



**Notable Quotable**

“The food I’ve liked in my time is American country cookin’.”

~ Colonel Harland Sanders



**September Horoscopes and Birthdays**

Those born between September 1–22 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and factfinders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

**Seasonal Adjustment**

As cooler weather approaches (with a sigh of relief), we will be preparing the secret garden for Autumn. Be prepared to see the tomato and pepper plants be replaced with pansies, ornamental kale, and ever hardy chrysanthemums. This will add pops of color and make the garden stand out against the row of burning bush hedges.

As always, if you have a green thumb and want to lend a hand, please do so! We can always use a

**Ötzi the Iceman**

On September 19, 1991, two Germans, Erika and Helmut Simon, while hiking high in the Ötztal Alps between Austria and Italy, made a startling discovery. They had glimpsed the body of a man protruding from the ice. They believed it to be a victim of a horrible mountaineering accident but were shocked to discover that it was instead a 4,000-year-old frozen mummy! Further excavations of the site found a quiver, string, hide, grass, remnants of his clothes, a pouch for his belt, a bearskin cap, and a copper axe. The mummy,

*Our September Birthday Gems:  
(the apples of our eyes)*

- Laura G. Spearman 10<sup>th</sup>
- Annie Sue Bowie 11<sup>th</sup>
- Rita Jones 23<sup>rd</sup>
- Yvette Cleveland 28<sup>th</sup>



few “seasoned” gardeners. Please see Becky in Life Enrichment for suggestions or to volunteer.



now known as Ötzi or the Tyrolean Iceman, became an archaeological sensation. It is Europe’s oldest known natural human mummy and has offered an unprecedented glimpse back to the European “Copper Age.” Analysis has determined that he may have been a copper smelter who ate meats of red deer, ibex, and wild goat, as well as herb bread made from einkorn wheat bran. An arrowhead in his shoulder shows that Ötzi was likely killed as part of a violent encounter. His body was then covered by the winter snow and perfectly preserved.

**Whispering Willows**

September 2019



THE WILLOWS OF EASLEY  
A GRACE MGMT COMMUNITY



The Willows of Easley  
105 & 110 Willow Place, Easley, SC 29640  
(864) 855-9800 x115  
[www.thewillowsofeasley.com](http://www.thewillowsofeasley.com)  
Laura Spearman, Executive Director  
Nancy Medlin, Sales Director  
Rebecca Forsythe, Newsletter Editor

**Celebrating September**

**Assisted Living Week**  
8<sup>th</sup> through 14<sup>th</sup>  
(Watch for Schedule of Events – insert)

**Apple Dumpling Day**  
Sept 17<sup>th</sup>

**Talk like a Pirate Day**  
Sept 19<sup>th</sup>

**Divas, Diamonds and Pearls (IL)**  
Sept 19<sup>th</sup>

**Apple Picking & Picnic to Fletcher, NC**  
Sept 20<sup>th</sup>

**Women’s Health Day**  
Sept 25<sup>th</sup>

**World Maritime Day**  
Sept 26<sup>th</sup>

**“Bear” Hunt in Hendersonville**  
Sept 27<sup>th</sup>

**Celebrating “A Spark of Creativity”**

This year’s theme from the National Center for Assisted Living is “A Spark of Creativity”. The Willows of Easley will be celebrating community wide with various events the week of September 8<sup>th</sup> through the 14<sup>th</sup>. Please see the insert for schedule of events.

“A Spark of Creativity” is this year’s theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond. ([www.ahcancal.org](http://www.ahcancal.org))

In a collective effort to show conformity, our community will begin hosting and co-hosting various themed destination trips and events, all centered around this theme. Be

sure to sign up early for these events!!

We appreciate and love each and everyone of you for your hard work, dedication and care you provide for our residents, families and each other!

Happy Assisted Living Week!!



**Out of the Tiffany Blue**

Long before those blue boxes from Tiffany & Co. promised jewelry, the store was famous as a stationery emporium. It was founded on September 18, 1837, by Charles Lewis Tiffany and John B. Young in Brooklyn, Connecticut. In 1838, the storefront moved to Broadway in Lower Manhattan, and the store shifted its focus to luxury goods like ladies’ silks, satins, and bonnets. In 1845, Charles Tiffany himself

selected the color of robin’s egg blue for its Blue Book, an annual catalog of its handcrafted jewels. In 1867, Tiffany’s was recognized at the Paris World’s Fair for its exquisite silver craftsmanship, launching it as an international brand and esteemed design house. By 1870, Tiffany & Co. had risen to become the preeminent purveyor of silver, jewelry, and timepieces in America, a tradition that continues today.



## Into the Wild

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



The Atacama Desert is the oldest desert in the world, experiencing arid conditions for the past 150 million years.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but few 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 untouched corners of Earth exist? No one knows. But there is still ample time to visit and protect these pristine natural jewels.

## Camp Week

The First Annual Camp Week during the week of August 9<sup>th</sup>, was a tremendous success! Thank you for everyone who contributed and volunteered time to make it the fun! It was voted on per the residents to be an annual event – especially S'mores Night! I want to personally thank Heather Webb for assisting in the kitchen and serving S'mores during Family Night, our Legacy Therapy team for rearranging their schedules to assist with various activities, The Dawes family for assisting with "teleprompting" the

fishing game, and all the families that attended our S'mores Family Night. (please see insert for photos). If anyone is interested in how we made any of the games or the S'mores, please contact Becky or Heather.

A HUGE Special THANK YOU goes to Anita Collins with the AmJam Group for the folk songs and sing-a-long. We love you!!!



## Apple Brown Betty with Oats (Recipe)

A delightful smell wafted through my grandmother's kitchen each autumn – Apple Brown Betty. Although, this is not her recipe (that is lost to time, I am afraid); please enjoy!

### Ingredients:

- ¼ cup brown sugar
- ¼ tsp salt
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- 4 cups apples, washed, peeled and chopped
- 1 ½ cups quick oats
- 3 tbsp melted butter
- ¾ cup water (plus extra, if needed)
- 1 tbsp lemon juice

### Directions:

1. Preheat oven to 350° F.
2. Mix together brown sugar, salt, cinnamon, and nutmeg. Set aside. In another bowl, toss oats with melted butter.

3. Grease a 1 ½ quart casserole dish and add alternating layers of apples, oats and sugar mixture.
4. Combine water with lemon juice and pour over the mixture.
5. Cover the dish with foil and bake for 30 minutes. Remove the foil and cook for another 15 minutes, or until the apples are tender and the oats are soft. (You may need to add more water).
6. Serve with ice cream or milk.



## In Memorial

Please watch your mailboxes for a special flyer in late September.

The Willows of Easley will be hosting bi-annual Memorial Programs to honor our friends lost throughout the year.

## Helpful Hints

Christmas will be here before we know it! If you have a group that would like to come and play or perform for our residents, reservations are being made NOW. Deadline for a printed advertisement of your group (e.g., the calendar) will be by November 20<sup>th</sup>, 2019. We will always do our best to fit your group in to the best of our abilities, but we would prefer to not double book. Please contact Becky or Lissa in Life Enrichment.

Did you know you can reserve our Private Dining Room? Just call one of our managers to help set this up for you. We will need to know the number of attendees, date and time. During the Holidays, these rooms fill up quick – please reserve in advance!

## Flu Shot Clinic

Hosted by Americare

Tuesday, October 8<sup>th</sup>, 2019  
10:00am -11:00am

Assisted Living Dining Room  
Residents & Staff