

Santa Marta

A Life Care Senior Living Community

13800 West 116th Street • Olathe, KS 66062 • (913) 323-7101

Grandparents Day

In 1970 a woman named Marian McQuade envisioned a day to celebrate older generations and bring them closer to younger generations. In 1978 her dream was realized as National Grandparents Day was signed into law by President Jimmy Carter. Grandparents Day is a day to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer. Over the years research has continued to show how children thrive with proactive grandparents who support and develop a relationship with their grandkids. Grandparents, including surrogate and spiritual grandparents, are a vital influence on younger generations and are still often minimized or overlooked. This year celebrating may be a bit more challenging but can still be accomplished by calling, visiting, sharing old family stories and photos, or even playing virtual games. This year we celebrate on Sunday, September 13th.



Resident Kay Midkiff with her granddaughters Alexandra & Makayla Midkiff in Colorado Springs

September 2020



Healthy Aging Month

September is Healthy Aging Month, established about 15 years ago, it is an observance created to focus attention on the positive aspects of growing older. This is a month to remind ourselves that it is never too late to stop improving ourselves, caring for our mental and physical health, and living life to its fullest. Now more than ever people are living longer, healthier, and fuller lives by adapting this philosophy and focusing on their physical, mental, social, and spiritual health. Exercising your body and mind, finding spiritual fulfillment, and maintaining active social ties are all an important part of the healthy aging process. To celebrate this month it is encouraged to look inward and act how you feel – instead of acting your age (after all, age really is just a number)! It is never too late to try something new, a new hobby, start a new exercise regimen, or find a new passion in life. Enhance the endeavors by inviting a friend to join you! Making the most of what life has to offer is a key to happiness that can be beneficial at any age.



September Birthdays!

- 2 Frances Holman
- 2 Marie James
- 5 Skip Axtell
- 5 Wally Drone
- 6 Judi Stradinger
- 8 Betty Lou Hinderks
- 8 Bob Schnitker
- 9 Bob Kozal
- 12 Nora Volz
- 12 Charlie Hopkins
- 13 Louanne Drone
- 15 Sophia Zetmeir
- 15 Jo Ann Mulligan
- 16 Mary Jo Nations
- 23 Sylvia Gobble
- 25 Helen Hall
- 27 Alta Feuerborn
- 28 Bob Martin



September Anniversaries

- 12 Bob & Kathy Stewart
- 14 Merle & Alta Feuerborn

Sunday	Monday	Tuesday
 SEPTEMBER		1 9:00 - 10:30 Fitness Center Open - FC 11:30 a.m. MASS - CH / Ch. 990 10:45 - 2:30 Open Swim - Pool
6 4:00 Favorite Films - TH (7 Resident Limit)	Labor Day 7 9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990	8 9:00 - 10:30 Fitness Center Open - FC 11:30 a.m. MASS - CH / Ch. 990 10:45 - 2:30 Open Swim - Pool
13 4:00 Favorite Films - TH (7 Resident Limit)	14 9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990	15 9:00 - 10:30 Fitness Center Open - FC 11:30 a.m. MASS - CH / Ch. 990 10:45 - 2:30 Open Swim - Pool 2:00 Guitarist, Gary Gardner - Ch. 990
20 4:00 Favorite Films - TH (7 Resident Limit)	21 9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990	22 9:00 - 10:30 Fitness Center Open - FC 11:30 a.m. MASS - CH / Ch. 990 10:45 - 2:30 Open Swim - Pool
27 4:00 Favorite Films - TH (7 Resident Limit)	28 9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990	29 9:00 - 10:30 Fitness Center Open - FC 11:30 a.m. MASS - CH / Ch. 990 10:45 - 2:30 Open Swim - Pool 2:00 Vocalist, James Rojas - Ch. 990

Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990</p>	<p>3</p> <p>9:00 - 10:30 Fitness Center Open (call Concierge Desk to Sign Up) 9:45 - 10:30 Water Works - POOL (sign Up Outside East Glass Pool Door) 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 1:00 All Faith - CH / Ch. 990 3:00 Trivia - Parlor (call Concierge Desk to Sign Up)</p>	<p>4</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990 1:00 BINGO - Parlor (call Concierge Desk to Sign Up)</p>	<p>5</p> <p>4:00 MASS - CH / Ch. 990</p>
<p>9</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990</p>	<p>10</p> <p>9:00 - 10:30 Fitness Center Open (call Concierge Desk to Sign Up) 9:45 - 10:30 Water Works - POOL (sign Up Outside East Glass Pool Door) 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 1:00 All Faith - CH / Ch. 990 3:00 Trivia - Parlor (call Concierge Desk to Sign Up)</p>	<p>11</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990 1:00 BINGO - Parlor (call Concierge Desk to Sign Up)</p>	<p>12</p> <p>4:00 MASS - CH / Ch. 990</p>
<p>16</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990</p>	<p>17</p> <p>9:00 - 10:30 Fitness Center Open (call Concierge Desk to Sign Up) 9:45 - 10:30 Water Works - POOL (sign Up Outside East Glass Pool Door) 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 1:00 All Faith - CH / Ch. 990 3:00 Trivia - Parlor (call Concierge Desk to Sign Up)</p>	<p>18</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990 1:00 BINGO - Parlor (call Concierge Desk to Sign Up)</p>	<p>19</p> <p>4:00 MASS - CH / Ch. 990</p>
<p>23</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990</p>	<p>24</p> <p>9:00 - 10:30 Fitness Center Open (call Concierge Desk to Sign Up) 9:45 - 10:30 Water Works - POOL (sign Up Outside East Glass Pool Door) 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 1:00 All Faith - CH / Ch. 990 3:00 Trivia - Parlor (call Concierge Desk to Sign Up)</p>	<p>25</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990 1:00 BINGO - Parlor (call Concierge Desk to Sign Up)</p>	<p>26</p> <p>4:00 MASS - CH / Ch. 990</p>
<p>30</p> <p>9:00 Flex & Stretch - DT 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 11:30 MASS - CH / Ch. 990</p>	<p>9:00 - 10:30 Fitness Center Open (call Concierge Desk to Sign Up) 9:45 - 10:30 Water Works - POOL (sign Up Outside East Glass Pool Door) 10:45 - 2:30 Open Swim - POOL (sign Up Outside East Glass Pool Door) 1:00 All Faith - CH / Ch. 990 3:00 Trivia - Parlor (call Concierge Desk to Sign Up)</p>		<p>ROOM KEY AG - Art Gallery AR - Activity Room BOT - Botticelli's CONF - Conference Room CR - Card Room/CH - Chapel DT - Della Terra FC - Fitness Center GH - Grand Hall/LIB - Library LT - LaTaverna THR - Theater/Media Room</p>

September 2020

Remembering 9/11



Resident John Norris holding an American Flag

Moving in to the month of September we have much to look forward to, however we have much to look back on as well. As a country we have faced many trials, one trial in particular we remember this month with heavy hearts. September 11th, 2001. One of the more devastating events in recent U.S. history, September 11th will forever be a day our country will remember. This day we keep the families of those who were involved in our thoughts and prayers. Although it was a tragic event, we give thanks to the police officers, firefighters, medical teams, and other first responders that were so quick to come to the rescue of the thousands of people involved. It is important to remember that even through trials, it is our spirit and unity bringing us all together that help us to look to the future.

Goodbye Summer



Resident Stephen Sassenick helping water the flowers

As the weather gradually changes, the leaves begin to fall, and we look forward to colder months, we reflect on the summer behind us. A summer no one expected but a summer we made it through together. With both good times and more challenging times, we as a community continue to move forward at a steady yet successful pace. We are excited to have activities back such as, bingo, trivia, water works, entertainment, dinner dining, use of the fitness center, and family visits. While we are not completely back to normal, we continue to inch our way there in the safest way possible. We may not know exactly what the winter months will have in store for us but we do know we will make it through them together.