

Patriot Day

On December 18, 2001, President George W. Bush signed a law designating September 11th as Patriot Day, a day to remember those who lost their lives in the September 11th attacks and those that gave their lives so heroically.

Though it happened eight years ago, September 11, 2001, remains ingrained in the memory of the American people. Beginning when a terrorist plot resulted in the deaths of nearly 3,000 people, the history of the United States had a new divide: before September 11th, and after.

Over time, it has become progressively easier to become desensitized to the events and repercussions of that day. In the midst of the anger and the politics that ensued, September 11th became, for some, a charged issue, and to acknowledge it or discuss it has become fodder for discourse and debate far removed from the tragedy of the lives lost. However, thankfully, Americans still come together each September 11th to commemorate those who lost their lives and loved ones in the terrorist attacks, as well as to rekindle the patriotic spirit the United States showed in its wake.

Here are a few things you can do to make the most of this important day of remembrance:

Step 1: Fly the American Flag at your house on Patriot Day (September 11th). If possible, fly it at half-staff to remember those who died. If your flagpole doesn't allow a half-staff display, just displaying the flag is a good way to show respect for those who have died both during the attacks and in the wars that have followed.

Step 2: Light a candle (or use an electronic candle) in memory of those who died on September 11th. As a way to celebrate Patriot Day, observe a moment of silence at 8:46 am Eastern Standard Time. This marks the time the first plane crashed on September 11th. Observing a moment of silence and flying the flag at half-staff are both mentioned in the proclamation for Patriot Day.

Step 3: Take time to remember the heroes in your life. You can use Patriot Day to thank your local firemen and local police officers for the hard work they do. Thank the teacher who inspired you to work just a little bit harder. Thank the men and women in uniform who fight to protect you. Take a moment to call family and friends and let them know how much they mean to you.

The events of September 11th remind us of the uncertainty of our future. Use this day to celebrate the important people in your life, because they are the ones that you are truly thankful for.

Your Staff

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On a Positive Note

The impossible can always be broken down into possibilities.

— Author Unknown

Featured Community

Savannah Court and Cove of Maitland



This unique retirement community, which is nestled among the oaks surrounding Lake Charity, is licensed for 112 assisted living residents and additionally features Savannah Cove, a skilled nursing area licensed for 39 residents. This campus approach provides a level of care unsurpassed in the industry. Hospitality abounds, from our sunlight-filled living rooms to our four-star menu served graciously in our beautiful dining rooms. Residents can enjoy the cultural diversity of the Maitland community or choose a quiet stroll on the grounds of our beautiful campus. Apartments are available in a variety of floor plans, from studios and deluxe studios to full one-bedroom apartments; private and semi-private accommodations are available in our Cove. Additional amenities include planned activities, housekeeping, private dining, and 24-hour on-site healthcare. Call 407-645-3990 today for a tour!



September 2010

Letter from the Executive Director

It's already September!

Fall is almost here. The birds will soon fly south for the winter. Time to put up those bird feeders — if you live down south, that is. The children will go back to school. Families will take that last weekend get-away before the cold sets in. That last cook out is on Labor Day weekend. September is time to put away those white shoes. Thanksgiving will be here before you know it, so put those summer clothes in the back of the closet and pull out your favorite sweater and sweats. Summer ends and autumn begins at the autumnal equinox, on September 22nd or 23rd in the northern half of the world. September is one of the warmest months in the southern United States. States farther north have hot days during September, but nights are likely to be cool. September is harvest time for many crops. It was called the harvest month in Switzerland. Enjoy this wonderful change in the season.

Best Wishes,
Becky Pate

Month at a Glance

September 6th: Labor Day
September 11th: Patriot Day

Birthdays

Betty M., 25th

National Grandparents Day

National Grandparents Day is a secular holiday celebrated in the United States on the first Sunday after Labor Day. It is celebrated in the United Kingdom on the first Sunday in October.

In 1978, President Jimmy Carter signed a proclamation declaring the first Sunday after Labor Day to be National Grandparents Day. The proclamation's preamble states that National Grandparents Day will serve "... to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information and guidance older people can offer."

The creation of this holiday was largely the result of the efforts of Marian McQuade, who worked throughout her life to serve seniors. She sought to teach young people of the valuable wisdom and experience older people can share with them, and

she encouraged them to "adopt a grandparent" as well.

Marian McQuade of Oak Hill, West Virginia, has been recognized nationally by The United States Senate — in particular by Senator Jennings Randolph, Senator Robert Byrd and President Carter — as the founder of National Grandparents Day. McQuade made it her goal to educate the youth in the community about the important contributions seniors have made throughout history. She also urged the youth to "adopt" a grandparent, not only for one day a year, but rather for a lifetime.

This year, National Grandparents Day falls on September 12th. How will you commemorate it? Make it a point to spend some time with your grandparents on this day, and let them know how important you think they are. And if you are a grandparent, sit back, relax and enjoy this special day. Happy Grandparents Day!

WWW.SLM.NET



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Savannah Court of Lakeland

September 2010

SUNDAY

MONDAY

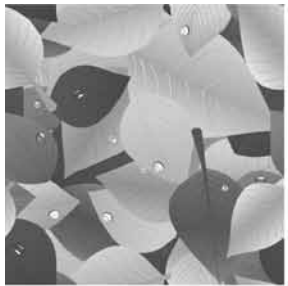



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				<p>9:00 Beauty Shop 1 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Shopping Trip 3:00 Table Games 6:00 Monopoly</p>	<p>9:30 Wellness 2 10:00 Crafts 1:00 Walking Club 1:30 Fortune Cookie Tea 3:00 Table Games 6:00 Uno</p>	<p>9:30 Wellness 3 10:00 Baking Fun 11:00 Out to Lunch 1:00 Walking Club 1:30 Happy Hour 3:00 Table Games 6:00 Yahtzee</p> <p>Family Day! Come Visit 4 9:30 Coffee & Friends 10:00 Eggs-travaganza Egg Hunt 10:00 Art Project 1:00 Walking Club 2:00 Table Games & Refreshments 7:00 The Lawrence Welk Show</p>
<p>5 9:30 <i>Worship Service</i> 10:00 Fellowship 1:00 Walking Club 2:00 Ice Cream Social 6:00 Bingo</p>	<p>LABOR DAY 6 9:30 Wellness 10:00 Bingo 12:00 BBQ 1:00 Walk 1:30 Entertainment 3:00 Table Games 6:00 Scrabble</p>	<p>7 9:30 Wellness 10:00 McKeel Elementary School 10:00 Brush Strokes 1:00 Walk 1:30 Card Party 3:00 Table Games 6:00 Movie</p>	<p>ROSH HASHANAH BEGINS 8 9:00 Beauty Shop 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Shopping Trip 3:00 Table Games 6:00 Monopoly</p>	<p>9 9:30 Wellness 10:00 Crafts 1:00 Walking Club 1:30 Social Hour 3:00 Table Games 6:00 Uno 7:00 NFL Kickoff Party</p>	<p>10 9:30 Wellness 10:00 Baking Fun 11:00 Out to Lunch 1:00 Walking Club 1:30 Happy Hour 3:00 Table Games 6:00 Yahtzee</p>	<p>PATRIOT DAY 11 Family Day! Come Visit 9:30 Coffee & Friends 10:00 Art Project 12:00 Patriot Day Moment of Silence 1:00 Walking Club 2:00 Table Games & Refreshments 7:00 The Lawrence Welk Show</p>
<p>GRANDPARENTS DAY 12 Assisted Living Week, "Living Life" 10:00 Fellowship 1:00 Walking Club 2:00 Grandparents' Social 6:00 Bingo</p>	<p>13 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Chocolate Party 3:00 Table Games 6:00 Scrabble</p>	<p>14 9:30 Wellness 10:00 Brush Strokes 1:00 Walk 1:30 Fall Fashion Show 3:00 Table Games 6:00 Movie</p>	<p>15 9:00 Beauty Shop 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Polk Museum of Art (\$4.00) 3:00 Table Games 6:00 Monopoly</p>	<p>16 9:30 Wellness 10:00 Lake Gibson Fall Party 1:00 Walking Club 1:30 Social Hour 3:00 Table Games 6:00 Uno</p>	<p>17 YOM KIPPUR BEGINS 9:30 Wellness 10:00 Health Fair 11:00 Out to Lunch 1:00 Walking Club 1:30 Happy Hour 3:00 Table Games 6:00 Yahtzee</p>	<p>Family Day! Come Visit 18 9:30 Coffee & Friends 10:00 Art Project 1:00 Walking Club 2:00 Table Games & Refreshments 7:00 The Lawrence Welk Show</p>
<p>19 9:30 <i>Worship Service</i> 10:00 Fellowship 1:00 Walking Club 2:00 Ice Cream Social 6:00 Bingo</p>	<p>20 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Word Game 3:00 Table Games 6:00 Scrabble</p>	<p>21 9:30 Wellness 10:00 Brush Strokes 1:00 Walk 1:30 Card Party 3:00 Table Games 6:00 Movie</p>	<p>22 9:00 Beauty Shop 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Shopping Trip 2:00 Cake Decorating Class 3:00 Table Games 6:00 Monopoly</p>	<p>FIRST DAY OF FALL 23 9:30 Bench Excursion 10:00 Crafts 1:00 Walking Club 1:30 Social Hour 3:00 Table Games 6:00 Uno</p>	<p>24 9:30 Wellness 10:00 Baking Fun 11:00 Out to Lunch 1:00 Walking Club 1:30 Happy Hour 3:00 Table Games 6:00 Yahtzee</p>	<p>Family Day! Come Visit 25 9:30 Coffee & Friends 10:00 Art Project 1:00 Walking Club 2:00 Table Games & Refreshments 7:00 The Lawrence Welk Show</p>
<p>26 9:30 <i>Worship Service</i> 10:00 Fellowship 1:00 Walking Club 2:00 Ice Cream Social 6:00 Bingo</p>	<p>27 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Word Game 3:00 Table Games 6:00 Scrabble</p>	<p>28 9:30 Wellness 10:00 Brush Strokes 1:00 Walk 1:30 Card Party 3:00 Table Games 6:00 Movie</p>	<p>29 9:00 Beauty Shop 9:30 Wellness 10:00 Bingo 1:00 Walk 1:30 Shopping Trip 3:00 Table Games 6:00 Monopoly</p>	<p>30 9:30 Wellness 10:00 Crafts 1:00 Walking Club 1:30 Social Hour 3:00 Table Games 6:00 Uno</p>	