

SEPTEMBER 2026

THE SANSBURY TIMES

MONTHLY NEWSLETTER



Happy Labor Day

Labor Day is a public holiday created to honor and recognize the American labor movement. It recognizes the works and contributions of laborers to the development of America's strength, prosperity, and well-being. The US and Canada celebrate this day on the first Monday in September. This year it is occurring on September 7. Most other countries celebrate International Workers' Day on May 1st. Started during the late 19th-century industrial movement, it fought for better pay, safer conditions, and the 8-hour workday.

The first celebration took place on September 5, 1882, in New York City. It was made a U.S. federal holiday in 1894 by President Grover Cleveland. Labor Day is still celebrated in cities and towns across the United States with parades, picnics, barbecues, fireworks displays and other public gatherings, especially over the long Labor Day weekend. For many Americans, particularly children and young adults, it represents the end of the summer and the start of the back-to-school season.



Sansbury Care Center
2625 Bardstown Rd.
St. Catharine, KY 40061
(859)336-3974

20 years with the Dominican Sisters Written by Carol Morgeson

January 3, 2026, marked my 20th year working for the Dominican Sisters at St. Catharine. I was hired by Sr. Marie Jeanne Surette. I remember my first day. As I walked up the steps to the double doors of St. Catharine Motherhouse, I could see Sr. Marie Jeanne pacing nervously. I later learned that the person she had hired before me never showed up, so she was understandably worried that I might not appear either. I am deeply grateful that those circumstances led me to this opportunity.

Sr. Marie Jeanne hired me to oversee Human Resources for five different entities on St. Catharine's campus: Sansbury Care Center, St. Catharine Motherhouse, St. Catharine Farm, St. Catharine Generalate, and St. Catharine Earth Center. This role required navigating five separate handbooks and organizational structures. From the onset, one guiding principle referred to as the "Golden Rule" had to be honored. It was to maintain confidentiality and to respect the unique operations of each entity. One of my greatest responsibilities was meeting weekly with Sr. Marie Jeanne to review current developments and prepare for the week ahead, while carefully honoring the "Golden Rule."

I was welcomed by the St. Catharine Governing Board which included: Sr. Joye Gros, Sr. Teresa Tuite, Sr. Rosemary Rule, Sr. Barbara Rapp, and Sr. Charlene Moser. Working and learning from this group of women was truly a blessing. I was convinced that these ladies were going to lead St. Catharine for years to come. I often wonder what St. Catharine would be like if these ladies were still in charge.

Early in my tenure, Sr. Grace Simms invited me to become an Associate with the Dominican Sisters. I made my vows in front of the Sisters, my husband, and two children. I joined in the mission of the Dominican Family. My connection with Sr. Grace began years earlier when I was a non-traditional student at St. Catharine College. She played an instrumental role in helping adult learners navigate college life, and her guidance was exceptional. As fellow Marion County natives, we quickly formed a lasting bond.

Over the course of these twenty years, I have witnessed tremendous transformation. When I



was hired, discussions had already begun about the possibility of multiple Dominican Congregations joining together. At the time, my primary concern was whether I would still have a role at St. Catharine. The Sisters reassured me that I would.

That reassurance proved true. On Easter Sunday 2009, the Dominican Sisters of St. Catharine joined with six other Dominican Congregations. During this period of significant transition, Sr. Thresa Tuite, Motherhouse Coordinator, offered me valuable advice. “Give the transition three years, and everything will begin to work out and make sense.” Looking back, her wisdom was remarkably accurate.

I have had the privilege of working with numerous Administrators at Sansbury Care Center: Darlene Herald, Jim Melia, Pamela Brooks and now Megan Finnie. I have also had this same privilege of working with Administrators from St. Catharine Motherhouse: Cristine Smith and Marlene Kasama. Each has brought much knowledge, faith, and inspiration into my life. I have seen collaboration grow among entities, leadership evolve, policies and procedures adapt, and organization structure strengthen.

Coming from a Catholic background, attending Catholic School, and later graduating from St. Catharine College, I thought I knew quite a bit about Catholic Sisters. I was so wrong about so many things. I have learned through my years that Catholic Sisters are “human”. Their desires, wants, needs, ailments, and personalities are just like all of us. What distinguishes them from others is their calling to serve God. I am profoundly grateful for the countless individuals that I have had the pleasure of meeting. I have witnessed the deaths of over one hundred Dominican Sisters. I have experienced the passing of many staff members and Associates. I have hired more than nine hundred employees. I have also seen over eight hundred employees move on for various reasons.

Serving the Dominican Sisters has been one of the most rewarding experiences of my professional life. While employment proves a paycheck, my work here has offered something far more meaningful: the opportunity to be part of a family and a mission greater than myself. It has allowed me to give back to a remarkable group of women who have contributed so much to our communities and to the world. As the Dominican Sisters of Peace continue to evolve, I know there will be new faces, new challenges, and continued change. I look forward to witnessing and being a part of the exciting future. I am sincerely thankful for this extraordinary journey.

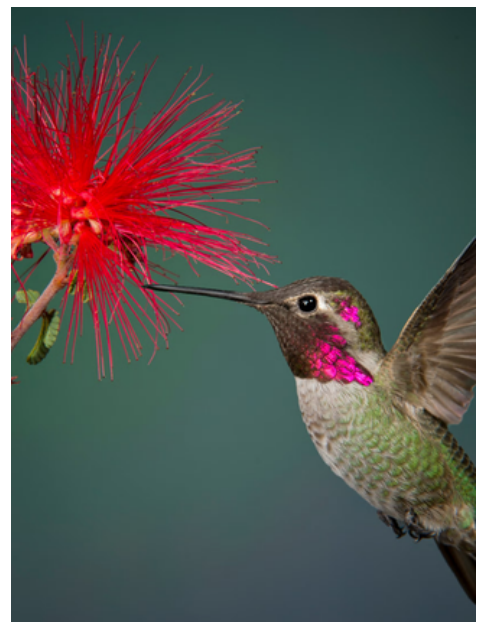
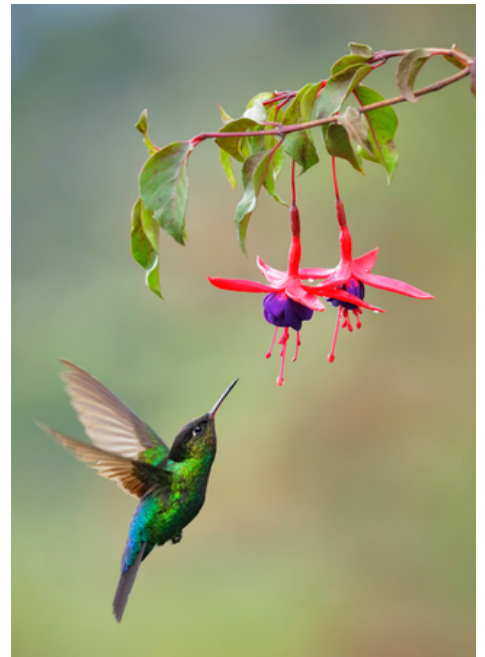
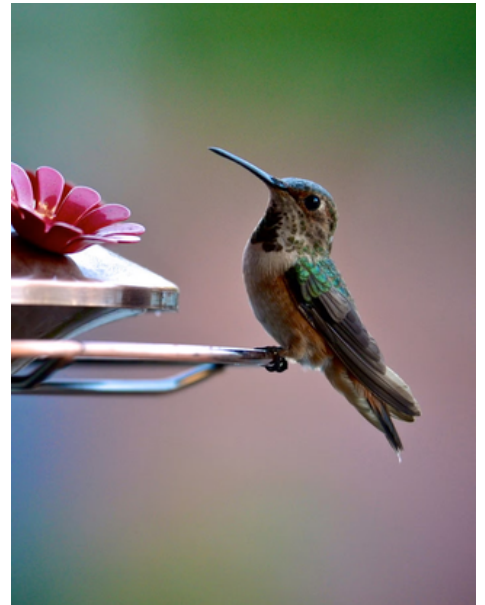
Fast Wings, Big Wonder

National Hummingbird Day is celebrated on the first Saturday of September each year. In 2026, it falls on September 5. Established in 1996, this day honors these tiny, fast-flying birds, supports their conservation, and teaches people about their vital role as nature's pollinators.

Averaging wing speed of about 50 times per second, hummers redefine the laws of flight. They hover over their food instead of landing. In fact, 25 to 30% of a hummingbird's weight is in its pectoral muscles. Their near-invisible wings can propel them forward, backward, and upside down. Some ruby-throated hummingbirds can travel 500 miles in a single go, as they fly nonstop across the Gulf of Mexico during both spring and fall migrations.

Hummingbirds go straight for the glucose. They can eat more than twice their body weight daily. They visit 1,000 flowers each day, and they consume five to eight doses of nectar per hour.

Hummingbirds have an evolutionary adaptation that benefits them during cold nights. Torpor is a deep sleep similar to hibernation in which the metabolic rate drops as much as 95%. People mistakenly worry about the cold when it comes to hummers, but it actually doesn't pose much of a risk. Some hummingbirds breed in the Andes, where temperatures drop well below freezing. Come fall or winter, the food supply is the limiting factor, not the temperature.

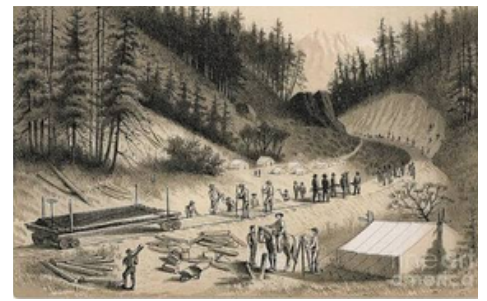


Northern Pacific Railway

The U.S. Congress chartered the Northern Pacific Railroad via the Pacific Railroad Act to link Lake Superior to Puget Sound, on July 2, 1864. Construction officially began near Carlton, Minnesota in 1870. The massive costs of early construction and economic panics stalled progress for years. The line was built through largely unpopulated territory, requiring the company to actively build towns and recruit settlers to create a customer base. It served as the first northern transcontinental railroad, opening the northern tier of the American West to heavy freight, timber, wheat, and passenger travel.

The Northern Pacific Railway main line was officially completed on September 8, 1883, when a ceremonial final spike was driven near Gold Creek, Montana. This milestone connected the Great Lakes region to the Pacific Northwest, though full continuous operations through the Cascade Mountains required the later opening of the Stampede Tunnel in May 1888.

The Northern Pacific Railway does not exist as an independent company today. It merged with other lines in 1970 to form Burlington Northern, which later became part of the modern BNSF Railway network. Major portions of the historic Northern Pacific transcontinental route and original tracks remain vital freight corridors today under BNSF management.

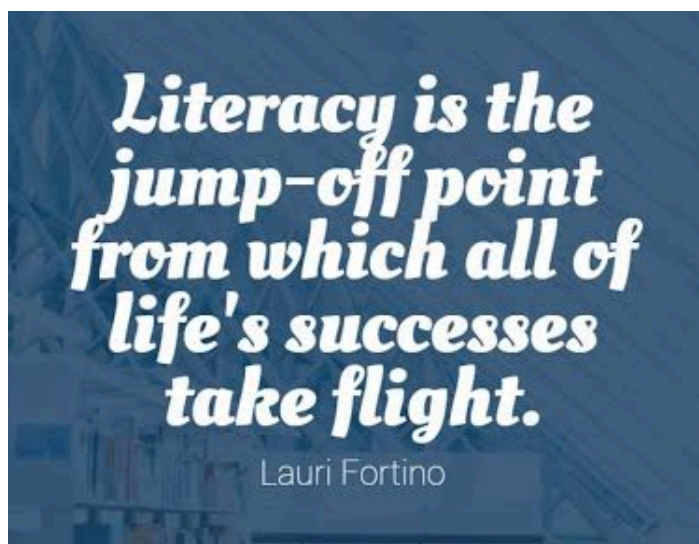


Read, Write, Rise

International Literacy Day is celebrated globally every year on September 8 to highlight the importance of literacy. It's goal is to remind leaders and the public that literacy is a fundamental human right and a tool for personal and social empowerment. Established by UNESCO in 1966, the day brings attention to global literacy challenges and honors achievements in building more literate and sustainable societies.

It matters because millions of youth and adults across the world still lack basic reading and writing skills. The four basic literacy and language skills are listening, speaking, reading, and writing. These core competencies form the foundation of how humans communicate, learn, and process information in any language. Literacy goes beyond simple words; it is a gateway to health, job opportunities, and human rights. Modern focuses include digital literacy and critical thinking alongside traditional reading and writing.

The International Literacy Foundation believes that “every page has a purpose, and behind each one is a child who deserves the right to read it”. Engage with local programs, donate books, or volunteer to help foster a more literate world.



Patriot Day Remembrance

The terrorist attacks of September 11, 2001, caused significant loss of life and lasting trauma for our nation. The events of that day, the emergency response and the acts of selflessness—from individuals sworn to duty and everyday people alike—echo in current conversations about patriotism, security and service.

Patriot Day is observed annually on September 11th in the United States to remember the nearly 3,000 people who lost their lives in the terrorist attacks on September 11, 2001. It is a national day of remembrance and service. The U.S. president requests that flags on all federal buildings and U.S. homes be flown at half-staff. Americans are asked to observe a moment of silence starting at 8:46 a.m. (EST), the exact time the first plane struck the World Trade Center. Communities hold candlelight vigils, prayer services, and reading of the victims' names at the attack sites.

We remember those who died at the World Trade Center, the Pentagon, and aboard United Airlines Flight 93. The day honors the bravery of firefighters, police officers, and emergency workers who risked or gave their lives to rescue others. In 2009, Congress also designated it the National Day of Service and Remembrance, encouraging Americans to volunteer in their communities.

On September 11th, we remember the victims and the heroes, and we reflect on the impact the day's events have had on our nation. May we continue to pray for the families who lost loved ones and whose lives were forever changed that fateful day.



Shining Light on Celiac Disease

It is believed that celiac disease first began in humans at the advent of the first agricultural revolution. As early human diets began to expand, adding in grains, domesticated livestock, and cultivated crops, most bodies were able to adapt; however, some did not, and certain food sensitivities, intolerances, and celiac disease made their first appearances in human history.

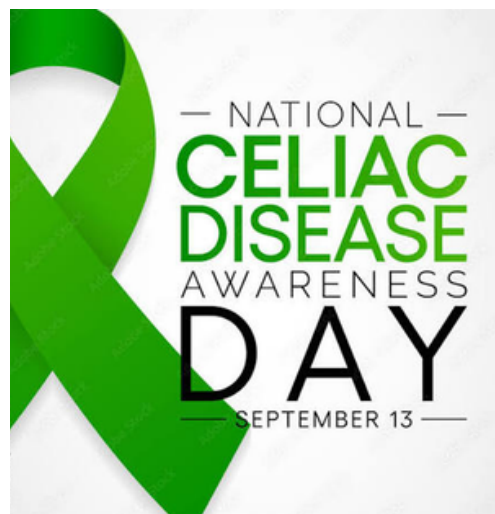
National Celiac Disease Awareness Day is observed annually on September 13th. This date marks the birthday of Dr. Samuel Gee, the British physician who first connected celiac disease to diet.

Celiac disease is one of the world's most prevalent genetic autoimmune diseases, affecting an estimated 3 million Americans, 70-80% of whom are undiagnosed. Causing the body to attack its own small intestine, it can lead to many other devastating health conditions, including cancer. Through strategic investments in research, education, and advocacy, the Celiac Disease Foundation seeks to remedy this by accelerating treatments and a cure.

When people eat gluten, their immune system damages their small intestine. It is not just a food allergy or a simple belly ache; it affects the whole body and can take years to properly diagnose. At this time, there is no medical cure, just dietary changes that can reduce the possibility of symptoms. More than half of adults with celiac disease have non-digestive symptoms like joint pain, headaches, skin rashes, or fatigue instead of stomach trouble. Some people have zero noticeable symptoms at all, but eating gluten still harms their internal organs.

There is a blistering, itchy skin form of the disease called dermatitis herpetiformis that acts as celiac disease of the skin.

It takes an average of 6 to 10 years to get a correct diagnosis. Up to 83% of people who have celiac disease do not know it or have been misdiagnosed with things like irritable bowel syndrome.



We the People

Constitution Day (officially Constitution Day and Citizenship Day) is a federal observance celebrated annually on September 17. It marks the day in 1787 when 39 delegates signed the United States Constitution in Philadelphia. The day also honors all who have become U.S. citizens.

Written in 1787, ratified in 1788, and in operation since 1789, the United States Constitution is the world's longest surviving written charter of government. Its first three words—"We the People"—affirm that the government of the United States exists to serve its citizens. For over two centuries the Constitution has remained in force because its framers wisely separated and balanced governmental powers to safeguard the interests of majority rule and minority rights, of liberty and equality, and of the federal and state governments. Since 1789 the Constitution has evolved through amendments to meet the changing needs of a nation now profoundly different from the 18th-century world in which its creators lived.

The United States enjoys a representative form of government, shaped by three separate branches as established in the Constitution. The Legislative branch, made up of the Senate and House of Representatives, make laws. The Executive branch, made up of the President, Vice President, and Cabinet members enforce laws. The Judicial branch, made up of the Supreme Court and other federal courts, interpret and explain laws. A system of checks and balances, which the Constitution also sets forth, limits the powers of each branch.

More than two centuries after its ratification, the United States Constitution remains a vital and living document, strengthened by amendments, serving as both guide and protector of U.S. citizens and their elected officials. It has survived civil war, economic depressions, assassinations, and even terrorist attacks, to remain a source of wisdom and inspiration.

The creation of the U.S. Constitution depended upon the

knowledge, experience, and dedication of its framers, just as its endurance depends upon the knowledge and experience of each succeeding generation of Americans. For this reason, it is important for us to learn and understand the governing principles of our nation, set forth in the Constitution.

Inspire the young people in your life – in classrooms, courtrooms, and communities – to understand and embrace the preamble to the U.S. Constitution. Share with others and interpret the promises and the impact of the preamble on your lives. As President John F. Kennedy noted in his 1961 Constitution Day proclamation, it is a day for “ceremonies” set up to “inspire all our citizens to keep the faith of our Founding Fathers and to carry out the ideals of United States citizenship.” The need was explained by President Ronald Reagan in 1981. “While a constitution may set forth rights and liberties,” he noted, “only the citizens can maintain and guarantee those freedoms. Active and informed citizenship is not just a right; it is a duty.”



Pope Leo XIV is Turning 71 Years Old

Pope Leo XIV, Robert Francis Prevost, was born on September 14, 1955, in Chicago, Illinois. He grew up with his parents and two older brothers. His dad Louis, an educator, and mom Mildred, a librarian, were deeply involved in their faith and parish. Louis was a catechist, and Millie attended mass daily, was a very active member in the Rosary and Altar Society, and she sang in the church choir. Pope Leo XIV's brothers, Louis Martin and John, describe their upbringing as modest and steeped in Catholic tradition. His brothers always knew Pope Leo XIV was destined to become a religious leader. As a child, "Bob" would play as a priest.

St. Mary of the Assumption School in Chicago's Riverdale neighborhood is the childhood elementary school of Pope Leo XIV. He attended the parish school and served as an altar boy, graduating from the eighth-grade class in 1969 before entering the seminary. Taught by the Sisters of Christian Charity, the young Robert Prevost was remembered by peers as quiet, kind, and deeply dedicated to his faith.

He felt an attraction to the religious life and teachings of the Order of Saint Augustine, prompting him to enter the minor seminary high school away from his Chicago home. These secondary studies took place at Saint Augustine Seminary High School in Holland, Michigan, where he served as editor-in-chief of the yearbook, member of the student council, president of the Library Club and of the senior class, and participated in tennis and bowling. The boarding school provided a strict, focused environment for young men discerning a path toward priesthood or religious service.

After his diploma in 1973, he enrolled at Villanova University in Pennsylvania, where he obtained a degree in Mathematics in 1977 and pursued studies in Philosophy. Fall of 1977 he entered the novitiate of the Order of Saint Augustine, in Saint Louis, in the Province of Our Mother of Good Counsel of Chicago. He made his first profession on September 2, 1978 and his solemn profession on August 29, 1981. He pursued theological studies

at the Catholic Theological Union in Chicago, obtaining the license to practice theology in 1981.

On September 10, 1981 he was ordained deacon at Saint Clare of Montefalco Parish in Grosse Pointe Park, in the Archdiocese of Detroit. Prevost was ordained to the priesthood on June 19, 1982 in the Chapel of Saint Monica in central Rome, immediately south of the Vatican. Holding relics of St. Monica in his pectoral cross, her legacy inspires him.

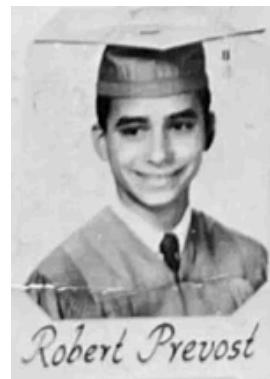
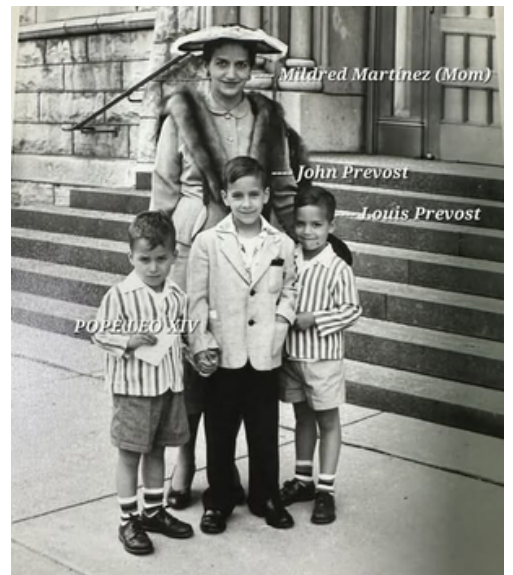
He was sent to Rome to continue his studies in Canon Law at the Pontifical University of Saint Thomas Aquinas (Angelicum). He obtained licensure in Canon Law in 1984 and, in 1985, defended his doctoral dissertation entitled *The Role of the Local Prior in the Order of Saint Augustine*, which was published two years later. Prevost earned Doctor of Law in 1987.

He moved to Trujillo, Peru, in 1988, and served the Archdiocese of Trujillo for nine years as its judicial vicar. Also, he served as a professor of canon, patristic and moral law in the San Carlos e San Marcelo Major Seminary. Prevost was appointed bishop of Chiclayo on Sept. 26, 2015. Pope Francis elevated Prevost to cardinal in 2023.

Following the death of Pope Francis, on Easter Sunday, the papal conclave elected Robert Francis Prevost as his successor. Prevost was elected pope May 8, 2025. He became the 267th pope of the Roman Catholic Church and the first American-born pontiff. It is thought that he will carry on the mission much like that of his friend Pope Francis.

The newly elected Robert Prevost chose the name Leo XIV, mainly because Pope Leo XIII addressed social questions in the context of the first great industrial revolution. He hopes to continue this work because in our own day, the Church offers everyone the treasury of her social teaching in response to another industrial revolution and to developments in the field of artificial intelligence that pose new challenges for the defense of human dignity, justice and labor.







The childhood home of Pope Leo XIV



The childhood parish of Pope Leo XIV



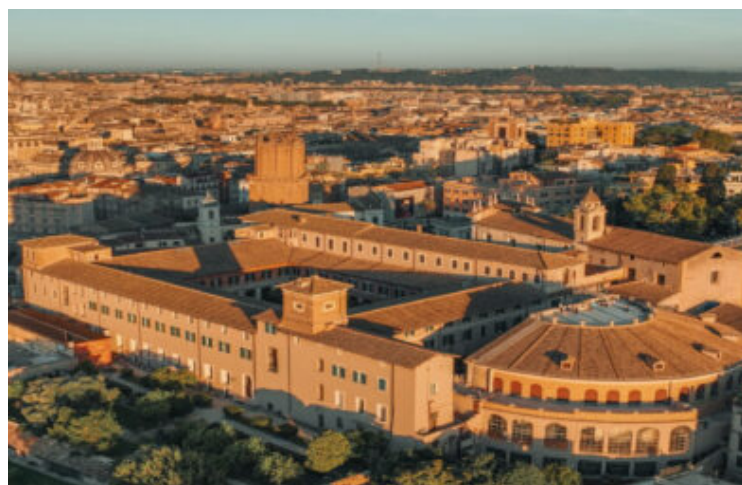
High School of Pope Leo XIV



Immaculate Conception Church in St. Louis, Missouri, was where Pope Leo XIV spent his time as a novitiate



Cathedral Basilica of St. Mary, Trujillo, Peru where Pope Leo XIV served in various roles as a young missionary



Pontifical University of St. Thomas Aquinas (Angelicum) where Prevost earned his Licentiate of Canon Law in 1984, and Doctor of Canon Law in 1987



September Birthdays:



Sr. Alverda Bonafis - 7th
Sr. Rosemary Hoppe - 12th
Sr. Nancy Rioux - 28th
Sr. Mary Jude Waters - 28th

Virgo August 23rd - September 22nd

Highly logical, analytical, practical, detail-oriented, and helpful to others are traits that are often found in a Virgo.



Libra September 23rd - October 22nd

Cooperative, diplomatic, fair-minded, and social are traits that are often found in a Libra.



Famous People Born in September:

Walter Reed was born on September 13, 1851, in Gloucester County, Virginia. Reed enrolled at the University of Virginia and graduated at age 17, with a medical degree, on July 1, 1869. He remains the youngest graduate in the history of the university's medical school. He earned a second M.D. a year later at the Bellevue Hospital Medical College in New York City. A century ago he was known as the Army officer who helped defeat one of the great enemies of the time: yellow fever. Walter Reed is known today for the Army medical center that bears his name.



Ray Charles Robinson was born on September 23, 1930, in Albany, Georgia. He began losing his sight around age 4 and was completely blind by the age of 7. The gradual loss of his vision was likely caused by juvenile glaucoma. He became known as "The Genius of Soul", was a singer, composer, pianist, saxophonist, and band leader who pioneered American soul music.

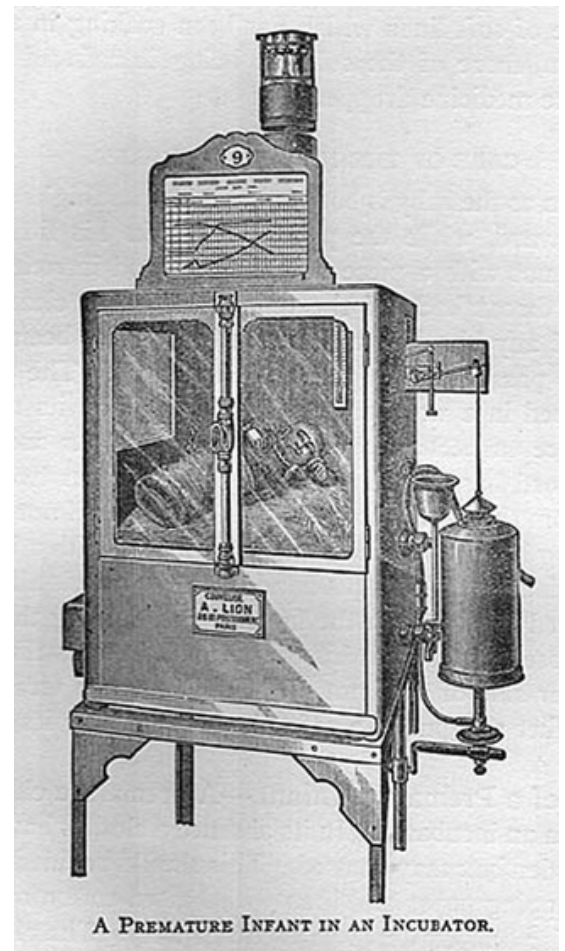


Patsy Cline (Virginia Patterson Hensley) was born on September 8, 1932, in Winchester, Virginia. She was an American singer who crossed over from country to pop music and influenced generations of music fans.



September Discovery:

The first baby placed in an incubator in the United States was Edith Eleanor McLean, treated at the State Emigrant Hospital on Ward's Island, New York, on September 7, 1888. At the time, American hospitals generally viewed premature infants as too weak to save, making this first clinical use a major milestone. Edith weighed just over 2 pounds when placed into a newly imported French-style incubator. Because traditional hospitals refused to adopt or fund incubators, Couney famously exhibited premature babies in glass incubators at expositions and Coney Island amusement parks, charging 25 cents admission to provide completely free, state-of-the-art care for the infants.



Just For Laughs:

- Why did the apple cry?
(It's peelings were hurt)
- How do you get a squirrel to notice you?
(Act like a nut)
- What is the tree's favorite drink?
(Root beer)
- Why did the little leaf go to see the school nurse?
(He was feeling a little green)
- Why was the computer feeling cold in September?
(It left its Windows open)
- Why did the grill go to therapy at the end of summer?
(It was feeling burned out)

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

— Helen Hunt Jackson



a bird does not sing
because it has an answer,
it sings because it has a song

Marya Angelou

SEPTEMBER'S BIRTHSTONE *the Sapphire*



Your birthstone radiates wisdom,
strength, and serene confidence.

Your calm is your edge.

Why do the flowers return each summer
When they know September winds
Will wilt away their carefree days

They must know the secrets
Of what makes this life worthwhile
To bloom in spite of ever-changing skies

emma.the.poet



When you are reluctant to
change, think of the beauty
of autumn

V V Brown

Upcoming Events:

Tuesday, Sept. 1 - Shopping/Walmart (Sign up if interested)

Friday, Sept. 4 - Casino Party, @ 2pm, in the Dining Room

Monday, September 7 - Labor Day

Tuesday, September 8 - Scenic Drive (Sign up if interested)

Wednesday, Sept. 9 - Prayer & Reconciliation, @ 2:30pm, in the Chapel

Tuesday, September 15 - Shopping/Dollar Tree (Signed up residents)

Friday, September 18 - Webcast @ 2pm, in the Chapel

Tuesday, September 22 - Meal Outing (Sign up if interested)

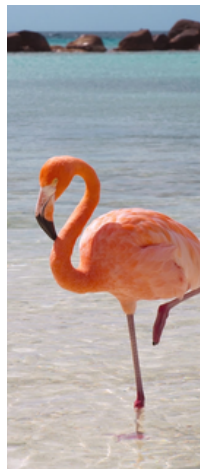
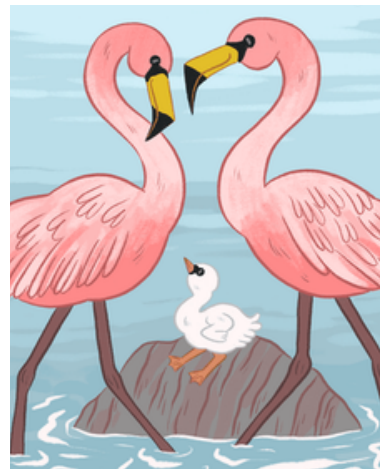
Friday, September 25 - Birthday Party @ 2pm, in the Dining Room

Tuesday, Sept. 29 - Resident Council Meeting, 2pm, in the Dining Room

Did You Know?



Flamingos are born with gray or white feathers. They get their pink color from the food they eat, such as algae and brine shrimp, which are full of natural red and orange pigments called carotenoids. If a flamingo stops eating these foods, new feathers grow in white. They feed with their heads upside down in the water to scoop and filter mud and food through their specialized beaks. Flamingos stand on one leg which helps them save body heat and stay balanced in chilly water. They group together in flocks called a "flamboyance".



Regular Events:

Restorative Exercises

Monday - Saturday @ 9:45am in the Dining Room

Bunco

Every Sunday @ 2:00pm in the Dining Room

Bingo

Every Monday & Thursday @ 2:00pm in the Dining Room

Mass

Every Sunday, Tuesday, & Thursday @ 10:30am in the Chapel, and on additional special occasions as announced



Lilia Linton's Massage Therapy

**Wednesday,
September 16th**

**Please see a member of the
Activity Staff to
schedule your
appointment.**



Sandy's Sansbury Salon

Will be closed temporarily:

Please see a member of the
Activity Staff to
discuss your hair care needs.

A heartfelt thanks goes out to our families for your continued support, and to our volunteers who give so much of their time to bring joy to our residents. You have servant hearts and we are glad that you share them with us!

September Word Search

S D J L J A E D S E L P P A C O Z T Q X M Q N
Y A G O S Q X T R P M V J T H V M B C R J A D
Q J P I S C N R O C A I P A E Z G U V H L S V
J P K P I E H Q D Y Y A G T T W U O J B A X U
N K A Y H J P O Q T K I U R G U Z V M P B O M
Q E E T S I Z O O H V Z J T A H Y V V I O N G
J R H R R D R C C L L C I B U T R B Q F R I Y
D E O B M I A E K M Q C W I O M E J V F D U Y
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H L J Q F A L L Z E O E Q E K D T G G H F R T
X G E Z C Q R G P B Z B F J N R E H C A E T T

September

School

Acorn

Sunflower

Classroom

Fall

Autumn

Harvest

Sapphire

Equinox

Patriot Day

Aster

Labor Day

Migrate

Homework

Apples

Trails

Teacher