



Venus Fly Trap

Unlike most plants, Venus flytraps are carnivorous, which means they eat meat. Charles Darwin wrote in his 1875 publication, "Insectivorous Plants," that the Venus flytrap is "one of the most wonderful plant in the world." There's no doubt that this opinion was formed after watching the jaws of this plant snap around an insect, capturing it for a meal. They're a fairly small plant, but they're unique because they're only found within 70 miles of Wilmington, North Carolina. The modified leaves on the flytraps open like a mouth, with two lobes that are almost kidney-shaped. Small hairs in the trap can sense when a bug lands inside and then, within about 10 seconds, it snaps shut. Learn more on September 1st at 2:15 with our Venus Fly Trap Expert in the dining room.

Flower & Birthstone

- The aster is a flower with brightly colored petals that unfold in the shape of a star. It is no surprise, then, that these blooms take their name from the Greek word for star. There are about 180 species of aster throughout North America and Eurasia, with colors ranging from purples and blues to reds and pinks. They are an ideal plant for showcasing in gardens, particularly as they symbolize love and patience. Along with chrysanthemums, asters are considered a classic autumn flower.
- September's birthstone is the sapphire. The sapphire has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring to protect himself. Russia's Ivan the Terrible adorned himself with sapphires for strength and courage. And Prince Charles chose a sapphire for Princess Diana's engagement ring because it symbolizes loyalty, respect, and lasting affection. The famous blue sapphire surrounded by diamonds now adorns the hand of Catherine.

Book Signing Event

"While I have wrestled with God a few times in my life, I have no complaints about how my life turned out. In my early twenties, I told God I would let him decide how best I was to serve in the world, never imagining I would live on three continents, work as a psychiatric nurse, marry a European, raise three daughters and end up close to the ocean in Wilmington, North Carolina. Listening to my daughters' repeated requests, and with the help of my oldest daughter Colette, I have finally set it down in writing. With gratitude for this long – age 94 at time of printing – precious and bountiful life." Meet Huldah Claude, an author who shares her story, on September 15 at 10:00am in the dining room for a book signing event.



The
Kempton
AT BRIGHTMORE



Wilmington's Preferred Assisted Living Community

September 2022

2298 S. 41st Street
Wilmington, NC 28403
(910) 332-6899

Special Events

- Cooking With Connor: 9/6 @ 2:30
- Lunch Outing: 9/8 @ 12:30
- Spread the Bread for 9-11: 9/9 @ 11
- National Assisted Living Week: 9/11-17
- Men's Group: 9/20 @ 12:30
- Autumn Luncheon: 9/22 @ 12:00
- Corky Apple Decoration: 9/26 @ 2:30
- Apple Tasting & Cider: 9/29 @ 3:00
- Wilmington History: 9/30 @ 2:15



joyful moments
NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

Welcome Newcomers!

Welcome 2 new members to the Kempton joyful family!

Joyful Moments

This year's National Assisted Living Week theme – Joyful Moments – honors the assisted living staff, communities, residents, and families that come together as a large extended family to create joyful moments and special memories together. After the challenges of the past two years, this theme is especially meaningful in encouraging everyone to find happiness, joy, and fulfillment in both the big and small moments in life. Assisted living communities around the country are encouraged to host a variety of events that celebrate residents, staff, and volunteers. NALW, we are sharing JOY by ice cream truck, visit with the fort fisher aquarium, paws4people assistance dogs, minute-to-win it games, community BINGO, give back to babies by making blankets, and throwing a joyful party. We are going to create new joyful moments this month.

What brings you JOY?

When asked, "What are moments in life that have brought you true JOY?" Top three answers are: Wedding Day, Birth of Children, and Family. Joyful week we are recreating these moments of wedding cake decorations, craft Blankets and donate to newborns, and displaying photos on our gallery wall.

Joyful Spirit Week: 12-16

- Mon: *Sweet Day*—Wear pastel colors
- Tues: *Animal Day*—Wear animal print
- Wed: *Game Day*—Wear your favorite sport team
- Thurs: *Throwback Thursday*—Wear your favorite era.
- Fri: *Masquerade* — Dress your best!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Abbreviations

PVD= Private Dining Room
 Café= Back by the Piano on the First Floor
 1st= First Floor
 2nd= Country Kitchen on the Second Floor
 3rd= Third Floor Activity Room

Birthday's

Resident Birthdays:
 Nancy McConnell 9/3
 Virginia DeNegri 9/9
 Edgar Goodman 9/23
 Allen McConnell 9/23
 Evelyn Wells 9/24

Staff Birthdays:
 JoAnna Davis 9/13

Wine & Veggie Birthday Social:
 9/23 @ 3:00
 Country Kitchen



Inspirational Quote

It is not joy that makes us
GRATEFUL,
 it is gratitude that makes us
JOYFUL.

				<p>10:00 MAT TEAM assistance/1 2:15 Venus Fly Trap Expert/1 7:00 Indep. Card/3</p>	<p>10:00 Music & Movement/3 11:15 Pokeno Game 2:30 Dara Flute & Entertainment/1</p>	<p>Daily Delight Packets 2:00 Independent Card Game/2</p>
<p>Daily Delight Packets 3:00 Church Service w/ Dr. Morrison/3</p>	<p>LABOR DAY</p>	<p>10:00 Darts/3 11:15 Bridge Card Interest/3 2:30 Cooking With Connor/2 3:00 Legion of Mary 3:30 Benjamin Piano</p>	<p>10:00 Music & Movement/3 10:00 Catholic C/2 11:15 Who, What, Where/3 3:45 NuStep Training 3:00 Bingo/1</p>	<p>10:00 Salsa Dancing/3 11:00 Griffin Dog/1 12:30 Lunch Outing 7:00 Indep. Cards/3</p>	<p>10:00 Music & Movement/3 11:00 Spread the Bread for 9-11/2 2:30 Grand BINGO/1</p>	<p>Daily Delight Packets 2:00 Independent Card Game/2</p>
<p>Daily Delight Packets 3:00 Church Service w/ Dr. Morrison/3 Grandparents Day JOYFUL WEEK</p>	<p>10:00 Music & Movement/3 10:45 Wedding Cake Decoration/2 2:30 Kona Ice Truck/1 NALW: SWEET DAY</p>	<p>10:00 Fort Fisher Aquarium—Turtle Time/1 2:00 Paws4people dog visit/1 3:00 Legion of Mary/2 NALW: SPORT DAY</p>	<p>Crepe Breakfast! 10:00 Exercise 10:00 Catholic C/2 12&1 Minute2Win It 2:30 Community Bingo/1 NALW: SPORT DAY</p>	<p>10:00 Huldah C. Book Signing/1 11:00 ALOHA/1 2:30 Tie Blankets & Donate to babies/3 7:00 Indep. Cards/3 THROWBACK DAY</p>	<p>10:00 Music & Movement/3 11:00 Joyful Moments Show and Tell/3 2:30 Duke Ladd — Masquerade Prom NALW: DRESS UP</p>	<p>Daily Delight Packets 2:00 Independent Card Game/2 October Fest Begins</p>
<p>Daily Delight Packets 3:00 Church Service w/ Dr. Hedgepeth/3</p>	<p>10:00 Music & Movement/3 11:15 Pokeno Game 2:30 Resident Council/3 3:45 NuStep Training</p>	<p>10:00 Corn Hole/3 12:30 Men's Group/2 2:00 Hearing Aid/1 3:00 Jeopardy/3 3:00 Legion of Mary/2</p>	<p>10:00 Music & Movement/3 10:00 Catholic C/2 2:15 Food Committee/2 3:15 Bingo/1</p>	<p>10:00 Line Dancing/3 11:00 Griffin Dog/1 12:00 Autumn Lunch with Jerry/1 7:00 Indep. Card/3</p>	<p>10:00 Music & Movement/3 11:00 Skeleton Leaf Craft/3 3:00 Wine & Veggie Birthday Social/2</p>	<p>Daily Delight Packets 2:00 Independent Card Game/2</p>
<p>Daily Delight Packets 3:00 Church Service w/ Dr. Hedgepeth/3 Rosh Hashanah Begins</p>	<p>10:00 Music & Movement/3 11:15 Uno Card Game/3 2:30 Corky Apple Decoration/3 3:45 NuStep Training</p>	<p>10:00 Horse-shoes/3 11:15 Pokeno Game 2:30 Butter Bean Auction/3 3:00 Legion of Mary/2</p>	<p>10:00 Music & Movement/3 10:00 Catholic C/2 11:15 Free Rice Trivia/3 3:00 Bingo/1</p>	<p>10:00 Drum Circle/3 11:00 Yahtzee Dice/3 3:00 Apple Tasting with Cider 7:00 Indep. Card/3</p>	<p>10:00 Music & Movement/3 11:00 Sequence Game/3 2:15 History of Wilmington With Robin/3</p>	



YOUR STAFF

Beauty Shop Available by Appointment

Melissa Crouch Administrator
Doris Austin Director of Nursing
Victoria Holt Activity Director
Jeff Arciola Dietary Supervisor
Gina Volpe Office Manager
Chad Pope Maintenance Director

Joanna Davis Marketing & Admissions Director
Judi Dawson Receptionist
Lisa Groves Housekeeping Supervisor
LaShon Knox Medical Records/Transportation

* Dates and Events may be subject to change. All accurate and current activities will be posted on the TV on the main floor daily.