



September 2026

King's Daughters Home

2410 Rodd St. - Midland, MI 48640 * (989) 839-9800



Celebrating September

Monthly Birthday Party

Friday, September 4th
@ 2:30 pm.- Dining Rm
Join us for Cake & Ice
Cream

Resident Meeting

Tuesday, September 8th
@ 3 pm.- Dining Rm
(Remodel Update with
Jamie will be on this date
from 2:30-3pm before
Resident Meeting)

KDH Car Show

Wednesday, September 9th
2-4 pm (Front Parking Lot)
Join us for Hot Dogs,
Pop Corn & Awesome
Automobiles!

KDH Buck Auction

Friday, September 25th
@ 2:30 pm.- Dining Rm
(everyone gets \$20 to spend)

KDH Bonfire!

Friday, September 25th
@ 7pm.- Back Parking Lot

Happy September!

As we prepare for the first signs of fall, we look forward to enjoying cooler temperatures, changing leaves, and all the fun activities that come with a new season. We hope everyone has a wonderful month filled with good company, laughter, and plenty of opportunities to participate in the activities planned throughout our community. Our HVAC project is well underway and proceeding on schedule. It was quite the sight watching the crane move the pieces over our home and into the courtyard and It certainly provided us with some great entertainment. I'd like to give a big thank you to all the residents, families, and staff who have been so accommodating during this time as we work through this project.

A Few Fun September Facts:

- September is **National Apple Month**—a perfect excuse to enjoy a crisp apple or a tasty apple dessert!
- September is the beginning of **fall**, which officially arrives on September 22 this year.
- September's birth flowers are the **aster and morning glory**.
- September is a great month to enjoy a warm cup of coffee, cocoa, tea, or cider while watching the seasons change.

We encourage everyone to take advantage of the beautiful weather and enjoy everything September has to offer. Here's to a fun, festive, and fantastic September!

Your Administrator

-Jamie Studer



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.

King's Daughters Home Staff Royalty for September 2026



CONGRATULATIONS

Ange Ufitinema!



Ange is a CNA



and has worked at

King's Daughters Home

Since May of 2025.



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.



A Message from Your Nursing Team

As the summer heat winds down and we welcome the refreshing breeze of autumn, the nursing team wants to take a moment to connect with our wonderful residents and families. September marks a beautiful transition in our community, and we are looking forward to a vibrant, healthy season ahead. September is Fall Prevention Awareness Month. Keeping our residents safe, steady, and independent is our top priority.

To help everyone stay confident on their feet right now, our nursing team recommends practicing these simple daily habits:

- **Clear the pathway:** Keep living spaces free of clutter, loose rugs, and tangled cords.
- **Light the way:** Use nightlights in bathrooms and hallways to ensure bright visibility at all times.
- **Wear safe footwear:** Choose sturdy, well-fitting shoes with non-slip soles rather than loose slippers or walking in socks.
- **Take your time:** Pause and sit on the edge of the bed for a moment before standing up to prevent dizziness.
- **Utilize your tools:** Always use prescribed assistive devices like walkers or canes, even for short trips down the hall.

We will also begin sending out Flu and COVID-19 vaccine authorization letters soon. We do not have a confirmed date for the vaccine clinic yet, but we hope to have a date finalized and shared in next month's newsletter.

We encourage everyone to enjoy our outdoor spaces during the milder autumn afternoons, as fresh air and gentle movement are wonderful for well-being. As always, families can reach out to the nursing department at any time with questions or updates. Let's make this September a safe, healthy, and happy month together!

Happy September!

Jo Lynn & Kari

Congratulations

on "beeing" awesome &
"sticking with us"



We Appreciate YOU!!

Happy Anniversary dates of hire

Jennifer Lincoln,
Administrative Assistant (24 yrs.)
Sam Doman, CNA (11 yrs.)
Amber Federspiel, CNA (11 yrs.)
Martini Barnard, CNA (5 yrs.)
Cindy Li, Charge Nurse (5 yrs.)
Amanda Holden, Houskeeper (3 yrs.)
Montana Taylor, CNA (2 yrs.)
Kelly Ross, Restorative CNA (1 yr.)



KDH Remodel Update with Jamie Studer

**Jamie will be speaking about the upcoming Renovations that will be starting soon @ KDH.*

Please join us on
Tuesday, Sept. 8th
in the Dining Room
from 2:30-3:00 pm.



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.

SEPTEMBER BIRTHDAYS

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Residents:

9/12 Dick Votaw
9/13 Lois Hughes
9/20 Joe Delinsky
9/21 Nancy Frederixon

Staff:

9/1 Mario Sales Solorano
9/2 Amy Ellithorpe
9/3 Kelly Carl-Clayton
9/6 Madison Troupe
9/16 Hayden Edmonds
9/17 Mary Kline
9/23 Nicole Sova
9/25 Rhonda Casey
9/27 Tina Mechem



*Welcome
New Employees!*

Samantha Comagnari-CNA
Roqueneshia McCulloh- CNA



