

Living the Sweet Life

Milton Hershey, born on September 13, 1857, is remembered for giving the world its most famous chocolate bar. But Hershey was much more than a chocolatier. He was a passionate philanthropist who built an entire community for the benefit and well-being of his workforce.



Hershey failed at two confectionary businesses before finally moving to Lancaster, Pennsylvania, where he started making homemade caramels. He had learned the key to making delicious caramels in Denver, Colorado, and fresh milk was his secret ingredient. He also devised a plan to sell caramels in bulk. When he secured a huge order to sell his caramels in England, Hershey was able to pay off his debts, buy more equipment, and expand his business to chocolate.

Just as Hershey had perfected his own recipe for caramel, he concocted his own recipe for milk chocolate. In 1903, he built a factory that employed the latest technology and mass production techniques. He could now sell his chocolate bars nationally, and his Hershey bars became the first nationally marketed chocolate bars in America.

Just as Hershey understood the importance of developing his own recipes, he also understood the importance of nurturing his workforce. He established the Hershey Industrial School in 1909, a private boarding school that offered educational opportunities and work training for orphans. This was the first step in building an entire community around the factory that included housing, businesses, churches, and even a public trolley system. Buildings enjoyed the luxury of full electrification, indoor plumbing, and central heating. Hershey built a school to educate the children of his employees. He established a charitable foundation to provide educational and cultural opportunities for residents, including the construction of the Hershey Museum, Gardens, and Theater. Hershey gave America sweet treats, but he gave his employees something more: a sweet opportunity to live the American Dream.

September Birthdays

In astrology, those born from September 1–22 are Virgo's virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects and designs that create balanced environments.

- Salma Hayek (actress) – September 2, 1966
- Beyoncé (singer) – September 4, 1981
- Idris Elba (actor) – September 6, 1972
- Tyler Perry (producer) – September 13, 1969
- B. B. King (musician) – September 16, 1925
- Jack LaLanne (fitness guru) – September 26, 1914
- Ed Sullivan (TV host) – September 28, 1901

**Helen K, Carole Y, Ron H.
Leonarda D**

By Any Other Name



In January of 1791, George Washington, using the power vested to him by Congress through 1790's Residence Act, chose a site along the Potomac River for the new U.S. capital. Washington appointed three commissioners with the task of naming this new city, all the while assuring them that "they should decide freely on their own view of things." Rumors swirled in Philadelphia of the city being named Washingtonople or Washingtonopolis. Others lobbied that it be called Columbus, in honor of Christopher Columbus and the impending 300th anniversary of his arrival in America. Finally, on September 8, 1791, the three commissioners were joined by Thomas Jefferson and James Madison to decide on the name once and for all. A compromise was struck. The city itself would be called simply Washington, with the surrounding area known as the District



Let's Get Personal

30 Heckel Rd McKees Rocks, Pa

Celebrating September

Your Management Team

Executive Director
Niki Waugaman

Interim Director of
Resident Care
Danielle Marko LPN

Business Office Manager
Beverly Bozicevich

Staff Recruitment
Klay Scott

Marketing Liaison
Lisa Unis

Maint/Housekeeping
Aaron Jennings

Activities Director
Transportation Coordinator
Milly Soisson ADC

Dining Services Manager
Samantha "Sami" Steenbeke

Director of
Independent Living
John Desiderato

Labor Day (U.S.)
September 5

Remembrance Day
Grandparents' Day
September 11

World Alzheimer's Day
September 21

Rosh Hashanah Begins
September 25

Fall Foliage Week
September 25–October 1

Ancestor Appreciation Day
September 27

Sunken Treasure

On September 1, 2013, undersea explorer Barry Clifford was making yet another dive to the sunken *Whydah*, the only fully authenticated Golden Age pirate shipwreck in American waters. Clifford discovered the ship and its trove of pirate-era artifacts in 1984, but he had yet to find the 400,000 gold pieces that purportedly sank with the ship off the coast of Cape Cod in 1717 during a violent nor'easter. On that September day, Clifford and his team discovered several coin-shaped masses chemically crusted together after centuries underwater. The report of the *Whydah* and its vast trove of pirate artifacts gave other treasure-seekers hope that similar sunken wrecks still wait to be found.

There is no shortage of rumors when it comes to pirate shipwrecks and lost hordes of gold. Captain Kidd, before being executed for piracy, attempted to save himself by claiming that he had buried a treasure worth 400,000 British pounds. In 1700, ten thousand pounds of treasure were found buried in the sands of Gardiner Island off the coast of Long Island, New York. In 2015, Barry Clifford discovered a 50-kilogram silver bar off the coast of Madagascar that he believed was part of Kidd's lost treasure. Despite authorities confirming the bar was 95% lead and was not evidence of Kidd's lost treasure, the find only heightened the frenzy to find Kidd's lost loot.

Edward Teach, better known as Blackbeard, was notorious for plundering ships laden with gold and silver. Blackbeard's ledgers indicate that he had amassed a pirate fortune worth millions. Before his death, he declared that his "real" treasure "lay in a location only known to him and the devil." When Blackbeard's ship *Queen Anne's Revenge* was discovered in waters near Beaufort, North Carolina, in 1996, treasure hunters believed that the treasure was finally found. Underwater archaeologists uncovered loaded cannons, a blunderbuss barrel, anchors, and other artifacts, but no trove of gold. Like so many times before, the absence of treasure did not dim the hopes of treasure seekers but stoked the passions of exploration and discovery.

Race to the Finish

Each Labor Day, 20,000 visitors swarm the ranch of Dan and Peggy Eoff in Clinton, Arkansas, for the annual National Championship Chuckwagon Races. The idea started off simple enough in 1986. Dan and Peggy wanted to throw a party over Labor Day weekend. To make it interesting, Dan suggested racing chuckwagons. Eight drivers took part in that first chuckwagon race. Today, 150 teams compete in five divisions to take home the title of national champion.



The race has few rules, but following those rules is often the key to victory. Each team consists of three people: a driver, a cook, and an outrider who rides a horse alongside the chuckwagon. At the start of the race, the cook and outrider stand outside the chuckwagon on the ground. At the judge's signal, the cook loads the stove into the wagon and climbs aboard. When the starting pistol is fired, the outrider loads a tent into the wagon, climbs into the saddle, and must race the chuckwagon to the finish line. The outrider must pass the finish line before the chuckwagon, and the chuckwagon must pass the finish line with the cook, driver, tent, and stove intact. With four teams, several animals, and 20,000 roaring fans, the race is far from easy.

The chuckwagon was invented by a Texas rancher named Charles Goodnight around 1866. Faced with the prospect of driving 2,000 longhorn cattle from Texas to Colorado, Goodnight proposed retrofitting an Army surplus wagon with cabinets, shelves, drawers, a durable worktop, a barrel for holding water, and plenty of space for storing cowboys' bedrolls and blankets. Since cowboys called their meals *chuck*, it made perfect sense to call this wagon the *chuckwagon*.

Of course, chuckwagons weren't made for racing. Old cowboy legends tell of how, at the end of a cattle drive, cowboys would race into town to spend their pay, and the last one in had to buy drinks for all. Cooks would race in on their chuckwagons. Chuckwagon racing as a spectator sport originated at the 1923 Calgary's Stampede.

Skimming the Surface

Easdale Island off of Scotland's west coast is home to just 60 residents, but this tiny island hosts a very big event each September: the World Stone Skimming Championships. Hundreds of visitors from all around the world arrive to a party atmosphere all for the sake of tossing some stones.

Easdale was once the center of Scotland's slate mining industry. Everyone in town knows of Easdale's "still pools," the former quarries and venue for the event. Some of these pools extend as deep as 300 feet below sea level. Skimmers, of course, must use authentic Easdale slate for their skimming stones.

Contestants must stand with two feet on the skimming platform. Stones must bounce at least two times on the surface of the water to be considered valid. Skims are measured to where they sink. The real feat is reaching the back wall of the still pool 70 meters away, which is not impossible but still a demanding throw for even the most skilled skimmers.

Creative Juices



International Dot Day on September 15 is a global celebration of creativity and collaboration. The holiday began in 2009 when author Peter Reynolds published his children's book *The Dot*. It is a story about a teacher who encourages a young student to "make their mark" on the world, starting with, you guessed it, a simple dot.

Where does creativity come from? Socrates believed it to be a gift from the gods. Plato called it a kind of inspired madness. Can you teach creativity? Or is it an innate talent? Individuals are often moved to creativity by interactions with the world and people around them. Perhaps this is why International Dot Day celebrates collaboration. Today is a day to let your creativity be guided by the inspiration of others and to share your creative vision with the community.

Dancing Through History



Waltzes. Foxtrots. Tangos. Quicksteps. Rhumbas and mambos. Ballroom dancing takes many forms, which should make it easy to find a style that suits your tastes during

Ballroom Dancing Week from Sept 16–25. Just as the Renaissance brought many important milestones in the fields of art and science, so too did the era leave its mark on dancing. Dance had long been separated into two different forms or styles. One type of dance was practiced openly and in public, while another type was practiced by the aristocracy and royalty behind closed doors during special occasions. This type of formal dancing was first recorded in 1588 by the French cleric Jehan Tabourot, writing under the pen name Thoinot-Arbeau.

Most of what we know of the origins of ballroom dancing comes from Thoinot-Arbeau's *Orchesographie*, a study of the social dances of the French aristocracy. The book presents a description of the popular dances of the day, information on how one should behave in the ballrooms of the rich and powerful, and the interactions between dancers and musicians. Shakespeare depicted many of these dances in his stage plays, which popularized them beyond the private manors of France.

Two dances helped propel ballroom dancing into a worldwide phenomenon. In 1650, the French King Louis XIV took up dancing the minuet. For the next 200 years, the minuet would spread to ballrooms in every corner of France and solidify ballroom dance as a social practice. As the minuet faded, the waltz took hold. At first, many balked at the scandalous way partners dancing the waltz held each other close. Soon, however, everyone was waltzing. Those craving new dances invented the polka, mazurka, and schottische. To accommodate the dance craze, new ballrooms were built in cities and hotels. Dancing was no longer just for the rich but a pursuit for anyone willing to give it a try.

Dining In



Something transformative happened on September 10, 1953. Swanson introduced the TV dinner, and it was an instant success. Swanson was a nationally known food

brand famous for its poultry. After an abysmal Thanksgiving in 1952, Swanson found itself with 260 tons of leftover turkey. Swanson salesman Gerry Thomas sketched the idea of a three-sectioned tray, one that could act as both a cooking and serving tray. Savvy Swanson advertisers linked the new frozen food trays with the exciting new appliance of the era, the television, naming it the "TV dinner" and even designing the packaging to look like a tv. Swanson sold 10 million units in its first year, and cooking was transformed forever. On a personal note, when my dad would work the late shift at the mill, on Friday nights we were allowed to stay up and wait for him. When he got home mom had tv dinners waiting for everyone. And we ate them in front of the tv! A happy memory of an iconic era. PS. They tasted awful!

Special Days in September

- 7th Bulls eyes and Beers (root) w Andrea from Amedysis 2:00
- 9th Sing a Long with Ron Soltis
- 15th Glamorous Grams and Gramps...photo shoot AR starts at 10.
- 20th An evening w Mikey Dee 6:00
- 21st Creative Poetry Workshop w Milly 2:00
- 6th and 20th manicures 2:00 AR
- 8th, 14th 22nd Sing a Longs
- 12th and 19th Hymns 10:30
- Communion Service with Anne 10:50
- 22nd Resident Forum 1:00
- 24th Special Saturday **BINGO** 1:00
- 28^h Pretty **Crazy** **BINGO** 2:00 AR

“I like the woman you became better than the girl you were. I like the story you’ve written on your face”

— Joanna Bourne, The Black Hawk



Stephanie Steiger of Mary Kay



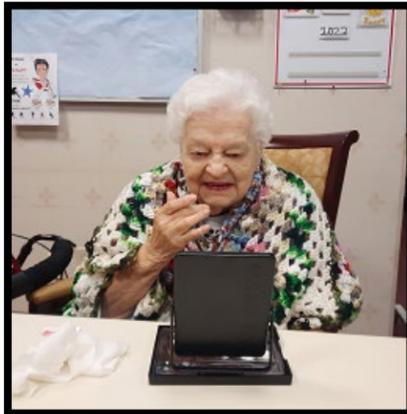
Which person is not taking this program seriously?

What a stroke of luck we had when Stephanie Steiger visited us toting her bag full of facial creams, and make up!

The ladies really took to it and followed her directions to a T. We washed our faces then added the basic stuff before blush, highlighter, eye shadow, lipstick and mascara. We were all dolled up and had a great time.

Stephanie is coming back when I do my Glamorous Grams photo shoot. She'll help me get the ladies ready for photos.

Thanks Stephanie!!



TRIP DOWN MEMORY LANE

We are pleased to have our new van driver, Kris Andrzejewski on board here at Heritage Valley Senior Living Community.

Now, the outings have begun, 1st with a trip to the Dollar Tree and then we had a McKees Rocks History Tour. Not just any tour, mind you. We visited the homes and old stomping grounds of our own Marge, Helen, Irene, Mildred and Eleanor.

We got to see the homes they grew up in, the church, the school, the Indian mounds where they sunbathed, the area of the river where they played.

The ladies talk lovingly about the Bottoms so often that we were too excited to finally get to see what they were talking about.

Holy Ghost Church is still a beautiful testament to the immigrant dream, as well as the Ukrainian church with a big pierogi sale sign in front.

Wilson School is now Wilson apartments. The White Flats are still there and look kind of sweet and homey. **Cont'd next page**

MEMORY LANE (cont'd)

Kris who also lived in the area for many years pointed out businesses that are no longer there, the footbridge that was torn down, and we got to see two buildings being demolished that very day and kind of felt really bad about it.

On one particular street the ladies reminisced about how many stores used to be there and how you never had to leave McKees Rocks for anything...it was all readily available. Even a chicken store! Now there are many empty storefronts, or former stores turned into apartments, not unlike every other small town in the Pittsburgh area. With the introduction of Malls and the closing down of our Steel Mills we all felt a pinch but these mom and pop stores didn't stand a chance.

Many of the local dance halls are gone, the ones that the ladies will reminisce about and how they danced every weekend.

They remarked how they would ride their bikes down to Preston, so we headed that way. A seriously small (two streets) community with homes built for local workers. Some are still occupied others abandoned.

A disappointment for me were the Indian Mounds. It is all very over grown and you can not get to it in any way. It seemed like it should be treated with a little more reverence.

Other than that we stopped at a local park for a picnic lunch made specially for us by our Dietary Department. We laughed about our adventure, shared more memories then headed back home.

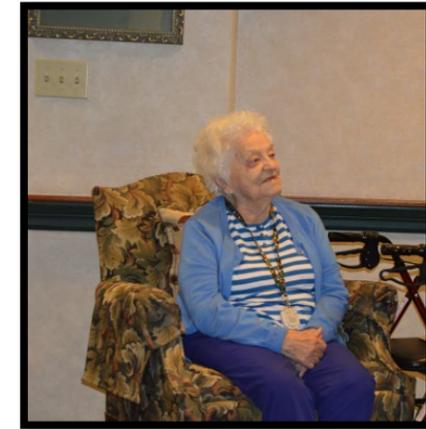
What a great morning. Memories remind us that we will always be relevant in the hearts of those we share them with.

Thank you for sharing, ladies!!

An Evening with Mikey Dee

Once again this talented musician and funny man blessed our residents with music, laughter and an evening of reminiscing. A few family members were there to enjoy the show and one remarked, “Just seeing the smiles he brought to everyone’s face made the night more special.”

“We try to invite Mikey here at least once a month and he consistently delivers a great show.” If you want to see more of this wonderful artist he performs every Wednesday evening at a popular eatery called Peppers N’AT in the Braddock area.





ELVIS AND BANANA SPLITS

Our dear friend, Robert Dale and his wife Linda, graced us with a fabulous *Tribute to Elvis Show* on a Saturday afternoon. Some family members were there to join in the fun.

Before he started residents were treated to banana splits made by especially for them by Milly. *see recipe below. We used vanilla ice cream instead of peanut butter and used the traditional toppings of strawberries and pineapples.

Robert then performed many of Elvis' hits from the 70's, giving us a little history of Elvis that we were unfamiliar with and then ending the show with some of the hits from the 50's and 60's. Residents sang along and some even danced, but as they always do, Robert and Linda present an awesome show, leaving their audience wanting more.

"I could have listened for another two hours," said Janet C. who knew every word to every song.

"Music changes Everything."



Learn new games day

Crazy Dice and Dominoes were introduced to the residents this month it and went over really well. They seemed to favor the Crazy Dice game with its colorful dice and cups but excelled in dominoes as well.

New addition to our calendar are always welcomed!!



On September 28th we will be holding our first **FREE AUCTION**. We have collected many items that we think the residents will enjoy "bidding" on.

We are always accepting donations of items that might be of use to our residents, so if you have anything at all, bring it in!

Some items are:

- Bath and body
- Hair Brushes, toothbrushes, toothpaste
- Snacks of all kinds
- Costume or seasonal jewelry
- Steeler stuff

We are grateful for all you do for us in the Activities Dept.
See you soon!



****The Elvis Banana Split recipe

Split the banana in half lengthwise. Place on each side of a banana split boat. Place 3 scoops of peanut butter ice cream in the dish, between the banana slices. Drizzle hot fudge sauce over the ice cream.

NOW YOU KNOW!

