



NEWSLETTER



AUGUST RECAP

The month of August was a busy one here at the Terrace. We had some really great entertainment come in including, Tom Dunn and Howie Bartolo. They were both excellent musicians and everyone really enjoyed singing along. We also had a therapy dog come in. He was a Cairn Terrier named Cowboy who brought so much joy to our residents.

We were able to make it out for a couple of outings this month. We went out for ice cream several times, lunch at Grind On Coffee Company, and a lunch at the Old Mill Hotdog Stand in Phelps. We had such a great time.

At the end of the month, we had a classic car show out in the parking lot. We served ice cream and enjoyed a nice summer day.

We have just as much to look forward to in September as summer starts to come to a close.

-Hannah-

SEPTEMBER LOOK AHEAD

Next month we have a trip planned to the Glenn H. Curtiss Museum in Hammondsport. If you have never heard of it, it is a motorcycle and aviation museum. A few of our residents are really looking forward to this, and so am I.

Assisted Living Week is September 11th - September 18th, so we will be celebrating with some special treats throughout the week. We have lots of activities planned. Joe Miltsch will be coming to play some music, we will have a cider tasting, and a fire with smores just to name a few.

We plan to have a Labor Day end of summer picnic in the parking lot if the weather cooperates! We are really hoping it does. We are working up a delicious menu for it.

On the 22nd we will celebrate Centurions Day for our two 100+ residents. We will make them feel extra special for sure! It is definitely something worth celebrating.

I wish you all a nice Labor Day and hope you are able to enjoy these final days of summer.

-Hannah-

THAT WAS THE YEAR '1975"

COST OF FOOD

Milk-----	1.65/gal
Ground Coffee -----	1.12/lb
Eggs -----	.84/doz
Bread-----	.28/loaf.

COST OF LIVING

New House-----	\$39,300
New Car-----	3800.00
Gasoline -----	.44/gal
Rent-----	200.00/month

POPULAR MOVIES

Dog Day Afternoon
Jaws
One Flew Over The Cuckoo's Nest
Nashville
Monty Python & The Holy Grail

MUSIC

Love Will Keep Us Together (Captain & Tennille)
Rhinestone Cowboy (Glenn Campbell)

Philadelphia Freedom (Elton John)
My Eyes Adored You (Frankie Valli)

DATES TO CELEBRATE

09/02 - World Coconut Day
09/07 - Labor Day
09/12 - Banana Day
09/13- Int'l Chocolate Day
Grandparents Day
09/17 - Int'l Country Music Day
09/20 - Wife Appreciation Day
09/21 - Respect for the Aged Day
09/22 Ice Cream Cone Day
09/28 - Family Day

SEPTEMBER BIRTHDAYS

09/06 Thelma L.
09/13 Beth E.
0/9/17 Betty C.
09/22 Ruth F.
09/24 Dorotha L.
09/28 Robert B.
09/29 James S.

Hope your day is special in every way.



FLOWER OF THE MONTH

Aster/Morning Glory

BIRTHSTONE OF THE MONTH

Blue Sapphire

THE DAY THAT CHANGED AMERICA 9/11

Who could ever forget the day that changed our lives forever? September 11, 2001. The unthinkable occurred. At 8:41 a.m. American Airlines Flight 11 traveling from Boston to Los Angeles strikes the North Tower of the World Trade Center. I remember hearing it on the radio that morning and thinking to myself how could a plane hit that tower, never thinking that this was an assault on America. At 9:03 a.m. United Airlines Flight 175 also traveling from Boston to Los Angeles struck the South Tower of the World Trade Center. The second attack definitely made me think we were being attacked. At 9:37 am American Airlines Flight 77 traveling from Virginia to Los Angeles strikes the Pentagon in Washington. At 9:39 am the south tower collapses in approximately 10 seconds. 10:03 am United Flight 93 traveling from Newark, NJ to San Francisco crashes in a field near Shanksville, PA. At 10:28 am the

north tower of the World Trade Center collapses.

The casualties of this event were enormous. 2,977 people were killed, 19 being hijackers. 6000 were injured, 265 killed on planes, 2606 were killed at the World Trade Center, 125 at The Pentagon, 344 firefighters, 71 law enforcement officers, 55 military personnel.

The economic impact -

500,000 to plan and execute attacks.
123 billion loss after WTC tower collapse as well as the decline in travel over the next several weeks.
60 billion - damages to WTC and surrounding buildings and subway facilities.
40 billion - emergency anti-terrorism package approved by Congress.
15 billion to bail out airlines.
9.3 billion in insurance claims arising from 9/11 attack.

As of August 2013 1,140 people who worked and lived in lower Manhattan were diagnosed with cancer as a result of "exposure to toxins at Ground Zero.

As of May 30, 2002 clean up at Ground Zero officially ends. 31 million hours of labor went into clean up 1.8 million tons of debris. Total cost of cleanup was 750 million dollars.

RECIPE OF THE MONTH

PUMPKIN CHEESE-CAKE MUFFINS

INGREDIENTS

3 cups of all purpose flour
2 c. sugar
2 tsp. of baking soda
2 tsp of baking powder
1 tsp. salt
1 tsp. ground cinnamon
4 large eggs
1 can (15 oz.) solid pk. canned pumpkin
1 ½ cups canola oil

CREAMED CHEESE FILLING

1 8 oz. pkg. of cream cheese
½ c. sugar
1 lg. egg
1 tbsp all purpose flour

PRALINE TOPPING

¾ c. chopped pecans
1/3 c. brown sugar
2 tbsp. sour cream

Preheat oven to 400 degrees. In large bowl mix first 6 ingredients. In another bowl whisk eggs, pumpkin and oil. Stir into dry ingredients. Fill greased or paper-lined muffin pans 1/3 full.

For Filling

Beat cream cheese, sugar, egg, and flour until smooth. Drop by tbsp. into center of each muffin. Top with remaining batter.

For Topping

In small bowl combine pecans, brown sugar and sour cream. Spoon over batter. Bake 15-18 minutes or until toothpick in muffin comes out clean. Cool 5 minutes. Serve warm.

Autumn Word Scramble

Instructions: Unscramble the letters to find the Autumn/Fall words from the list below.

iddueusoc

hcardor

ofsurweln

swrceorac

enbirof

eglaifo

eilsurqr

stvrhea

eseawrt

lgndeoord

eoremnvb

rteespmbe

