

August Spotlight: Pet Therapy Paws, Community Strolls



Pawstive Healing
A resident shares a sweet moment with one of our therapy dogs in the rehab gym.

Neighborhood Adventures
Recreation staff and residents hit the sidewalks for a lively community walk past local shops.

Island Spirit & Independence Joy
Our team proudly rocks Jamaican colors to celebrate Jamaica Independence Day.



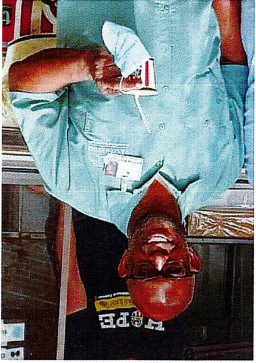
Los del Rio sparked a worldwide dance craze with their one-hit wonder "Macarena."

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," that 1954 doo-wop classic by the Penguins. Every decade has had its share of one-hit wonders: 1963's "Wipeout" by the Surfaris,

One and Done

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."

Employee Spotlight: Meet Everton!



Everton Rodrigues

Celebrating a Legacy of Dedication and Service

At Eastchester Rehabilitation and Health Care Center, some employees become more than coworkers—they become familiar faces who are woven into the history of our community. This month, we are proud to spotlight **Everton Rodrigues**, a valued member of our Housekeeping Department and the longest-serving member of the team.

For more than four decades, Everton has been an important part of the Eastchester Rehab family. Throughout his years of service, he has helped maintain a clean, safe, and comfortable environment for our residents, families, and staff. He has also had the opportunity to meet countless residents and families and develop relationships that have made his time here especially meaningful.

When asked what he enjoys most about his job, Everton says he enjoys **"doing different things every day. It's never boring!"** He especially enjoys talking with our residents, getting to know them, and learning from their life experiences. For Everton, those conversations are one of the things that make working at Eastchester Rehab so rewarding.

There is also a lot more to Everton outside of his work at Eastchester. He has a passion for **youth track and field and coaches young athletes**, helping them develop their skills while encouraging them to work hard and reach their goals. When he is not working or coaching, Everton enjoys socializing with family and friends and spending quality time with his grandchild.

When it comes to his favorite things, Everton's favorite food is **oxtail**, and his favorite music is **gospel**, which he says **"soothes my mind and soul."** If he could travel anywhere in the world, he would choose **Cuba**. And what is guaranteed to put a smile on his face? **A good joke!** 🤔

With decades of experience behind him, Everton also has some great advice for anyone beginning a career in healthcare or environmental services: **"Work hard and try to fit in. Don't let people change who you are or mess up your work ethic."** His words reflect the dedication, consistency, and strong work ethic he has demonstrated throughout his own career.

When asked if he had a message for our residents and families, Everton shared that he has **"truly enjoyed meeting the family and residents and spending time with you all."** It is clear that the relationships he has built over the years are one of the things he values most.

💖 Thank You, Everton!

We are incredibly grateful to **Everton Rodrigues** for his many years of dedication and service to Eastchester Rehab. His hard work, friendly personality, and genuine connection with our residents have made him a special part of our community.

Thank you, Everton, for everything you do and for being part of the Eastchester Rehab family for so many years! 🌟💖👉

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Back to the '70s

September often marks a return to routines, and during the '70s, 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 daily conversation.

The 1970s are often remembered as a golden age of TV 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 energetic performances, rhythms, bass lines, and popularity, blending powerful Funk also gained widespread filled clubs and radio stations. Music was equally influential. The decade saw the rise of disco, a dance-driven style that first episodes of returning favorites and discover new shows that would soon become part of daily conversation.

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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 booming new industry. 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 the telephone lines for almost the next 100 years.

September Horoscopes and Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, intellectual, reliable, and organized minds and enjoy analyzing problems in an attempt to bring order to chaos. 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.

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.

Looking back, the 1970s were a decade of distinctive sounds, memorable television, and bold fashion choices. From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the era left a lasting mark on American culture.

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 many years later when the symbol & was made 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*. 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*.



Notable Quotable

"Any woman can fool a man if she wants to and if he's in love with her."

~ Agatha Christie, mystery writer, born Sept. 15, 1890

