

Remembering 9/11

On Tuesday morning, September 11, 2001, members of the Islamic terrorist group, al-Qaeda, hijacked four airliners as part of a series of coordinated attacks against targets in the United States. The Twin Towers in New York City were hit by one plane each, American Airlines Flight 11 and Flight 175, while American Airlines Flight 77 was crashed into the Pentagon in Washington, D.C. The fourth plane, United Airlines Flight 93, is thought to have been headed for the White House, but passengers overtook the hijackers and the plane crashed into a field in rural Pennsylvania.

More than 3,000 people lost their lives during what is now known as one of the deadliest terrorist attacks on U.S. soil to date. Property and infrastructure damage amounted to over \$10 billion. The attack is thought to have been ordered by Osama bin Laden, who was finally located and killed in Pakistan by U.S. Navy SEAL Team Six in May 2011. The 9/11 Memorial Museum occupies the sites where the Twin Towers once stood.

"The attacks of September 11th were intended to break our spirit. Instead we have emerged stronger and more unified. We feel renewed devotion to the principles of political, economic and religious freedom, the rule of law and respect for Human life. We are more determined than ever to live our lives in freedom."

-Rudy Giuliani



A Testimony from the Inside...

"I love the exercise classes and crafts around here."

-Joan B.



BAKA presents
EMERALD RIDGE
 ASSISTED LIVING

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MONTHLY Newsletter

September Issue, 2020

September Sun

There is always time to enjoy the sun on our daily walk...

SUNLIGHT IS MEDICINE

Sunlight is a powerful healer, tonic, germ killer, remedial agent, and relaxer. When you spend time in the fresh air and sunlight, your body drinks in their life-giving elements. Scientists are now discovering a great connection between light and health. They have found that natural light has a very significant effect on our immune system. Light is already being used for treating various diseases of the blood and skin, and for curing certain kinds of depression and nervous disorders. The value of sunlight for the sick has been demonstrated by hospital experience. They are finding a larger percentage of recoveries in rooms having abundant sunlight, and especially those that allow fresh air to circulate.



FROM THE EXECUTIVE DIRECTOR'S DESK

PANDEMICS CAN BE STRESSFUL

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely—leading to an increase in stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. **Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

HEALTHY WAYS TO COPE

- Know what to do if you are sick and are concerned about COVID-19.
- Know where and how to get treatment.
- Take care of your emotional health.
- Take breaks from watching, reading, or listening to news stories.
- Take care of your body.
- Make time to unwind.
- Connect with others.



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A Loving Fairwell



Bob Schlichte, 82 years old, passed away July 10, 2020 from heart conditions at Emerald Ridge Nursing Home. Mufasa, his cat and best friend, was at his side. Bob was later blessed at Kessler Funeral Home by Father Bob, from St. Gabriel, thank you. He was born in Wausau, WI to Frank and Cecelia Schlichte, who are deceased. Bob worked as a shoe salesman for 20 years. He later owned and operated two bar and grills. Later he sold fun novelty items, including many different Packer items. He was a true Packer and Brewer fan. Bob was a fun-loving adventurous person, always enjoying a good conversation. Many thanks to the Emerald Ridge staff for all the kindness and good care. Bob made many friends and enjoyed the activities and many events.



Gary H. Malchow, 83, passed away peacefully on Saturday, July 11, 2020. He was born on June 4, 1937, in Manistique, MI, the son of Earl and Irene (Wager) Malchow. Gary attended Neenah High School, and then enlisted in the U.S. Air Force. He was honorably discharged in 1959 after serving as a mechanic and spending time in Korea. Gary was united in marriage to Bernice "Beanie" Viotto on November 7, 1959, at St. Mary's Catholic Church, Menasha, and she preceded him in death on January 20, 2018. After marriage, the couple lived in Menasha and other neighboring cities, while wintering in Mesa, AZ after retirement. They enjoyed 58 years together, raised 5 children, and spent time with their 3 grandchildren and 8 great grandchildren. Gary worked for Banta Corporation for 18 years, and Palisades Heating and Cooling for 5 years. He retired early in 1994, due to a diving accident in 1982. Gary enjoyed wood working, Canadian fishing trips, watching golf, playing cribbage, and working sudoku puzzles. He was an avid Packers fan and had great affection for animals. Gary's family would like to extend a heartfelt thank you to the staff at Emerald Ridge As-

(Continued on backside)

(Obituary of Gary Malchow Continued)

sisted Living for the wonderful care they provided to our Dad during the 4 month quarantine, when we were unable to visit. Private graveside services will take place at a later date. Gary will be laid to rest with his beloved Beanie at Resthaven Cemetery, Menasha.



George Cowling, age 92, passed away on Monday, July 20, 2020. He was born on May 19, 1928 in Neenah to the late David and Bonita Cowling. George was raised on the family's farm and worked and did chores from age 5 until his late teens. When he left the farm, he went to work for an electrician and went to work for Kimberly Clark until he was drafted into the U.S. Army during the Korean War. George was in the 3rd Infantry Division as a field artillery mechanic where he proudly served his country. As a result of his service, he received the Meritorious Service Award. He married June Fredrich on January 1, 1951 and their marriage was blessed with 45 years together. After the service, George worked as a general contractor for 26 years and retired from construction in 1981 and took a job with the Neenah Joint School District on the maintenance staff until he retired in 1993. He was an active member of Apple Valley Presbyterian Church and was a Gideon. George was active in the Town of Neenah planning commission as a commissioner on San District 2, as well as the Neenah Menasha Sewerage Commission. He later enjoyed volunteering at ThedaCare as an escort and installed lifelines. Additionally, he was a member of the Heritage Foundation, Judicial Watch, the American Center of Law and Justice, and the Tea Party Patriots. George is survived by his children, Christopher (Cheryl) Cowling and Julie Cowling. The Funeral Service for George will be held at 11:00 am on Thursday, July 23, 2020 at Apple Valley Presbyterian Church, 1750 Olde Buggy Drive, Neenah. Visitation will be held at the church from 9:30 am until the hour of the service. George will be laid to rest at Greenlawn Memorial Park in Neenah.

TRIVIA

Questions:

1. What are September's birth flowers?
2. What is the birthstone of September babies?
3. What is the holiday celebrated the first Monday in September?
4. Grandparent's Day is observed in the United States on what day?
5. What day is The Autumn Equinox, which is the traditional transition from summer into fall?
6. September 1, 1939: In the early morning hours of this day, Hitler invaded what county, starting World War II in Europe?
7. Constitution Day, celebrating the ratification of the governing document of the United States, happened on what day?
8. What is the month of September most known for?

Your Answers:

1. _____
2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____
8. _____

Answers:

1. Forget-me-not, Morning Glory and Aster 2. Sapphire 3. Labor Day 4. The first Sunday after Labor Day 5. September 22nd 6. Poland 7. September 12th 8. Harvest



RESIDENT SPOTLIGHT

IF YOU EVER NEED HELP WITH A PUZZLE...

Meet George S!

George is a distinguished gentleman that always has a kind word to say. George grew up on a dairy farm in Calumet County. He had three brothers and three sisters that helped on the farm. He remembers milking 26 cows before leaving for school in the mornings. Even after hand plowing the fields by horse, George still found time to learn and play the tuba. He continued to work on the family farm until he was 21 years old. He then started working at another farm until enrolling in the service. George met the love of his life at a bowling alley. They were talking about George dropping popcorn on the floor when the flame ignited. They dated for a year and a half and then tied the knot. When George was called to serve, the couple were only married 11 days. After he discharged, he settled down with his new wife in Hilbert, WI. Together, they had five children; one son and four daughters. George was a successful carpenter for 55 years, completing many specialty wood products. George has 11 grandchildren and 15 great-grandchildren. In his spare time, George enjoys putting together puzzles. He has framed a number of them and gifted many away to friends and family. Make sure to say hi to George when you see in around the community.

DATES IN HISTORY...

September 1, 1939 Hitler's armies invaded Poland starting World War II in Europe.

September 4, 1609 Island of Manhattan was discovered by Henry Hudson

September 8, 1883 North Pacific Railroad across the U.S. was complete

September 10, 1943 Hitler's troops occupied Rome and took over the protection of Vatican City

September 12, 1953 John F. Kennedy married Jacqueline Bouvier, in a ceremony before 750 invited guests at St. Mary's Church in Newport, Rhode Island

September 15, 1916 Tanks were first used in combat, during the Allied offensive at the Battle of the Somme, in World War I

September 23 Autumn begins in the Northern Hemisphere with the autumnal equinox, at 1:37 am EDT. In the Southern Hemisphere today is the beginning of spring

September 25, 1789 First U.S. Congress proposed 12 Amendments to the Constitution, 10 of which, comprising the Bill of Rights, were ratified

September 26, 1960 First-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard M. Nixon

September 29, 1789 Congress created the United States Army, consisting of 1,000 enlisted men and officers

Happy Birthday!

September Birthdays at Emerald Ridge!

* 9/4 James V. * 9/4 Rosie S. * 9/22 Basil E. *

