comedian) – September 1, 1939
Bob Newhart (comedian) – September 5, 1929
Grandma Moses (artist) – September 7, 1860
Otis Redding (singer) – September 9, 1941
Agatha Christie (author) – September 15, 1890
Frankie Avalon (singer) – September 18, 1940
Jim Henson (puppeteer) – September 24, 1936
T. S. Eliot (poet) – September 26, 1888
Gene Autry (singer) – September 29, 1907
Fran Drescher (actress) – September 30, 1957



Local Legends

Vicki A ~ 8
Doug K ~ 10
Mary Jo W ~ 12
Ruth W ~ 14
Shyrl D ~ 14
John C ~ 18
Chuck S ~ 20
Jim O ~ 21
Shirley F ~ 24
Bud R ~ 26
Laurie P ~ 28
Connie B ~ 29

Oak Terrace Senior Living

September 2025

Our Events

9/4 A&K Carlson Music

9/11 Bob Stephan Music

9/15 Roam from Home

9/18 Patrick Rasmussen Music

9/23 Jim Kozan Music
9/30 Podiatry

Celebrating September

Intergeneration Month

World Alzheimer's Month

Labor Day
Sept. 1

Eat an Extra Dessert Day
Sept. 4

Day of Charity
Sept. 5

Bald Is Beautiful Day
Sept. 13

Balance Awareness Week
Sept. 14–20

Respect Day
Sept. 18

Centenarian's Day
Sept. 22

Good Neighbor Day
Sept. 28

East, West and Autumn Lane
1575 Hoover Dr.
Activities Dept.
387-8358



Generation Celebration

September gives us a great excuse to celebrate the power of cross-generational connection. With both Grandparents Day and Intergenerational Day on the calendar, it's a reminder that meaningful relationships don't have to come from the same age group.

Spending time with younger generations isn't just heartwarming—it's genuinely beneficial. Studies show that older adults who interact regularly with children or teens often feel more purposeful, experience less loneliness, and even see improvements in memory and mood. Meanwhile, younger folks gain a sense of perspective, patience, and emotional intelligence when they build relationships with seniors.

Some communities have taken this idea to the next level. In countries like Japan and the Netherlands, preschools and daycare centers are joining forces with senior living facilities, creating shared spaces where little ones and older adults can learn and play together. Finger painting and storytelling sessions can do wonders for everyone involved, young and old.

Even without a formal program, small moments matter. Reading to a grandchild over video chat, teaching a neighbor's teen how to knit, or joining a local school's mentorship program are all simple ways to build connections that stretch across generations.

Volunteering with youth groups, offering career advice, or attending events at community centers can also open the door to meaningful exchanges. And don't underestimate the value of a casual chat at the park or the grocery store—sometimes the best conversations happen when no one's trying too hard.

Bringing generations together isn't about nostalgia—it's about building stronger communities full of curiosity, empathy, and mutual respect. This month, let's celebrate the many ways we can all learn from each other, no matter our age.





August brought us on a road trip to Arnie Lillo's Metal Sculptures, a full house of therapy dogs, 'accidental' matching outfits and the perfect weather for a cook out!



Back from Beyond



Cloning could become another way to remember a beloved family pet.

Anyone who has owned a pet is familiar with the feelings of loss once that pet has passed on. Celebrated in September, World Animal Remembrance Month has been designated to remember all the good times with our companion animals.

When Dolly the sheep won worldwide renown in 1996 as the first cloned animal, few people may have considered the possibility of cloning a family pet. But for the hefty sum of approximately \$100,000, a clone of a beloved pet is exactly what families can get. Sooam Biotech uses DNA to clone companion, pet, and police dogs in its South Korean laboratory. But beware: just because your pet may look the same, there is no guarantee that it will have the same personality or temperament.

Still, others are using this fascinating science to resurrect extinct animals. Many animals have gone the way of the dodo—the great auk, the thylacine, the Carolina parakeet, the Atlas bear, and even the black rhinoceros are all now extinct.

Some scientists are working to bring extinct species back to life using advances in genetics and synthetic biology. While a real-life Jurassic Park is still fiction, researchers—like those at Harvard and Colossal Biosciences—have made headway in resurrecting species like the woolly mammoth by splicing its genes into those of its closest living relative, the Asian elephant. Recently, the successful cloning of dire wolf pups using recovered DNA marked a new milestone in this rapidly evolving field.

World Alzheimer's Month

Alzheimer's disease is a progressive brain disorder that causes dementia, affecting memory, thinking, and behavior over time. It is the most common form of dementia, characterized by the buildup of abnormal protein plaques and tangles in the brain. While there is no cure, managing the condition involves a healthy lifestyle, potential medications, and supportive environments, with symptoms varying from memory lapses and difficulty with familiar tasks in early stages to severe memory loss, disorientation, and behavioral changes in later stages.

Dementia or Alzheimer's Disease? Many people wonder what the difference is between dementia and Alzheimer's disease. Dementia is an overall term for a particular group of symptoms. Dementia symptoms include trouble with memory, language and problem-solving; difficulty concentrating; and struggling to understand and express thoughts. Other symptoms are confusion, poor judgment and acting impulsively, among others. Dementia symptoms are the result of changes in the brain. Many different conditions can cause dementia symptoms. Alzheimer's disease is one cause of dementia symptoms. The brain changes of Alzheimer's disease include the excessive accumulation and abnormal form of protein. Other brain changes include inflammation and decreased ability of the brain to use glucose, its main fuel. When imaging studies, cerebrospinal fluid analysis or other tests show that the brain changes are caused by Alzheimer's disease, individuals are said to have dementia due to Alzheimer's disease or Alzheimer's dementia.

How to help locally:
Saturday, October 4th @ Sibley Park
Mankato Alzheimer's Walk

Registration starts at 9:00 am with a short ceremony at 10:00 am and the walk following.

10 Early Signs and Symptoms of Alzheimer's and Dementia

- 1) **Memory loss that disrupts daily life** vs normal aging: Sometimes forgetting names or appointments, but remembering them later.
- 2) **Challenges in planning or solving simple problems** vs normal aging: Making occasional errors when managing household finances.
- 3) **Difficulty completing familiar, daily tasks** vs normal aging: Occasionally needing help to use microwave settings or to record a TV show.
- 4) **Confusion with time or place** vs normal aging: Getting confused about the day of the week but figuring it out later.
- 5) **Trouble understanding visual images and spatial relationships** vs normal aging: Vision changes related to cataracts.
- 6) **New problems with words in speaking or writing** vs normal aging: Sometimes having trouble finding the right word.
- 7) **Frequently misplacing things and losing the ability to retrace steps** vs normal aging: Misplacing things from time to time and retracing steps to find them.
- 8) **Frequent decreased or poor judgment** vs normal aging: Making an occasional mistake, like neglecting to change the oil in the car.
- 9) **Consistent withdrawal from work or social activities** vs normal aging: Sometimes feeling uninterested in family or social obligations.
- 10) **Excessive changes in mood and personality** vs normal aging: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Talk with a Dementia Expert Now

24/7 Helpline

800.272.3900