

Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.

September Birthdays!

- 9-28 Fred B.
- 9-16 Suzie B.
- 9-17 Rita C.
- 9-26 Betty C.
- 9-17 Darwin D.
- 9-28 Mary D.
- 9-6 Bob H.
- 9-20 Victoria J.
- 9-19 Darlyne L.
- 9-5 Penny W.

Family Support Groups!

Especially for those with a loved one struggling with memory loss or confusion, we want to bring back the opportunity for you to connect with others going through a similar experience.

We'll be starting with a short monthly meeting covering different topics that may come up in interactions with your loved one.

The first meeting, being September's, will simply offer an introductory explanation as to what we hope future meetings look like!

Free Money



It may sound crazy, but on September 15 people all over the world will hand out their own hard-earned money to complete strangers. This is Free Money Day, a day to show the world that generosity is always better than self-interest.

Cardigan Ridge Community News

Cardigan Ridge Senior Living | 3300 Rice St. Little Canada, MN 55126 | 651-484-8484



Celebrating September

New Resident Reception/Happy Hour
Sept. 3rd, 2:00pm

Drawing with Donna
Sept. 7th, 3:15pm

Resident Council*
Sept. 7th, 6:30pm

Open House Barbeque!
Sept. 9th, 4:30pm

Little Venetian
Sept. 11th, 11:00am

Library Refresh
Sept. 15th, 2:00pm

Card-Making
Sept. 16th, 3:15pm*

Ice Cream Outing
Sept. 20th, 1:30pm

Veteran's Group with Sean
Sept. 21st, 6:30pm

American Sign Language Basics
Sept. 22nd, 2:00pm

Family Support Group
Sept. 29th, 3:00pm

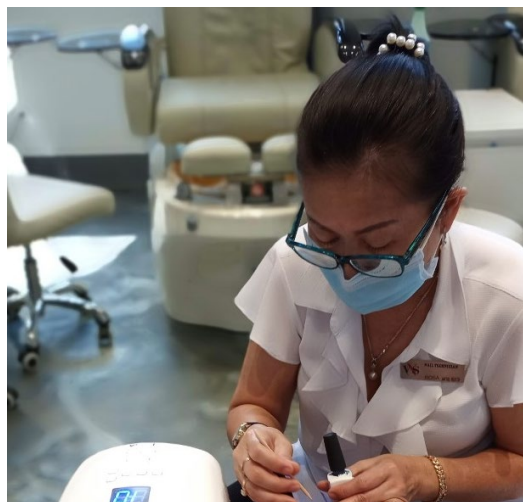
Life's a Picnic



As the kids go back to school, we just keep having a good time!

Last month the ladies thoroughly enjoyed getting pampered with 3 DAYS of spa treatment, and several others put together a Hymn Sing at the end of the month! We also enjoyed going for a picnic with our sister site, Bel Rae Senior Living in Mounds View. However, the next get-together will probably be indoors 😊

We've got new and returning activities this month like Drawing with Donna, Painting with Becky, an ice cream outing, easy-going activities for those wanting something a little more relaxed, and new faces in Activities!



The ladies all had such a good time at Vertex Nails Salon in Blaine! We were gifted with manicures, pedicures, and lunch afterward. The hardest part? So many choices in color for nail polish!



Yes, we may get a little messy in the Craft Room, but according to our sign on the wall it just means we're more creative!



Welcome to Cardigan Ridge Mark!

We're so pleased to announce Mark Schirmacher will be joining our Activities Team Thursday, Sept. 2nd!

Mark is a locally born-and-raised Minnesotan who loves writing music, riding his skateboard, paddleboarding with his wife of 22 years, and hanging out in multitudinous ways with his 3 kids (21, 19, & 14). He's excited to share his passion for music, community, and cribbage with us here at Cardigan Ridge.



Did Someone Say "Bingo"?

We'll be having a couple Bingos sessions a month to welcome everyone together whether you're on 1st, 2nd, 3rd, or 4th floor!

This will be an opportunity to see others you haven't been able to in a while and try your luck with different versions of Bingo as well. Maybe your new neighbor's luck will rub off a little on you too!

Quarter Bingo: Bring enough quarters for 5 gumballs... we'll go over the playing rules when you get here!
(\$1.25 😊)

Impressive History

The pressed penny is a curious souvenir. After all, why pay 50 cents to flatten and elongate a coin worth just one cent? Well, people love novelty and the delight that comes with finding something new and unusual, and they also love collecting memorabilia. Pressed pennies offer the best of both worlds. They are unique keepsakes that capture a moment in history. These souvenirs have grown so popular that they enjoy their own holiday, Pressed Pennies Day on September 3.

The first elongated coins were pressed by a jeweler in Vienna, Austria, in 1818. They used a modified jeweler's rolling mill, a common tool used to roll gold or other precious metals into wire or emboss patterns on sheets of metal.

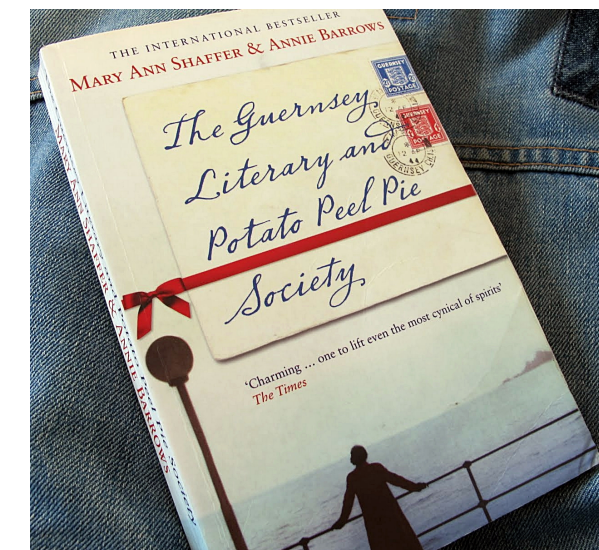


Pressed pennies made their American debut at the 1893 World's Columbian Exposition in Chicago, Illinois. Visitors delighted when they rolled their pennies through a hand-cranked machine to press "Columbian Exposition 1893" on their faces. The exposition celebrated the 400th anniversary of Columbus' arrival in the "New World." Each pressed penny provided a souvenir of that anniversary. Coin collectors will note that 1893 was also the year that Indian Head pennies were in circulation. Some collectors may delight (while others cringe) to find a pressed Indian Head penny bearing the Columbian Exposition's imprint. These rare souvenirs are worth hundreds of dollars today.

Penny-pressing machines remain common sights at amusement parks and carnivals. Over 150 penny pressers are scattered throughout Disneyland, allowing visitors to imprint pennies with famous Disney characters, depictions of rides, or other commemorative images. Many museums, too, offer penny pressers for their exhibits. But don't attempt to press coins in Canada. Defacing Canadian currency is illegal. Instead, you may purchase blank coins to run through the pressing machines.

September Book Club: The Guernsey Literary and Potato Peel Pie Society

The Guernsey Literary and Potato Peel Pie Society is set in January 1946 as London emerges from the Second World War. Many London neighborhoods lie in rubble. The novel's protagonist, Juliet Ashton, is a moderately well-known writer who has lost her home and thirsts for new adventure.



Reliable by Nature



In 1870, former U.S. Representative and Civil War officer Henry Washburn led an expedition down the Yellowstone River to explore and survey a remote region of northwest Wyoming. Washburn's party was the first to map the area, explore its many lakes, and climb its mountains. What awed the explorers most were the many boiling and steaming thermal features of the region. One geyser fascinated them most of all. On September 18, 1870, the party realized that it would reliably erupt 100 feet into the air every 74 minutes. Washburn himself dubbed the geyser "Old Faithful." This famous geyser would help make Yellowstone America's first national park in 1872.