

September 2026

Oakwood Village

Oakwood Village Assisted Living & Memory Care | 3388 Bell Rd. Auburn, CA 95603 | (530) 889-8122 | RCFE# 317000237



Celebrating September Birthdays

Penny E. Sept 2nd



Beverly C. Sept 19th



Darryl B. Sept 26th



Teri G. Sept 26th



Back to the '70s

September often marks a return to routines, and during the 1970s, 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 everyday conversation.

The 1970s are often remembered as a golden age of television 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 characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances. 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.

One song in particular has become closely associated with September itself. In September 1978, Earth, Wind & Fire released the hit song "September." Its upbeat rhythm and memorable chorus helped it become one of the most enduring songs of the era. Decades later, it remains a staple at celebrations, sporting events, and community gatherings.

From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the 1970s left a lasting mark on American culture. Every September, as television networks unveil new seasons and the familiar strains of "September" begin to play once again, echoes of that remarkable decade are never far away.

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.

RESIDENT

SHOUT OUT



Alex D.

★ RESIDENT SHOUT-OUT: ALEX D! ★

Alex knows how to light up a room and the dance floor! He loves dancing, shaking it to the music and staying active. You can often find Alex enjoying Bingo, UNO, Balloon Bat, High Rollers, Happy Hour and casino trips.

When he isn't playing a game or showing off his dance moves, Alex enjoys watching a good movie, listening to music and spending time with friends. His fun-loving personality, friendly conversation and positive energy make him a joy to be around.

Alex is always ready to participate, share a laugh and make those around him smile. He is a wonderful friend and an important part of our Oakwood Village family.

Keep dancing and being you, Alex, we're so happy you're here!

The Write Stuff

It's happened to many of us: You want to buy a greeting card, and the next thing you know, you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.

Despite the rise of digital greetings, text messages, and social media, the greeting card industry continues to thrive. Americans still purchase billions of greeting cards each year, generating roughly seven billion dollars in annual sales. While many people now send birthday wishes online, physical cards remain popular for milestones, holidays, expressions of sympathy, and heartfelt occasions. Perhaps that is because, deep down, we still value tangible messages of love and appreciation. After all, many of us have old greeting cards tucked away in drawers or keepsake boxes. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers who want to break into the greeting card business. While artwork and design may capture a shopper's attention, the message inside often determines whether a card is purchased. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. Writers must be sure to match their submissions to the needs of a publisher. Payment varies by publisher and card type, but writers can earn anywhere from \$25 to well over \$100 per card.

In recent years, companies have introduced everything from intricate pop-up designs to highly personalized cards created online and delivered through the mail. Some services even offer handwritten messages produced on the sender's behalf. As greeting cards continue to evolve alongside technology, one thing remains unchanged: People still appreciate receiving thoughtful words delivered in a personal and memorable way.



Want to have your voice heard and stay connected with your community?

Join us for an open discussion on key local issues!

- Share your thoughts and concerns
- Learn about upcoming community events
- Talk about the quality of local services
- Offer your suggestions and ideas
- Ask questions and engage with others
- Work together for positive change

When: Wednesday, September

Where & Time: Poppy Room at 2:15p.m.

Gnocchi Night



In Argentina, the 29th of every month is Gnocchi Day, with families gathering together to make and eat this delightful little dumpling. So this

September 29, why not try some gnocchi yourself?

Gnocchi are a form of potato pasta originating in Italy. When Italian immigrants came to Argentina in the 19th century, they brought with them their favorite Italian recipes. In Argentina, payday was on the first of the month, so by the 29th, most families were left with little in their larders, perhaps just some potatoes and flour, the key ingredients for gnocchi. Families could whip up a quick, inexpensive, and filling meal. Even today, travelers to Argentina will find gnocchi on the menu every 29th day of the month.

Meet Our Team

Executive Director



Patty Uclaray

Business Office Manager



Destiny Moore

Life Enrichment Director



David Collison

Maintenance Director



Ryan Risdal

Resident Care Director



Malina Meador

Wellness Director



Heather Mendoza

Housekeeping Director



Joshua Ochinerio

Interim Maintenance Director



Ben Calderon

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.

Boxcar Willie (singer) – September 1, 1931
 Bob Newhart (actor) – September 5, 1929
 Jane Curtin (actress) – September 6, 1947
 Otis Redding (singer) – September 9, 1941
 Agatha Christie (writer) – September 15, 1890
 Sophia Loren (actress) – September 20, 1934
 Jim Henson (puppeteer) – September 24, 1936
 Jack LaLanne (health guru) – September 26, 1914
 Gene Autry (singer) – September 29, 1907
 Buddy Rich (drummer) – September 30, 1917

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 new industry. Emma's sister Stella Nutt was hired just a few hours later. 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 telephones for almost the next 100 years.