

September 2026

Stoney Point Meadows

1900 Stoney Point Rd, SW Cedar Rapids, IA 52404 | (319) 382-5080



Stoney Point Meadows Leadership Team

**Director of Housing –
Dawn Martin**

**Marketing Director –
Jill Ryder**

**Business Office Manager –
Melissa Dostal**

**Director of Health
Services –
Brandi Simmons**

**Maintenance –
Matt Russell**

**Dietary Director –
Skylar Bean**

**Assistant Dietary Director
– Madison Huston**

**Activities Director –
Alex Benion**

**Receptionist –
Machelle (Mickey) Kness**

Back to the '70s

September often marks a return to routines, and during the 1970s, it also signaled the start of a new television season. Long before streaming and on-demand viewing, fall TV premieres were major events. Families gathered around the television to watch the first episodes of returning favorites and discover new shows that would soon become part of everyday conversation.

The 1970s are often remembered as a golden age of television sitcoms. Programs such as *All in the Family*, *The Mary Tyler Moore Show*, and *Happy Days* reflected changing social attitudes while providing plenty of humor. Their characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances. Artists experimented with new sounds, helping shape modern popular music.

Fashion followed suit with bold styles and colorful self-expression. Bell-bottom jeans became one of the decade's most recognizable trends, often paired with platform shoes, wide collars, and eye-catching patterns. Whether on city streets, school campuses, or television screens, 1970s fashion embraced individuality and flair.

One song in particular has become closely associated with September itself. In September 1978, Earth, Wind & Fire released the hit song "September." Its upbeat rhythm and memorable chorus helped it become one of the most enduring songs of the era. Decades later, it remains a staple at celebrations, sporting events, and community gatherings.

From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the 1970s left a lasting mark on American culture. Every September, as television networks unveil new seasons and the familiar strains of "September" begin to play once again, echoes of that remarkable decade are never far away.

Check Out Some Photos from the Previous Month!



Welcome New Residents!

Sue Goettel

Donna Ulferts

Jerry Fitzgerald



A Paper for the People

On September 3, 1833, in New York City, Benjamin Day began printing his daily newspaper, *The Sun*, for which he charged one penny per copy. For this reason, September 3 is celebrated as Penny Press Day. Day's small paper was groundbreaking for many reasons. First, it brought the news to the masses. Working-class families and immigrants could at last afford to be well informed. Secondly, it relied on advertising, not subscriptions, for revenue, which helped keep its cost low. The invention of the steam engine also aided Day's cause. In 1840, he could print 4,000 copies an hour; by 1851, he was printing 18,000. Day was also the first newspaperman to hire reporters to follow stories. Thanks to his ingenuity, Day became New York's first great newspaper magnate.



Welcome, Mercedes Gentner!

Please join us in welcoming Mercedes Gentner, the newest Activity Assistant who will primarily be working in Memory Care. Please read the article below to learn a little more about her!

Originally born in Minnesota, Mercedes was adopted at age four and moved to Urbandale, Iowa at age seven, where she attended St. Pius X before graduating from Johnston High School. Mercedes made the move to the Iowa City area in 2020 and has been loving the community ever since.

Mercedes brings a vibrant energy and a wide array of hobbies to our community:

- **Travel & Cafes:** Passionate about exploring new places and on a continuous quest to try every coffee shop in sight.
- **Sports & Music:** An avid hockey fan who loves cheering on the Minnesota Wild, Vegas Golden Knights, and local Iowa Heartlanders, as well as catching live concerts and music festivals.
- **Social & Leisure:** Always up for a patio happy hour with friends or a relaxing round of golf. Although she admittedly is not very good.
- **Cozy Pursuits:** Big fan of the fall and winter seasons. On rainy days, Mercedes loves painting, working on artsy projects, or cuddling up with her cat, Mezzi, to watch home remodeling shows and whodunit movies.
- **Sweet Tooth:** Unapologetically fond of sweet treats—if you ever need help finishing off a dessert, you know who to call!

Mercedes is thrilled to join the team and looks forward to getting to know all of you!



Gnocchi Night

In Argentina, the 29th of every month is Gnocchi Day, with families gathering together to make and eat this delightful little dumpling. So this September 29, why not try some gnocchi yourself?

Gnocchi are a form of potato pasta originating in Italy. When Italian immigrants came to Argentina in the 19th century, they brought with them their favorite Italian recipes. In Argentina, payday was on the first of the month, so by the 29th, most families were left with little in their larders, perhaps just some potatoes and flour, the key ingredients for gnocchi. Families could whip up a quick, inexpensive, and filling meal. Even today, travelers to Argentina will find gnocchi on the menu every 29th day of the month.

September Spotlights

Congratulations to our September Resident and Staff Spotlights! Please see the bulletin boards located on each floor for a short article on Rob and Hannah!



Rob Schneider – Resident Spotlight



Hannah Durivage (Cook) – Staff Spotlight

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Resident:

September 10th – Connie Fett

September 18th – Donna Ulferts

Staff:

September 2nd – Iletou Etekpor

September 4th – Melissa Dostal

September 19th – Daysha Gibson

September 21st – Yezi Park

September 28th – Angelica Riha

Switchboard Switch Out



Emma M. Nutt made history on September 1, 1878, when she became the first female telephone operator. It had been customary for teenage boys to be telephone operators. However, these youth proved impatient over the phone, played pranks on

callers, and often used crude language.

Alexander Graham Bell himself came up with the solution to hire young women, and he started by hiring Emma Nutt. Needless to say, Nutt's cool, soothing voice transformed the new industry. Emma's sister Stella Nutt was hired just a few hours later. Emma Nutt was so successful that telephone operation became an exclusively female profession. Indeed, women relished the professional opportunity, which was considered a step up from domestic duties and factory work. Women would operate telephones for almost the next 100 years.