**What does September mean?**

For many, the month of September signals the end of summer, the beginning of autumn, and the start of a new school year. With respect to the calendar, September marks the beginning of the months with less onomastic exciting names that signify nothing other than their numerical position in the year. September comes from the Latin root septem-, meaning “seven,” because in the original Roman calendar was only ten months long and included the following months—Martius, Aprilis, Maius, Junius, Quintilis, is the fifth month, Sextilis is the sixth month, and so on. It was not until 45 BC when Julius Caesar introduced the Julian calendar (named after Caesar, himself) that the year grew to include two more months, January and February. Quintilis and Sextilis were later renamed to July and August in honor of Julius Caesar, but to spite repeated attempts to change them, the names for September, October, November, and December not only stuck, but spread to other languages, as well.
Happy end of Summer Lott Family!

As we move into the fall season we are reminded that the anniversary of Lott Assisted Living is upon us. This year marks our 17th year providing care to our community. We have some residents that have been with us from 2000 and some that are very new. We have staff that have remained exemplar employees from the start and some very new dedicated ones. What has not changed is the mission and vision that Father Lott put forth to create a residence that is serving the elderly in a way that enriches their daily life experiences.

Who we are:

We are not for profit community based organization that provides housing and supportive service in order to help seniors. We serve as a model for affordable assisted living. We are caring and committed interdisciplinary team that provides quality care and supportive services to create a safe and dignified community environment serving a diverse population.

We Will:

Share resources in cooperation with other organizations to provide safe, affordable housing and to expand our services to similar populations in a variety of different settings in an effort to better serve the needs of the community. We will be an employer of choice that provides employment, education, advancement, and economic opportunities for members of our community.

The work of our mission is inspired by Francis deSales who was devoted to the meaning found in people, their life and loving human relationships.

My goals over the next several months are to continue providing a caring, compassionate and quality environment for all residents and staff.

Fondly,

Nicole Atanasio, MS, RN-BC
President & CEO
September Events

Flash Fitness
Cardio Blast w/ David Every Monday at 10:15am
Let’s Get Physical w/ David Every Wednesday and Friday at 10:15am
Balance Coordination w/ David Every Tuesday and Thursday at 10:15am
Zumba Class Saturday September 16th at 10:15am

Classical Music Performance w/ David Wynne
Creative Art
Drama Club
Facercise
Guided Autobiography w/ Dr. Eve Preston
Happy Hour/karaoke
Healthy Snacks w/ David
Hollywood Stories w/ Elliot Gordon
Monthly Birthday Party
Music & Movement
Parkinson’s Discussion w/ David
Sweating to the Oldies
Happy Birthday

Rosario Cepeda
Michael De bellis
Catherine Hass
Patricia Haplin
Nancy Isenberger
Constance Kelly
Bri Knorr
Victor Sardinha
Upcoming trips for September

Trip - Stuarts Farm - 9/06
Trip – Apple bees - 9/13
Trip – Flushing Meadow Park Queens Zoo - 9/20
Trip – Trader Joe’s - 9/27
Summer is ending but we still have a lot of fresh produce that will come to us from the Green Market this month. Please ask your server what surprises are on our salad bar daily. We should see more radishes, squashes, beans. Look for your piece fruit in the lobby each evening. There you will find local peaches, plums, pears and apples!

On September 21, please join us in celebrating the high holy day of Rosh Hashana in the dining room. See menu attached.

On September 25, the Resident Food Committee will meet to discuss menu selections for the Fall menu.

Please let Susan know if you are looking for something.

L'Shanah Tovah

The MJR Food Family wishes you and yours a very sweet and happy New Year

Please join us in celebrating Rosh Hashana on Wednesday September 20, 2017 at lunch.

HOLIDAY MENU
- Gefilte Fish Salad
- Chicken Soup with Matzo Balls
- Brisket of Beef
- Rice Pilaf with Golden Raisins and Pistachios
- Sweet Carrot Coins
- Challah Bread
- Sparkling Grape Juice
- Apple Cake with Honey
August Events
August Events
“Just to say that Nikki and Noemi are the best motivators”

“Nikki is something else, no one like her—kiss kiss”

Everyone is encouraged to share their comments and suggestions. The boxes are located in the activity room and in the employee lounge.

We appreciate all feedback!
NEW RESIDENTS

RICHARD FLORES
Richard was born and raised in East Harlem New York. He worked as a word processor in a law office for 30 years. In his spare time Richard loves to fish, play basketball and do daily crossword puzzles.

ANITA ROTHERSTEIN
Anita was born and raised in Brooklyn New York. She moved to Coconut Creek in Florida for a change of scenery. Anita worked as a bookkeeper for 30 years and enjoys music, dancing, and spending time with her daughter Ellen.

MARIELA SANCHEZ
Marieja was born in Bogota Colombia. She then moved to New York where she worked in a sewing factory as a seamstress for 40 years. In her spare time Marieja enjoys to read, listen to music, and attend religious services.

CARMELLA SETTEL
Carmella was born in Hoboken New Jersey. She then moved to New York and worked in sales for J.M. Accounting Firm for 3 years. Carmella also pursued a modeling career and modeled at the Garment Center and also traveled through Europe for a few years. Carmella loves to dance, listen to music, and mingle with new people.

WANDA MARY PIETRAZ
Wanda was born and raised in Roslyn New York. She worked as a secretary for the Director of Nassau County Real Estate Department for many years. Wanda enjoys big band music and socials.

NEW EMPLOYEES

Maintenance Department
Jacinto Garcia—Porter

Concierge Department
Kristina Perry—Concierge

Wellness Department
Min Hong Luo—Wellness Nurse Manager

Finance Department
Cindy Jairam—Accountant
LOT T A S S I S T E D 
L I V I N G 
R E S I D E N C E

1261 Fifth Avenue
New York, NY 10029
212-534-6464

A caring community