



Canterfield of Oak Ridge

A Retirement Community Rich in Lifestyle

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Canterfield's Triple Crown Gazette

Canterfield of Oak Ridge Team

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Find us on 

Brain Bender: Trick or Treat

Use the following clues to change the word "trick" to "treat" by replacing one letter at a time, creating a new word with each change.

TRICK

- _____ Course for racing
- _____ To ruin or destroy
- _____ Ruined ship or car
- _____ To cause chaos
- _____ A split or fracture
- _____ Sandwich ingredient
- _____ Grooved surface of a tire or shoe

TREAT

(Answer: trick, track, wrack, wreck, wreak, break, bread, tread, treat)

September 2020



9/04	Diane Popp
9/10	Bobbie Martin
9/10	Glenda Moore
9/10	Ken Moore
9/14	Mable Buskirk



Hip, Hip, Hooray!

Remember when we were children, birthdays were made special by balloons, streamers, cakes, presents and lots of loved ones singing our name? Now that we are adults, the excitement has died down, and most of us prefer quieter rituals. Still, no matter how old we are, we secretly long to be applauded on our special day.

The team at our community knows that several of our residents will observe that once-a-year occasion this month. We want to let each of you know that we are raising a big hearty cheer in your honor. We think you're one-of-a-kind, and we hope you feel as wonderful as you truly are on your birthday this year.

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.

"To me, the smell of fresh-made coffee is one of the greatest inventions."

—Hugh Jackman



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.



Covid Fund for Employees

If you have noticed there has been a thank you door hanger on the outside of your apartment door. We, the staff at Canterfield, wanted to thank each and everyone of you for the kindness you have shown our staff with the generous contributions to the Covid fund. The residents and their families wanted to thank the staff for their hard work during this difficult time so they started a donation fund to be distributed to the employees as a bonus hazard pay. This meant the world to us all and our appreciation is bountiful. A thank you card was sent out to the families that contributed as well. Again we thank you all from the bottom of our hearts!

-The Staff at Canterfield of Oak Ridge

We Appreciate You

We'd like to take a moment to let each of you know what a valuable asset you are to our community. Thank you all for taking pride in our community and making it such a terrific place to live. If there's anything we can do to make your home more comfortable, don't hesitate to let us know!

Spoonfuls of Healthy Whole Wheat

Made of only one ingredient, shredded wheat is one of the oldest, healthiest and simplest breakfast cereals.

American lawyer and businessman Henry Perky invented shredded wheat in the 1890s, after discovering the health benefits of whole grains, particularly their role in helping digestion. He and his machinist friend, William H. Ford, developed a process of pressing boiled wheat into strands that were then stacked into what Perky called "little whole-wheat mattresses" and baked.

Perky marketed shredded wheat as a health food. As one

of the first precooked, ready-to-eat breakfast cereals, shredded wheat helped revolutionize the food industry by emphasizing wholesome ingredients as well as convenience.

There's more than a shred of nutrition in a serving of the 100% whole-wheat cereal. One cup contains about 6 grams of fiber and 6 grams of protein, along with generous amounts of B vitamins, iron and magnesium.



Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents.

Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.

Wit & Wisdom

"Every generation is going to keep changing, and you just have to embrace the change."

—Wyclef Jean

"We need to remember across generations that there is as much to learn as there is to teach."

—Gloria Steinem

"I always think about the next generation and creating a different blueprint for them. ... We don't all have to take the same coordinates to get to the same destination."

—Janelle Monáe

"You can take as much as you can from the generation that has preceded you, but then it's up to you to make something new."

—Jackson Browne

"If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself."

—Charles M. Schulz

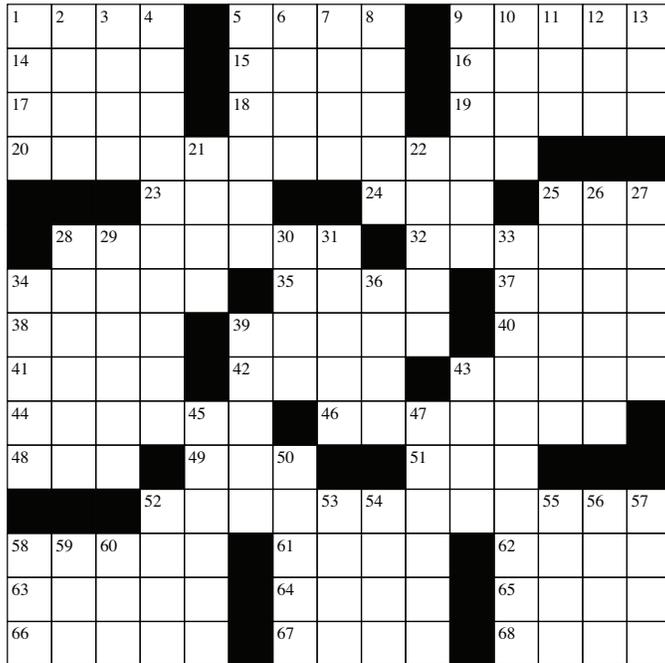
"The thing that makes my generation the greatest is our ability to hang out. We're spectacular at it."

—Lewis Black

"Hopefully, generations after us will continue to protect, preserve, and look after this wonderful land."

—Wilford Brimley

Crossword Puzzle



ACROSS

1. Bargain-hunt
5. Fog
9. Read __; recite
14. Novel setting
15. Of the U.S.A.
16. Rent long-term
17. Of a generation
18. Pocket bread
19. Procrastinator's word
20. Warm lunch
23. Originally named
24. Call a halt to
25. Nemesis
28. Rhythm
32. Cuts
34. Lament
35. Bee colony
37. "Ah, me!"
38. Character in Othello
39. West Point student
40. Out of __; behaving inappropriately
41. Word with stick or roll
42. One who acts like another
43. Lets
44. Evaluate
46. Pillages
48. Do a hairdresser's job
49. Follower of 7 Down
51. Building site
52. Admirable people who influence others

58. William and Sean
 61. Reddish-brown animal
 62. Tack
 63. Gladden
 64. "___ Wonderful Life"
 65. Slave of old
 66. Chihuahua children
 67. Late actor Bert
 68. Worry
- DOWN**
1. Heavenly Mlles.
 2. Nag
 3. Not just tacit
 4. Mom, dad, or madam
 5. Take place
 6. Friend at the école
 7. Greek letter
 8. Expunge
 9. Refer
 10. Spring
 11. Bit of cereal
 12. Take advantage of
 13. German article
 21. High schooler
 22. Start
 25. Cat
 26. Praying figures
 27. Winding roads
 28. Rough
 29. Part of summer
 30. Fellow
 31. Sea duck
 33. Certain love messages

34. Fictional king
36. Miles, e.g.
39. Tosses
43. Public disturbance
45. Sight and taste
47. Existing on a flat surface
50. Fourth page of a wall hanging
52. Preposition
53. Insignificant amount
54. Complaint to a dermatologist
55. Hot spot
56. __ PM; 2100 hours
57. Did in
58. Item in a desk drawer
59. Mr. Whitney
60. Girl's nickname



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

6	4	7	1	2	3	5	6	8
8	1	9	5	6	4	3	7	2
5	3	9	4	8	6	1	2	7
1	7	3	5	2	8	9	6	4
4	2	8	6	3	9	7	5	1
9	6	5	1	7	2	4	8	3
2	8	9	3	4	5	1	7	6
7	5	4	8	9	1	3	2	6
3	6	1	2	9	7	4	8	5

	4	8			2			3
			1	6	8			
6	7							
3			4				9	
		7		3		8		
	9				5			1
							3	5
	3		9	5	6			
8			3			7	4	