

September 2021



# Fremont Fountain View

A program of Baruch Senior Ministries 501(c)



## Management at your service

“Baruch Senior Ministries seeks to honor God by serving people as they age.”

Administrator  
Shelley McDonald

Resident care Manager  
Katrina Huffman

Activity Director  
Terri Eitniar

Director of Food Service  
Lorraine Wellman

Director of  
Housekeeping  
Sue Cotton

Director of Maintenance  
David McDonald

Pastor  
Joan Cornelison

## National Assisted Living Week

Many of us know someone who has either worked or resided in an assisted living environment. Assisted living facilities provide thorough care and a sense of community for older adults and individuals living with disabilities. Celebrating National Assisted Living Week gives us a chance to recognize all of the staff, volunteers, and communities that play a vital role in making these facilities a success. So get ready, September 12-18 is a week to point out the amazing things that go on within the world of assisted living.



## Happiness on the Wing

Bluebirds, with their striking plumage and warbling song, are a pleasant sight to behold. But in many cultures, a bluebird is more than just another pretty bird: It is a powerful sign that happiness is just around the corner. For this reason, September 24 is Bluebird of Happiness Day.



In many Native North American cultures, the bluebird is a symbol of prosperity, fertility, and hope. The Cochiti people of New Mexico believe that the bluebird is the first-born offspring of the sun, and to this day it sings at first light to wake us up. The Ojibwa spirit Nanabozho, while putting color into the world, had his paint stolen by bluebirds. As the bluebirds flew through a waterfall's mist, the paint was scattered to create a rainbow. Nanabozho liked it so much that he decreed that every time the sun touches the mist of a waterfall, a rainbow should appear.

The Chinese have revered the bluebird for millennia. During the Shang Dynasty, dating back to 1766 BC, a bluebird was considered the messenger of Xi Wangmu, the Queen Mother of the West. The goddess began life as a fearsome immortal but evolved into a protector fairy queen. The appearance of a bluebird meant that Xi Wangmu was protecting young women who chose to break from traditional family roles: singers, nuns, and priestesses.

The bluebird of happiness features so prominently in the folklore of the Lorraine people of France that it inspired a stage play called *The Blue Bird*. Throughout the 20th century, it was developed into a children's novel, an opera, and seven films.

Of course, bluebirds are not the only birds with symbolic significance. Owls have been associated with wisdom since the worship of the Greek goddess Athena. Eagles are symbols of strength, courage, and freedom. Ravens symbolize knowledge and act as intermediaries for the gods. Cranes are symbols of healing and hope. But amongst all birds, perhaps none is more lighthearted and jovious than the bluebird.

## Resident Anniversaries

2 years.....Doris  
1 year.....Mac

Thank you Doris and Mac for making our community you home.



## Way to go Lexi!!!!

Lexi has worked here since she was 16 years old.

She started in Activities & Housekeeping then she worked in dietary for a while. She ended with nursing. She is moving onto bigger things, in the fall she is going off to college in Denver, Colorado. We will miss you Lexi! Your extended family at Fremont Fountain View



## Resident of the Month

Congratulations Sherwood, on being chosen Resident of the Month for September. Sherwood has been very helpful with Staff and other residents. He has gone above and beyond to be helpful. Thank you, Sherwood for making Fremont Fountain View your home. Keep up the good work!



## Who's new At Fountain View

We would like to welcome Shirley and Sammy to our community.



True Love thru the years



## Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.

## September Birthdays

### Residents

Florence .....	9/18
Linda G. ....	9/03
Georgie .....	9/27



## Music Therapy fun with Libby

