

The Meadows of Wadena

September 2024

**Celebrating
September**

**World
Alzheimer's
Month**

**National Guide
Dog Month**

**Pollution
Prevention
Week
September
16–22**

**Day of Charity
September 5**

**Wonderful
Weirdos Day
September 9**

**White
Chocolate Day
September 22**

**Love Note
Day
September 26**

**Good Neighbor
Day
September 28**

THE MEADOWS OF WADENA
110 HEMLOCK AVE. NW
WADENA, MN. 56482



RESIDENT SPOTLIGHT

FULL NAME: GEORGE WILLIAM
CHRISTIANSEN

CHILDHOOD NICKNAME: JUNIOR

WHERE WERE YOU BORN? LAKE WILSON,
MN.

FAVORITE COLOR: RED

FAVORITE FOOD: BACON
CHEESEBURGERS

HOW MANY SIBLINGS? 4

HOW MANY CHILDREN? 4

HOBBIES: HUNTING AND FIELD TESTING
WITH DOGS

INTERESTING FUN FACT! JOHNSON
BROTHERS DEDICATED A CONFERENCE
ROOM FOR YEARS OF DEDICATED WORK.

The Photocopy Pioneer

The next time you make a photocopy, be sure to give thanks to Chester Carlson. He invented the first commercial copier, the Xerox 914. His invention was introduced to the public on September 16, 1959, in the Sherry-Netherland Hotel in New York. Its debut was far from perfect, however, with one of the two models catching fire. Despite this mishap, it stunned audiences with its ability to make 100,000 photocopies per month, or one every 26.4 seconds.

Carlson invented a copying process called *xerography* as early as 1937. This process is based on the natural phenomena whereby materials of opposite electrical charges attract and some materials become better conductors of electricity when exposed to light. Carlson's invention created copies faster than a mimeograph machine and more cheaply than a photograph. After IBM turned Carlson down, he found support from the Haloid Company, which changed its name to the Xerox Corporation in 1961.

Steeped in Tradition



About 84% of all tea consumed is black tea, 15% is green, and small amounts of others make up the last one percent.



No matter what you do, believe in yourself.

During the 19th century, tea was a scarce and valuable commodity in England. The ports of China were closed to British trading ships, so many had to resort to smuggling tea into England. When tea did arrive, it was very expensive and consumed only by the rich. But if tea was so expensive and consumed by so few, then just how did England become known for its tea culture and “high tea” in the afternoons?

Many credit the practice of afternoon tea to Anna Russell, the Duchess of Bedford. Plenty of Britons were certainly enjoying a cup of tea before Anna, but it was she who popularized taking tea each afternoon. In the 1800s, dinnertime was often quite late. Anna complained of “having that sinking feeling” in the late afternoon when dinner was still far off. Her solution? A light snack and a pot of tea. She soon began to invite her friends over to take tea with her and stroll in the gardens. It was an

honor just to be invited to one of Anna’s afternoon tea parties. Furthermore, Anna was a friend of Queen Victoria. When the queen began taking afternoon tea with Anna, all the ladies of high society copied Anna’s example and began to serve tea as well.

Soon the food served with afternoon tea evolved to include finger sandwiches, scones and cream, sweets, and pastries. The tea itself was served in fancy teapots on low decorative tables, thereby creating the phrase “low tea.” “High tea,” on the other hand, was served at a later hour on high dining tables and was a larger meal meant to act almost as a substitute supper.

Perhaps the most important aspect of tea was the social gossip. This was an opportunity for the women of high society to dish the dirt—in a proper setting, of course. September 3 is Anna Russell’s birthday and would be the perfect day to invite your friends to tea.

Enthusiasm Unleashed

Sometimes keeping a positive attitude is easier said than done. How do we stay positive? The ancient Greeks believed that “enthusiasts” were those possessed and inspired by the gods. Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm.

During International Enthusiasm Week, September 1–7, welcome a bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a little bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.



Fruit helps increase the intake of key vitamins and minerals.

Sweet Cravings

Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply a matter of conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and

these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. What is worse, depriving ourselves of dessert only makes us want it more. You won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.

Journey to the Final Frontier

Those planning their dream vacation no longer have to settle for finding a country to visit on planet Earth. They can now reach for the stars! Space tourism is finally becoming a reality, thanks to bold and visionary companies like SpaceX. The innovator has achieved numerous milestones, including sending the first privately funded rocket into orbit in 2008 and the first private crewed flight to the International Space Station (ISS) in 2020.

The Russian Space Agency has allowed trips to the ISS aboard their Soyuz spacecraft, considered one of the safest and most cost-effective spacecraft designs. For 20 to 40 million dollars, these tourists received the training needed to launch safely into space. For now, space tourism is certainly confined to the wealthy few who are brave enough to travel into space.

Why travel to space at all? Some venture to space for the pure thrill. Others contend that it's the first step in colonizing other planets. But spacecraft that launch into space also travel faster than airplanes. A flight from New York to Sydney, Australia, will take a mere hour rather than a whole day. But maybe the unique view of Earth is reason enough. Astronauts tell how their perspectives have changed after seeing Earth so small and fragile in outer space.



Spaceports, launch facilities for spacecraft, are popping up around the world, in places like New Mexico, Florida, and Scotland.

Another important player in the space tourism industry is Virgin Galactic, owned by entrepreneur Richard Branson. Virgin Galactic successfully launched its first fully crewed spaceflight in July 2021 and now regularly schedules flights for private individuals. Seats on Virgin Galactic's spacecraft initially sold for \$250,000, but prices have since increased to around \$450,000 per seat.

Elder Fraud Scams: A 3-Part Series by Dementia Consultant Theresa Klein, OTR/L **Part 2: How To Prevent Falling Victim to Scams:**

Each year thousands of Americans are impacted by fraud and scams that threaten them, their personal information and finances. Seniors, 60+ and older, are often the main target of these scams with over 101,000+ complaints filed in 2023, and over \$3.4 billion dollars lost to scammers. Both healthy seniors and those with cognitive impairment can fall victim to this fraudulent activity. The good news is that there are things you can do to protect you and your family.

1. Stay educated on the latest scams. They are always changing and evolving so stay up to date.
2. Inform yourself, your children, and your parents of these scams, all generations are vulnerable.
3. Never give out personal information over the phone or in an email. Most government agencies, banks, and credit card companies share/request information via mail.
4. If you are involved in a phone call or email that you are unsure about, trust your gut, end the conversation. Then contact the agency or company directly to clarify or determine if the call or email was legitimate.
5. Regularly monitor bank and credit card statements as well as credit reports. If you find irregular or unfamiliar activity, contact the company immediately.
6. Do not save credit card and banking numbers online.
7. Do not use public Wi-Fi connections (i.e. airports, restaurants, hotels, etc.) when making purchases, banking, etc.
8. Do not answer quiz questions on social media sites. For example, "What was your mother's maiden name." "What was the name of your 1st pet?" "What was the name of your elementary school?"
9. For those that are vulnerable, children and seniors with cognitive impairment consider limiting access to computers, cellular phones, websites and social media accounts.
10. For seniors with cognitive impairment recommend:
 - Placing on do not call list. <https://www.donotcall.gov/>
 - Filtering mail for the seniors before they receive it.
 - Monitor and regularly unsubscribe the senior from junk emails and texts.
 - Family manages finances, limit access to money sources, consider automatic bill paying.
 - Limit computer use to games and movies versus internet access.
 - If the senior will use the computer, use the computer with the supervision of another.
 - Limit access to text messaging.
 - Limit access to cellular phone. Consider use of a landline <https://a.co/d/i0jYqqI>
 - Consider a cell phone with limited capabilities; Activate FDN "Fixed Dialing Network" which limits the numbers that the senior can call.
 - Family regularly monitor history on computer and cell phones.
 - Family regularly monitors bank and credit card statements.

For more information on common types of scams go to the AARP website to view these videos:
[https://states.aarp.org/virginia/aarp-fraud-videos:](https://states.aarp.org/virginia/aarp-fraud-videos)
<https://www.youtube.com/watch?v=Y2OwiTukOI8>

Join us next month for Part 3 of Elder Fraud & Common Scams
"What To Do If You or A Loved One Have Been Scammed"