

# Caring Connections



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## “Try to Remember...”

The kind of September when life was slow and oh so mellow.” Those lyrics come from the long-running Broadway musical, “[The Fantasticks](#),” and although it debuted in 1960, they still resonate. September is a nostalgic month; we think about our own school days, we see our children and grandchildren (maybe even great-grandchildren) going back to school (although that may look a bit different this year), the leaves begin to turn and perhaps there is a hint of autumnal crispness in the air as summer begins to wane. We look forward to celebrating the season with you, as we continue to meet virtually each Tuesday at 11 a.m. via [Connections Corner](#).

Wishing you a slow and mellow September,  
Felicia Stein, *Director, Ellicott City Connections*



## September Birthdays

In astrology, those born between September 1–22 are Virgo’s discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

### Happy Birthday to Connections’ members Harriet and Carol!

Famous September Birthdays:

- Lily Tomlin (comedian) – September 1, 1939
- Raquel Welch (actress) – September 5, 1940
- 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
- Serena Williams (tennis player) – September 26, 1981

## Labor Day: Beyond the Barbeque



We tend to associate this late summer holiday with beach vacations, barbecues and back-to-school sales without really considering its origins.

According to the *New York Times*, “In the late 1800s, many Americans toiled 12 hours a day, seven days a week, often in physically demanding, low-paying jobs. Children worked too, on farms and in factories and mines. Conditions were often harsh and unsafe. It was in this context that American workers held the first Labor Day parade, marching from New York’s City Hall to a giant picnic at an uptown park on Sept. 5, 1882. Because it wasn’t yet an official holiday, many of the attendees risked their jobs by participating in the one-day strike. On their signs, they called for ‘Less Work and More Pay,’ an eight-hour workday and a prohibition on the use of convict labor. They were met with cheers.”

Following years of labor unrest, president Grover Cleveland signed a bill in 1894 declaring Labor Day a national holiday. In 1989, famous labor organizer and head of the American Federation of Labor, Samuel Gompers, commented that Labor Day was “the day for which the toilers in past centuries looked forward, when their rights and their wrongs would be discussed... that the workers of our day may not only lay down their tools of labor for a holiday, but upon which they may touch shoulders in marching phalanx and feel the stronger for it.”

To celebrate all workers past and present and to challenge your brain a bit, can you think of at least two jobs that start with each letter of the alphabet? And just for fun, give the following quiz a try:

[Which Unusual Job Would Be Perfect for You?](#)

## Celebrating Grandparents, Officially

In 1969, a young boy wanted the nation to share his love and appreciation for his grandparents. Nine-year-old Russell Capper decided to take his dream straight to the top and wrote to the president at the time, Richard Nixon. Capper asked if there could be national holiday just for the celebration of grandparents. Sadly, his suggestion was rejected.

But around the same time, his plea may have come to the attention of Marian McQuade, a member of the West Virginia Commission on Aging. And while McQuade certainly advocated celebrating biological grandparents, she also urged young people to “adopt” seniors in the community to be their honorary grandparents. She thought this would build a stronger community, as people could learn from and support each other. For these same reasons, McQuade sought to have senior citizens recognized with a national holiday. McQuade began her quest by campaigning across West Virginia, seeking support for a statewide Grandparents Day. She was successful; in 1973, West Virginia became the first state to honor grandparents with a special day.

Not stopping there, McQuade pushed for other states to follow suit and worked for years with legislators across the country to gather enough support to introduce a resolution to Congress. The resolution passed, and, in 1978, McQuade received the phone call she had been waiting for: President Jimmy Carter signed the resolution declaring that the Sunday after Labor Day was now officially National Grandparents Day. The purpose of the day, best explained in the preamble to the statute, is to “honor grandparents, to give grandparents an opportunity to show love for their children’s children, and to help children become aware of the strength, information, and guidance older people can offer.”

**To celebrate grandparents’ day with your loved one, check out the following videos:**

- [Grandparents meeting their grandchildren for the first time](#)
- [Grandparents teaching their grandchildren about old technology](#)
- **Share some of the following quotes about grandparents:**
- “If nothing is going well, call your grandmother.” — Italian Proverb
- “If God had intended us to follow recipes, He wouldn’t have given us grandmothers.” — Linda Henley
- “When grandparents enter the door, discipline flies out the window.” — Ogden Nash
- “Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.” — Alex Haley
- “Surely, two of the most satisfying experiences in life must be those of being a grandchild or a grandparent.” — Donald A. Norber
- “Grandparents are there to help the child get into mischief they haven’t thought of yet.” — Unknown
- “My grandkids believe I’m the oldest thing in the world. And after two or three hours with them, I believe it, too.” — Gene Perret



## What’s Growing in Felicia’s Garden?



When life gives you lemons... Actually, life hasn’t given me lemons quite yet—last Father’s Day I bought my husband a Meyer lemon tree, and although the lemons have not reached full maturity, there are currently nine lemons growing on it and too many buds to count! Meyer lemons are a cross between a regular lemons and mandarin oranges. They’re about the size of a regular lemon, or sometimes slightly smaller, with a smooth, deep yellow peel that may look nearly orange when mature. Their flesh is juicy and sweeter than a regular lemon.

Lemons are a great addition to your diet as they boast many health benefits. They can:

- support heart health
- help control weight
- prevent kidney stones
- protect against anemia
- reduce cancer risk
- improve digestive health

Meyer lemons also make for some delicious desserts (although you can substitute regular lemons). Click the following [link to try a simple recipe for Meyer lemon pudding cake](#).

## Ask a Musician: 5 Questions for Ellis

We know everyone at Connections misses the vibrant stylings and happy patter of singer/guitarist Ellis Woodward. We caught up with Ellis recently and he answered some questions about his musical background. Ellis also provided some links to a few of his performances on YouTube: [Women Carry Water](#), [Crustacean Love](#) and [Even the Bugs](#).

### How long have you been playing/singing?

The Christmas after my high school graduation, my parents gave me my first guitar, though I had started learning to play the previous summer. The guitar was my third instrument; as a pre-teen, I had taken piano lessons for a half, after which I talked my parents into letting me play drums. I washed windows and cut grass to finance the purchase of my first drum kit. Before and during those instrument attempts, I sang in glee clubs and choirs, and also with a guitar playing friend at parties and coffee houses, doing contemporary popular tunes and classic folk songs

### Who were your first musical influences?

My parents; my mom played piano and accordion, and had one of the most sophisticated musical ears I’ve encountered. My dad loved popular music, and took some piano lessons as an adult. I can still remember him practicing “Alley Cat” until he had mastered it. Between the two of them, they had a wildly diverse record collection that included Broadway cast recordings, classical, crooners and swing music. My own tastes have been similarly diverse; I was a child of the radio, from that time when radio was a remarkably diverse musical environment, jumping from genre to genre without hesitation. On most any station, one could hear the Beatles, Motown, Ray Charles, Frank Sinatra, Tony Bennett, the Drifters, Lesley Gore, James Brown, and countless others—all over the AM dial.

### What is your favorite type of music to play?

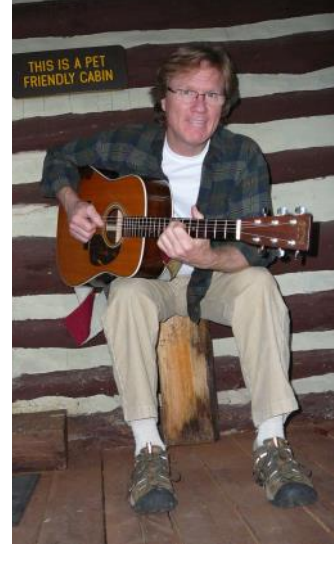
For years, my favorites were love ballads of the 40s, 50s, and early 60s (“I Wish You Love”, “Misty”, “When I Fall In Love”, “Chances Are”, “All The Way”, etc...) As my repertoire grew and my guitar skills improved, I came to love playing the more jazz-inflected songs of The Great American Songbook. But I love to play whatever it is that people want to hear; style and genre don’t much matter if a song is fun and engaging, and folks can find a way to take part in the music.

### Why did you choose to focus on the guitar?

As a teenager, I learned that singing and playing drums was difficult and cumbersome, and I wanted to be able to accompany myself and sing songs in a more intimate, less intrusive way. It was also the guitar that gave me the inclination and pathway to writing songs of my own.

### Do you have a favorite venue for performing?

If things are working, and people are enjoying being musically engaged, then I am a happy guy. The past several months of our common Corona-lockdown experience, I have most enjoyed playing outside at senior living communities, due to the added value of being able to provide music as a much-needed respite and distraction.



## Bringing Autumn Inside



Fall suncatchers are a two-fold way to enjoy all that autumn has to offer: first, you can get some exercise on a lovely September day, and second, you can bring your colorful finds home and enjoy them a bit longer by creating this suncatcher.

### You will need:

- Colorful leaves
- An embroidery hoop
- Contact paper
- Scissors

### To make:

1. Cut contact paper to size.
2. Peel the backing off, lay down on work surface with sticky side up, place inside part of embroidery hoop on top.
3. Press leaves onto the contact paper, with front sides down.
4. Cut another piece of contact paper and place on top, sandwiching the leaves.
5. Press contact paper firmly together, smoothing out as you go.
6. Place paper between both hoops and begin to tighten screw, pulling edges taut.
7. Trim excess paper and tie twine around screw for hanging.

*By all these lovely tokens, September days are here.  
With summer’s best of weather and autumn’s best of cheer.*

*– Helen Hunt Jackson*

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## Celebrating September (click links to learn more)

[Happy Cat Month](#)

[Healthy Aging Month](#)

[Labor Day](#)

*Sept 7*

[Grandparents’ Day](#)

*Sept 13*

[First Day of Fall](#)

*Sept 21*