

September 2026

Great River Care Center and Turner Point Assisted Living

1400 West Main Street | McGregor, Iowa | 563-873-3527 | greatrivercare.com



Celebrating September

Classical Music Month

Self-Improvement Month

Courtesy Month

Newspaper Carrier Day

September 4

Labor Day (U.S.)

September 7

Chocolate Milkshake Day

September 12

Grandparents Day

September 12

**Environmental Services
Week**

September 13–19

Assisted Living Week

September 13-19

Fall Equinox

September 22

Love Note Day

September 26

Coffee Day

September 29

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.



**Celebrating Environmental Services Week
September 13-19**

**Thank you to our
housekeeping staff for all
they do day in and day out
keeping our home sparkling
clean! We appreciate all you
do for us!**

SEPTEMBER BIRTHDAYS!

🎵 Groovy September Birthdays 🎵

Resident Birthday

🌸 Betty Kleinow — September 29 🌸

Staff Birthdays

🌿 Hope Johnson — September 24 🌿

🌿 Madelin Sea — September 30 🌿

Have a far-out birthday filled with peace, love, music, and plenty of cake!





A Fun August Had by All!



Introducing our new “Caring Meals for the Community” meal service!

You can choose to have your \$10 hot meal delivered to your home or ready for pickup every Tuesday at 12:30 p.m.

To sign up, just place your meal request with us by Friday of the week before.

Call Katlyn at 563-873-3527 or email kpoots@greatrivercare.com to reserve your first meal.



NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 13-19, 2026



NALW.org • #NALW



**Turner Point will be celebrating
Assisted Living Week
September 13th – 19th**

Some highlights of the week include:

- *Monday, 14th – 2pm - Making Muffins*
- *Wednesday, 16th – 11am-2pm – 2 Mit Burger Food Truck*
- *Friday, 18th – 11am-2pm -Kymer Acres Food Truck*

**Please join us in celebrating
Assisted Living Week!**