

September
2011

Beechwood Committee

Megan Randolph
Katie Murphy
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Administrative
Receptionists

If you would to
contribute an article for
the Beechwood Bea-
con, please contact the
Activities Department
or email articles to:

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Articles are due by the
15th of each month for
the following month.

“ For every minute
you are angry you
lose sixty seconds of
happiness.”

Ralph Waldo Emerson

The Beechwood Beacon

In Memory of
September 11,
2001



It has been 10 years since the September 11, 2001- the tragic day when landmarks crumbled and thousands of innocent people died, and New York City and the world changed forever. **September 11th is National Day of Service.**

In 2009, the U.S. Congress officially designated September 11th as a National Day of Service and Remembrance. This year, observe September 11th by helping people in need. Take the MyGoodDeed.com pledge to honor the victims, heroes and volunteers of 9/11 by taking time to help others on the anniversary of the September 11th terrorist attacks. We can make a difference at Beechwood to honor those lost. Say a kind word, help one another with a needed task and most of all, take a moment of silence on Sunday, September 11th and thank God for the many blessing we Americans have and pray for the families whose loved ones were lost.

Residents Celebrating Birthdays



E. Carter K Schneider

9/2 9/15

M. Geraci J. Leyendecker

9/9 9/16

Laughter

THE BEST
MEDICINE

Q: How do you jump off a 50-foot ladder and not get hurt?

A: Jump off the first step!

Q: What's more clever than speaking in several languages?

A: Keeping your mouth shut in one!



New Groups and Times added to the Fall/ Winter Months

Balloon Blast– This new exercise group will be held in the mornings at 10:30 on some Wednesdays and Fridays up to 3-4x a month as the schedule permits. This group is a take off of the Balloon Volleyball that was provided in the past. A good cardio workout to get you pumped up for the day, plus a lot of fun.

Communion Service– Janet Reister from Hyde Park Methodist will be having a communion service the 1st Wednesday of the month at 4:00. All are welcome.

Music Games– This group will include but not limited to: Name that Tune, Music Trivia, and Music Bingo. This group will be held 2-3 x a month on Wednesdays.

Bingo Give Away– Once a month in the evening, a special Bingo will be offered with prizes. The Activity Department has been collecting fun stuff to offer residents. Any Donations are welcomed

Updates with Patti– Patti, will continue to have this activity meeting 1x per month. The meetings will occur after dinner and will be a great opportunity for residents to keep up with current happenings around the facility.

Katie's Korner and Megan's Menagerie will continue weekly with some of the favorite games and introducing new ideas that Katie and Megan have been working on.

Times and locations will be announced prior to event

More About Graphene

You may remember that last fall's Nobel prize in physics went to the discoverers of graphene, a single layer of carbon atoms arranged in a hexagonal array, like chicken wire. Graphite, which is one form of crystallized carbon, diamond is another, is like many layers of graphene stacked up. Graphene is the new wundermaterial. Some materials highly touted in the past include buckeyballs and carbon nanotubes. Carbon nanotubes are like sheets of graphene rolled up into cylinders. Buckeyballs are like graphene with some of the hexagons replaced by pentagons. This makes the flat sheet of graphene pucker into a sphere.

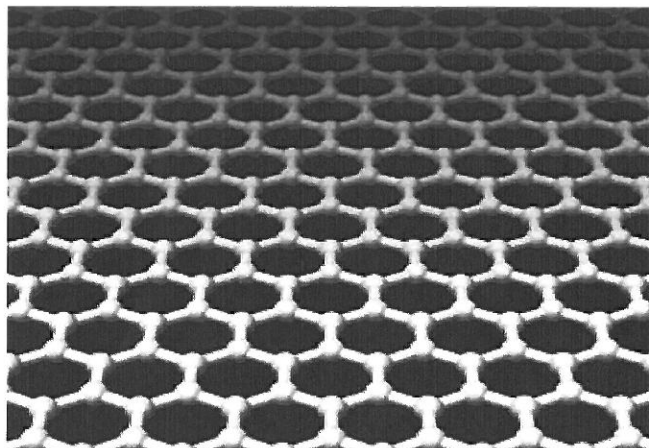
A single layer of graphene conducts electricity with almost no resistance. But a double layer acts like a semiconductor, allowing the flow of electricity to be controlled. In fact,

integrated circuits including transistors have already been made of graphene.

Researchers like to lay their graphene on a foundation of boron nitride. Its hexagonal crystal structure is almost a perfect match for graphene's, and it doesn't change graphene's remarkable properties. But it does prevent the graphene from wrinkling or curling, which it tends to do if left on its own.

Many researchers are now on the graphene bandwagon, so many that progress is almost guaranteed. Only the first on get the big recognition.

By Jim Green





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**DAILY RESIDENT INFORMATION
HOTLINE:**



533-6411

**Weekly Activities and Menu
available on Channel 3**