

September 2026



**Edgewood | Lincolnwood**  
convalescent home | assisted living  
*kind • compassionate • care*



## **Celebrating September**

**Classical Music Month**

**Self-Improvement Month**

**Courtesy Month**

**Newspaper Carrier Day**

*September 4*

**World Beard Day**

*September 5*

**Labor Day (U.S.)**

*September 7*

**Patriot Day**

*September 11*

**Environmental Services &  
Housekeeping Week**

*September 13-19*

**National Assisted Living  
Week**

*September 13-19*

**Fall Equinox**

*September 22*

**Love Note Day**

*September 26*

**Coffee Day**

*September 29*



## **Activities in Action: 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 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 that influenced entertainment for decades.

 *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 make it one of the most enduring songs of the era. Decades later, it remains a favorite 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. This September, we are bringing some of that fun and nostalgia back to ECH!

## **Activities in Action: Back to the '70s Contin...**

### What's Happening This Month?

During our group activities, we will incorporate activities that residents may remember from the 1970s. We will:

-  Watch movies and television programs from the era
-  Play classic games such as *UNO*, *Kerplunk*, and 1970s-style *The Price Is Right*
-  Listen to and reminisce about music from the '70s
-  Create a *Sunburst Mirror* craft
-  Make a fun *apple craft*
-  Celebrate Labor Day with *Occupational Wheel of Fortune* on the following day

### *Boogie Down September Birthday Bash!*

To wrap up our month, we will be having a Boogie Down September Birthday Bash on September 29th!  

We would love for residents, families, and loved ones to help us celebrate by dressing in their favorite '70s attire. Think bell-bottoms, tie-dye, funky patterns, peace signs, and anything that takes you back to the '70s! If you have '70s clothing or decorations that you would be willing to donate or lend for the occasion, we would greatly appreciate it! ❤️

We have lots of fun activities planned throughout September, so be sure to watch our Facebook page for pictures, updates, and highlights from our '70s adventures!

💡 Let's turn back the clock, have a groovy time, and boogie our way through September!   

*Destiny Ortman*  
Recreation Program Director

## **Nursing News**

Throughout the month of September, we will be preparing our residents and families for our upcoming October Vaccine Clinic, which will be held on October 29th.

Our nursing staff will:

-  Provide information about the vaccines that will be available.
-  Distribute and collect consent forms.
-  Assist families in coordinating the appropriate vaccine doses through *Right Dose Pharmacy Clinic*.

If you have any questions or need additional information, please reach out to our nursing staff. We are happy to assist! ❤️

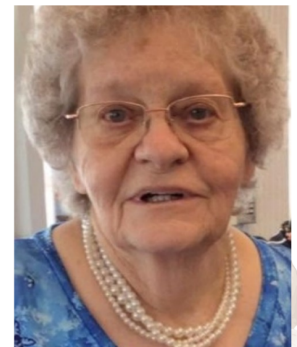
*Wynn Christen, RN*  
Director of Nursing

## **IN LOVING**



Mary Parkinson

## *Memory of*



Lavonne Ricklefs



## Lincolnwood Activities

🍁 September Is Here! 🍁

September arrived in a hurry! It seems like summer just began, and somehow we're already heading into fall. While we may be saying goodbye to summer, there is a lot happening at Lincolnwood that we're excited to celebrate!

*National Assisted Living Week is September 13th–19th*, and we are looking forward to celebrating the heart of our community, our tenants, staff, volunteers, and community!

We have an exciting week planned with something for everyone, including:

- 🍷 Brunch
- 🍭 Cotton candy
- 🔥 S'mores making
- 🍿 Popcorn bar
- 🍦 Soft-serve ice cream with all the toppings
- 🎵 Community grill-out in the park with live music
- 🚚 Food trucks
- 🍹 Drink truck

...and so much more!

It's going to be a week full of fun, laughter, great food, music, and wonderful memories. Most importantly, it's a chance to celebrate the amazing people who make Lincolnwood such a special place to call home.

Come join us for the fun, you won't want to miss it! We can't wait to celebrate with you!

Sidney Pritchard  
AL Recreation Program Director



## From the Administrators Desk

Here at Edgewood Convalescent Home, we are looking forward to everything this season brings. We have activities to enjoy, holidays to celebrate, memories to make, and hopefully plenty of laughter along the way!

As the seasons change, we are also reminded that every season of life brings something different. Some seasons bring challenges, others bring celebrations, but each gives us opportunities to create new memories and appreciate the people who share the journey with us.

This fall, we hope you find many reasons to smile, plenty of moments to be thankful for, and perhaps a little time to simply sit back and enjoy the beauty of the season.

From all of us at Edgewood Convalescent Home, *Happy Fall!* 🍁

May your days be filled with warmth, laughter, friendship, and maybe a little pumpkin spice along the way! 🍷 🍂

Gisele Carbone Kruger MHA, LNHA  
Administrator





## Keeping ECH Safe, Comfortable & Ready for Fall

As we head into September and cooler weather, our Maintenance Department is busy preparing our home for the changing season. From checking heating systems and inspecting windows and doors to making sure outdoor areas are safe and ready for fall, there is always plenty happening behind the scenes.

Our Maintenance Department works hard every day to keep our building safe, comfortable, and running smoothly for our residents, families, and staff. Many of the tasks they complete may go unnoticed, but they play an important role in creating a home where everyone can feel comfortable and cared for.

As always, if you notice something that needs attention—whether it is a light that needs replacing, a loose handrail, a room temperature concern, or something else—please let a staff member know so our Maintenance Department can address it.

A big thank-you to our Maintenance Team for all the work they do behind the scenes!

## A Visit From Senator Dan Zumbach and IHCA's Merea Bentrott

