

September 2020

Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426



Three Forks Team

Emily Whitson
Executive Director

Corie Ford
Resident Care Director

Tony Jackson
Clinical Director

Alex Davis
*Community Relations
Director*

Shelby Mathis
Business Office Manager

Bill Lawson
Maintenance Director

Angela Tyler
Life Enrichment Director

Three Forks of Forney Welcomes Tony Jackson~ Clinical Director



Tony Jackson has over 40 years in the geriatric nursing field. He began working as a nursing aide when he was 15 years old. Tony's passion for seniors run deep within his family roots, both his mom and grandmother were directors of nursing. He says that he loves nursing and would not want to do anything else.

Tony graduated from Kilgore College of Nursing in 1982. He was the Vice President of his class and the first male nurse to graduate from their nursing program.

Tony has two grown sons and three grandchildren. One of his sons works as a trauma nurse in a hospital, and his other son works in the healthcare field.

His hobbies are training and breaking colts, skiing and boating. He actively participates in performing at rodeos. He loves horses and dogs.



The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!



Employee of the Month Dakota Mosley

Congratulations to Dakota for being Three Forks employee of the month! Dakota lives in Terrell and has one dog and 5 cats, three which are kittens. Her hobbies include sewing, gardening, motor cross and traveling.

Dakota is a resident aid at Three Forks Senior Living for almost three years. Her favorite thing about working here is getting to know the residents.



Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

The First Miss America

In 2018, the Miss America competition abandoned its swimsuit competition, explaining that it would “no longer judge our candidates on their outward physical appearance.” My, how times have changed. Almost a century ago, in September of 1921, Atlantic City held a pageant for “The Most Beautiful Bathing Girl in America.” In this very first Miss America pageant, women were judged solely on how they looked in a bathing suit, and 16-year-old Margaret Gorman was handed the Golden Mermaid Trophy while still wearing hers. Some historians trace the beauty pageant back to 1854 when none other than P.T. Barnum attempted to add an exhibition to his New York museum where visitors judged women by their appearance. Barnum's project was nixed after public protests, but local newspapers used the idea as a way to attract readers and began to run photo-based popularity contests of local women. In fact, Margaret Gorman, that first Miss America pageant winner, had won her local newspaper's popularity contest, which led to her being crowned Miss District of Columbia, making her eligible for Miss America.

Shetland's Golden Fleece



The last Saturday in September brings Shetland Wool Week, a week that places Scotland's generations-old textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from Shetland sheep, a breed that originally hailed from the Shetland Islands, found in the northernmost isles of Scotland. *Fair Isle* knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters produce up to 40 garments a year by hand. With hundreds of pending requests, buyers may have to wait years before they get a genuine Fair Isle Shetland wool sweater.



Congratulations to Corie Ford Gonzales on her recent wedding. The residents enjoyed a wedding shower and offered to bride some advice on marriage.



SEPTEMBER BIRTHDAY extravaganza

Anita (Resident)	September 4
Alessandra (Staff)	September 4
Roberta (Resident)	September 8
Clara (Resident)	September 12
Bobbie (Resident)	September 15
Patty (Resident)	September 16
Bobby Jo (Resident)	September 22
Wendy (Staff)	September 23

Lily Tomlin (comedian) – September 1, 1939
 Richard Wright (author) – September 4, 1908
 Raquel Welch (actress) – September 5, 1940
 Jacob Lawrence (artist) – September 7, 1917
 Otis Redding (singer) – September 9, 1941
 Jesse Owens (athlete) – September 12, 1913
 Agatha Christie (author) – September 15, 1890
 B.B. King (musician) – September 16, 1925
 Frankie Avalon (singer) – September 18, 1940
 Jim Henson (puppeteer) – September 24, 1936
 Serena Williams (tennis pro) – September 26, 1981



**PATRICIA S.
 JACK S.
 WILLIAM C.
 JOHN D.
 VIRGINIA D.
 EVELYN M.
 CRAIG K.**

Take a moment this month to welcome our newest community residents.