

The Cholesterol Connection

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.



Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fatlike substance is essential to the good health of our body's cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies. These carrier proteins are called *lipoproteins*.

Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL "bad" cholesterol. This type of cholesterol is considered bad because it creates a plaque—a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to heart attack and heart disease. High-density lipoprotein, or HDL cholesterol, helps carry excess cholesterol back to the liver, where LDL is broken down and removed from the body. Both LDL and HDL levels can be measured with a simple blood test, helping doctors assess overall cardiovascular health and risk.

Foods high in trans fats and many sources of saturated fat can raise LDL cholesterol and increase the risk of heart disease. Foods rich in unsaturated fats—such as olive oil, salmon, avocados, nuts, and seeds—can help improve cholesterol levels when they replace less healthy fats in the diet. Whole grains, fruits, and vegetables also support heart health.

Eating well is not the only way to improve cholesterol. Regular physical activity, maintaining a healthy weight, and quitting smoking can all help lower cardiovascular risk and promote healthier cholesterol levels. Now that you know more about cholesterol, have a heart and pass your newfound knowledge along.



Don Koehler- 4th
Shirley Ackerson- 5th
Betty Spitzack – 5th
Deb Hanson- 8th
Donna Boyer 8th
Cassie Trahan- 14th
Margarita Thorson- 15th
Betty Berg- 18th
Melva Ochs- 20th
Taylor Jerde- 23rd
Janet Krause- 25th
Sandy Haas- 28th

Switchboard Switch Out

Emma M. Nutt made history on September 1, 1878, when she became the first female telephone operator. It had been customary for teenage boys to be telephone operators. However, these youth proved impatient over the phone, played pranks on callers, and often used crude language. Alexander Graham Bell himself came up with the



solution to hire young women, and he started by hiring Emma Nutt. Needless to say, Nutt's cool, soothing voice transformed the new industry. Emma's sister Stella Nutt was hired just a few hours later. Emma Nutt was so successful that telephone operation became an exclusively female profession. Indeed, women relished the professional opportunity, which was considered a step up from domestic duties and factory work. Women would operate telephones for almost the next 100 years.

September 2026

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com



Celebrating September

Classical Music Month

Self-Improvement Month

Courtesy Month

Newspaper Carrier Day

September 4

World Beard Day

September 5

Labor Day (U.S.)

September 7

Chocolate Milkshake Day

September 12

Line Dance Week

September 14–19

International Day of

Democracy

September 15

Fall Equinox

September 22

Love Note Day

September 26

Coffee Day

September 29

Back to the '70s

September often marks a return to routines, and during the 1970s, it also signaled the start of a new television season. Long before streaming and on-demand viewing, fall TV premieres were major events. Families gathered around the television to watch the first episodes of returning favorites and discover new shows that would soon become part of everyday conversation.

The 1970s are often remembered as a golden age of television sitcoms. Programs such as *All in the Family*, *The Mary Tyler Moore Show*, and *Happy Days* reflected changing social attitudes while providing plenty of humor. Their characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances. Artists experimented with new sounds, helping shape modern popular music.

Fashion followed suit with bold styles and colorful self-expression. Bell-bottom jeans became one of the decade's most recognizable trends, often paired with platform shoes, wide collars, and eye-catching patterns. Whether on city streets, school campuses, or television screens, 1970s fashion embraced individuality and flair.

One song in particular has become closely associated with September itself. In September 1978, Earth, Wind & Fire released the hit song "September." Its upbeat rhythm and memorable chorus helped it become one of the most enduring songs of the era. Decades later, it remains a staple at celebrations, sporting events, and community gatherings.

From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the 1970s left a lasting mark on American culture. Every September, as television networks unveil new seasons and the familiar strains of "September" begin to play once again, echoes of that remarkable decade are never far away.

Superstition Busters



If you find the number 13 unlucky, then September 13, Defy Superstition Day, may be just what the doctor ordered. Superstitions are beliefs that contradict rational thought. If they are so irrational, why are so many people superstitious? Psychologist B. F. Skinner hypothesized that superstitious behaviors stem from the concept of reinforcement; that is, a person performs an action expecting a reward. What makes superstitions unique is that superstitious people repeat an action over and over, even if the reward is not realized. For example, someone may always throw salt over their shoulder to ward off bad luck, even though there is no immediate benefit or consequence.

Why *do* we throw salt to ward off bad luck? The salt superstition stems from Leonardo da Vinci's painting *The Last Supper*. In the painting, Judas—the apostle who betrayed Jesus—is depicted knocking over the salt. The act of spilling salt has since been associated with treachery and lies. The act of throwing it over your left shoulder is to blind the devil lurking there.

Do you walk under ladders? It's a common superstition that it is bad luck to do so. This superstition began in ancient Egypt. A ladder leaning against a wall forms a triangle, which was considered a sacred shape, similar to the shape of the pyramids. Passing under the ladder was considered an insult to the gods, a superstition that carries on to this day.

Perhaps the most prevalent superstition is to knock on wood to prevent disappointment and promote good fortune. Many ancient pagan cultures worshipped trees because they were believed to be inhabited by spirits. It was common to lay hands on trees and ask for favors or give thanks. Of course, on September 13, you'll need to defy all these superstitions by spilling salt, walking under ladders, and not knocking on wood. While you're at it, open an umbrella indoors and break a mirror for good measure.

One and Done

There is no surer path to celebrity and then back to obscurity than the one-hit wonder. September 25 is One-Hit Wonder Day, a day for us to remember all those musicians who wrote one hit song that dominated the charts and then were forgotten. Perhaps one of the best-known one-hit wonders is "Earth Angel," the Penguins' 1954 doo-wop classic. With sales estimated at more than 10 million copies, it is often cited among the most successful one-hit wonders of all time. But don't take our word for it. Every decade has had its share of one-hit wonders: 1963's "Wipeout" by the Surfaris, 1977's "You Light Up My Life" by Debby Boone, 1983's "Puttin' on the Ritz" by Taco, 1991's "Walking in Memphis" by Marc Cohn, and the 2005 hit "Listen to Your Heart" by D.H.T. If you don't recall any of these songs, you're not alone, but that doesn't bother Steven Greenberg, who in 1980 wrote the song "Funkytown." When asked about his sole hit, Greenberg says, "I call it 'one-hit wonderful.'"

A Paper for the People



On September 3, 1833, in New York City, Benjamin Day began printing his daily newspaper, *The Sun*, for which he charged one penny per copy. For this reason, September 3 is celebrated as Penny Press Day. Day's small paper was groundbreaking for many reasons. First, it brought the news to the masses.

Working-class families and immigrants could at last afford to be well informed. Secondly, it relied on advertising, not subscriptions, for revenue, which helped keep its cost low. The invention of the steam engine also aided Day's cause. In 1840, he could print 4,000 copies an hour; by 1851, he was printing 18,000. Day was also the first newspaperman to hire reporters to follow stories. Thanks to his ingenuity, Day became New York's first great newspaper magnate.

The Write Stuff

It's happened to many of us: You want to buy a greeting card, and the next thing you know, you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.

Despite the rise of digital greetings, text messages, and social media, the greeting card industry continues to thrive. Americans still purchase billions of greeting cards each year, generating roughly seven billion dollars in annual sales. While many people now send birthday wishes online, physical cards remain popular for milestones, holidays, expressions of sympathy, and heartfelt occasions. Perhaps that is because, deep down, we still value tangible messages of love and appreciation. After all, many of us have old greeting cards tucked away in drawers or keepsake boxes. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers who want to break into the greeting card business. While artwork and design may capture a shopper's attention, the message inside often determines whether a card is purchased. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. Writers must be sure to match their submissions to the needs of a publisher. Payment varies by publisher and card type, but writers can earn anywhere from \$25 to well over \$100 per card.

In recent years, companies have introduced everything from intricate pop-up designs to highly personalized cards created online and delivered through the mail. Some services even offer handwritten messages produced on the sender's behalf. As greeting cards continue to evolve alongside technology, one thing remains unchanged: People still appreciate receiving thoughtful words delivered in a personal and memorable way.

The Curious Case of &

September 8 is the day to acknowledge & appreciate & celebrate the amazing ampersand. This shorthand glyph for the word *and* was once the 27th letter of the alphabet. But before it was known as an ampersand, it was simply the symbol &, which stems from Latin. In ancient Rome, the word for *and* was *et*. Roman scribes, looking for a shortcut, combined the two letters in cursive script, which looked like &.

The word *ampersand* evolved by accident when the symbol & became part of the alphabet. In the early 1800s, schoolchildren reciting the alphabet would say "X, Y, Z, and per se and," meaning "and, by itself, *and*." Over time, the repeated phrase "and per se *and*" gradually blended together in speech, evolving into the single word *ampersand*, which became the name of the symbol. The ampersand wasn't the only letter to be dropped from the alphabet. In Old English, the letter *thorn* represented the *th* sound, and the letter *wynn* evolved into the letter *W*.

Gnocchi Night



In Argentina, the 29th of every month is Gnocchi Day, with families gathering together to make and eat this delightful little dumpling. So this September 29, why not try some gnocchi yourself?

Gnocchi are a form of potato pasta originating in Italy. When Italian immigrants came to Argentina in the 19th century, they brought with them their favorite Italian recipes. In Argentina, payday was on the first of the month, so by the 29th, most families were left with little in their larders, perhaps just some potatoes and flour, the key ingredients for gnocchi. Families could whip up a quick, inexpensive, and filling meal. Even today, travelers to Argentina will find gnocchi on the menu every 29th day of the month.

Looking for Birthday & Christmas ideas?

We strongly recommend a non-slip shoe for shower time, to be worn in & out of the shower for safety. These are a couple examples which we recommend instead of a slip-in style as the foot can still slide around in a slip-in sandal & lead to loss of balance. An enclosed heel shoe is a safer option for all folks!



Scurtain Barefoot
Water Shoes for
Women Men Beach
Swim Aqua Socks
Summer Quick-Dry
Sandals Slippers



WHITIN Women's
Multi-Purpose
Feather Water
Shoes + Thick Sole
Z10 for Non-Slip
Thick Sole

Thrifty White PHARMACY

will be at

FARIBAULT SENIOR LIVING

on the morning of

THURSDAY, OCTOBER 8TH

to provide



**INFLUENZA
VACCINATIONS**

&



**COVID
VACCINATIONS**



PLEASE SEE THE
Nursing Office
IF YOU WANT TO GET YOUR
VACCINATIONS HERE!



Please also let **nursing** know if you get any vaccinations done offsite so we can update your records.



What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

Take a tour of the building and get to know what there is to offer!

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1st Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, "Reflections" Living Area
- **2nd Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3rd Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4th Floor:** Movie Theater & Craft Room

If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.

FSL Monthly Blood Pressure Clinic

Friday, September 18th

9a – 11a

2nd Floor- Outside Community Room

Come see our nursing team to have your vitals and weight checked!!



The Loft Salon on 3rd

(Open by Appointment)

Kathryn #: 507-838-0492

Hello, from Kathryn!
Set up your hair,
manicure, or Pedicure
Services!

*Please let the salon know
if you will not be coming*

Contact Us

Main Line: 507-331-6510

Fax: 507-331-7252

Office Hours:

**Monday-Friday
8:00am-4pm**

Executive Director

Sarah Valentyn (LALD): 507-331-6521
sarahv@faribaultseniorliving.com

Assisted Living Director

Heather Tesch (LALD): 507-331-6517
heathert@faribaultseniorliving.com

Nursing Office:

Director of Clinical Services
Calista Vos (RN, BSN): 507-331-6520
calistav@faribaultseniorliving.com

Assistant Director of Clinical Services

Alyssa Moravec- (RN, BSN) 507-331-6512
alyssam@faribaultseniorliving.com

Resident Coordinator

Rachel Byrne- (TMA) 507-331-6511
rachelb@faribaultseniorliving.com

Maintenance Manager

Pat "Nezzy" Nesburg
patn@faribaultseniorliving.com

Office Coordinator

office@faribaultseniorliving.com

Activities Coordinator

Donna Boyer
activities@faribaultseniorliving.com

A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out (Near Front Desk). Papers will be in an envelope with your name on it.

- Please see TBD at front desk before entering offices, as we may be busy or on the phone.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry
- Offices close at 4:30p Monday-Friday and all day on weekends if you are needing assistance please push your pendant, as any voicemails left for office staff will not be received/answered until the next business day.

FSL WIFI

Username: FSL Family
Password: Smiles@843!

New Neighbors



In our home, Love, Laughter, and Friendship are always welcome.

Employee Anniversaries

Pat "Nezzy" Nesburg- September 4th
12 years

Brittany Otterness- September 8th
2 years

Max Haakonson- September 9th
1 year

Megan Kuchinka- September 23rd
1 year

Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.



Helpful Phone Numbers for Seniors

Buckham Memorial Library 334-2089	Meals on Wheels 800-277-8418 ext. 328
Fashions on Central 334-9242	Rice County Public Health 332-6111
Faribault City Hall 334-2222	Rice County Social Services 332-6115
Faribault Community Center 334-2064	Senior Companion Program 330-1867
Faribault Senior Center 332-7357	Senior Dining 332-7680
Hiawathaland Transit- bus system 866-623-7505	Senior LinkAge Line 800-333-2433
Veterans LinkAge Line 888-546-5838	Social Security 800-772-1213

FEELING LONELY?

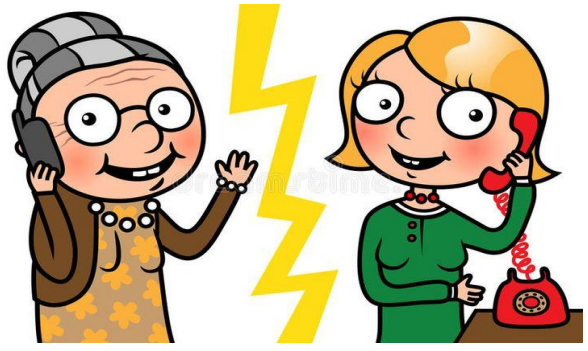


Senior Friendship Line 800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.





NATIONAL ASSISTED
LIVING WEEK®
SEPTEMBER 13-19, 2026



NALW.org • #NALW

✦ Shining Through the Years ✦ September 14–18

✦ All Week Long — Staff Recognition

We will have a **Staff Recognition Table** available throughout the week! Residents and families are encouraged to stop by and write a special note recognizing an FSL staff member who has made a difference, brightened your day, or deserves a little extra appreciation.

Monday, September 14 — 📷 Memory Lane

Residents & Staff: Please bring in a favorite photo that has **you in it!** Photos can be from any time in your life. Throughout the week, we'll display the photos and have fun playing “**Guess Who?**”

Tuesday, September 15 — 🎵 Through the Decades: Fabulous '50s

Break out your poodle skirts, leather jackets, rolled-up jeans, and pearls!

Dress in your best 1950s gear!
1:30 p.m. — Music with Andy

Wednesday, September 16 — 🍀 Memories That Last

11:00 a.m.–1:00 p.m. — Free Pizza Lunch
Help us fill our **Memory Tree!** Residents and staff are invited to leave a favorite memory, special moment, or piece of wisdom on the tree for everyone to enjoy.

Thursday, September 17 — ❤️ Family & Friends Celebration

A special day celebrating the family and friends who are part of our FSL story!
Ice Cream Social • Photos • Fun & Fellowship

Friday, September 18 — ✦ Golden Gala

We're ending Assisted Living Week in style!
Dress to impress in your best formal attire and join us for a special **Golden Gala Happy Hour**, featuring a signature **FSL drink** to celebrate a wonderful week together.

MINNESOTA VIKINGS 2026 SEASON SCHEDULE

PRESEASON

WEEK	DAY	DATE	OPPONENT	TIME (CT)	TV	RADIO
P1	SATURDAY	AUG. 15	AT NEW YORK GIANTS	NOON	FOX 9	KFAN/KTLK
P2	SATURDAY	AUG. 22	BALTIMORE RAVENS	NOON	FOX 9	KFAN/KTLK
P3	FRIDAY	AUG. 28	AT DENVER BRONCOS	8 P.M.	FOX 9	KFAN/KTLK

REGULAR SEASON

WEEK	DAY	DATE	OPPONENT	TIME (CT)	TV	RADIO
1	SUNDAY	SEPT. 13	GREEN BAY PACKERS	3:25 P.M.	CBS	KFAN/KTLK
2	SUNDAY	SEPT. 20	AT CHICAGO BEARS	NOON	FOX	KFAN/KTLK
3	SUNDAY	SEPT. 27	AT TAMPA BAY BUCCANEERS	3:05 P.M.	FOX	KFAN/KTLK
4	SUNDAY	OCT. 4	MIAMI DOLPHINS	3:05 P.M.	FOX	KFAN/KTLK
5	SUNDAY	OCT. 11	AT NEW ORLEANS SAINTS	NOON	FOX	KFAN/KTLK
6			BYE			
7	SUNDAY	OCT. 25	INDIANAPOLIS COLTS	NOON	CBS	KFAN/KTLK
8	SUNDAY	NOV. 1	AT DETROIT LIONS	NOON	FOX	KFAN/KTLK
9	MONDAY	NOV. 9	BUFFALO BILLS	7:15 P.M.	ESPN	KFAN/KTLK
10	SUNDAY	NOV. 15	AT GREEN BAY PACKERS	NOON	FOX	KFAN/KTLK
11	SUNDAY	NOV. 22	VS. SAN FRANCISCO 49ERS (MEXICO CITY)	7:20 P.M.	NBC	KFAN/KTLK
12	SUNDAY	NOV. 29	ATLANTA FALCONS	NOON	FOX	KFAN/KTLK
13	SUNDAY	DEC. 6	CAROLINA PANTHERS	3:25 P.M.	CBS	KFAN/KTLK
14	THURSDAY	DEC. 10	AT NEW ENGLAND PATRIOTS	7:15 P.M.	PRIME	KFAN/KTLK
15	SUNDAY	DEC. 20	DETROIT LIONS	7:20 P.M.	NBC	KFAN/KTLK
16	TBD	TBD	WASHINGTON COMMANDERS	TBD	TBD	KFAN/KTLK
17	SUNDAY	JAN. 3	AT NEW YORK JETS	NOON	CBS	KFAN/KTLK
18	TBD	TBD	CHICAGO BEARS	TBD	TBD	KFAN/KTLK

Vikings home games in bold // Select game times subject to change due to flexible scheduling

PLAYOFFS

JAN. 16-18: WILD CARD PLAYOFF GAMES JAN. 31: CONFERENCE CHAMPIONSHIP GAMES
JAN. 23-24: DIVISIONAL PLAYOFF GAMES FEB. 14: SUPER BOWL LXI // SOFI STADIUM

FOLLOW THE VIKINGS

 @VIKINGS
 VIKINGS.COM

Name: _____

Date: _____

September Word Search



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

K J L L A B T O O F S E Q U I N O X
S X G H A Y R I D E D R F R Q D P M
P E Q S C H O O L S N I K P M U P V
T L P G L X F P B J R F G W C T Q M
K E S T C A P L T A O W O R P M I Q
M A D D E A B N T L C R K S W G L S
K V R R R M L O I K C K I M R W J Q
S E A C E F B A R E N R P A Z N B U
N S H K Q L G E R D C W T A B F O I
R F C N F E O A R N A I N R C T N R
O A R R S A C O T N O Y E B X K F R
C R O E E S L Q C N X E Z T J T I E
A M N T P C M L H K Z V S R K J R L
M E N A A D E P I Y W E M D R C E N
N R R E R N P K K N V M J P R B Q Y
K S O W G T Q D A R G C B Y Q U M B
H T C S R F L Q A R A U T U M N O H
K R K T R T M H F R E D I C T T G G

ACORNS

APPLES

AUTUMN

BACKPACK

BONFIRE

BREEZY

CIDER

COOLER

CORN

CRISP

EQUINOX

FALLING

FARMERS

FOLIAGE

FOOTBALL

GOURDS

GRAPES

HARVEST

HAYRIDE

LABOR DAY

LEAVES

MIGRATION

ORCHARDS

PUMPKINS

RAKE

SCARECROW

SCHOOL

SEPTEMBER

SQUIRREL

SWEATER



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PLEASE HELP US

Congratulations!

Chris PARKOS

ON YOUR NEW

Office Coordinator POSITION!

At this time, the start date for Chris is still to be *determined*, but we're excited for Chris and look forward to seeing her *friendly face* at the front!

We're excited TO HAVE YOU IN THIS *new role* AND CAN'T WAIT TO SEE ALL THE GREAT THINGS YOU WILL DO!

Congratulations, Chris! ♥

WE APPRECIATE YOU! ♥

- FARIBAULT SENIOR LIVING -

Fall/Winter Menu

We will make the change to our FSL Fall/Winter Fresh Menus effective Monday, September 14th.

There are copies of the 5-week rotation in the lounge to see what is coming up. If you have suggestions, please write them down and place them in the Dropbox between Heather & Sarah's offices.

We appreciate any ideas you may have and will try the best we can to accommodate ideas/suggestions.



We are planning a day to do liver and onions as a meal, as this has been requested by several residents!

- Looking to have this on a Saturday noon meal
- You would need to pre-sign up for this meal, so we have an accurate count.
- Another option for that day would still be available for those not wanting liver/onions.

More details
coming soon



alamy

Image ID: 2R3537P
www.alamy.com