

Summer Times

Vol. 5 No. 1

A Monthly Newsletter

September 2012

“CELEBRATION TIME FOR ‘Leap Year’ BABIES”

*If you were born in “1912”,
it was a “Leap Year.”*

If you were born in September of that year, you were born under the star sign of Virgo. You have a choice of either Aster or Forget-Me-Not as your flower. Your birthstone is the true blue gem, sapphire. This gem has long been the symbol of “truth, sincerity, and faithfulness.” It was September 20 and 22, 1912, two beautiful autumn days when the leaves had just begun to slightly turn colors of red, gold, brown, and gray. To look out of the window and see such colors was “breath-taking.” But that was not the most “breath taking” event of that day. For Mr. and Mrs. William Woodard, it was the birth of Thelma Woodard and for Mr. and Mrs. Frank Blevins, it was the birth of Mabel Blevins. Yes, across the country from each other, they arrived. Both families had such a wonderful feeling that each of their daughters would be truthful, sincere, and faithful young ladies who would not give them any troubles. For, each would be a true *“sapphorette”*.

They grew up to be charming and classy ladies who married and later had children that they are “unabashingly” proud.

How interesting and fascinating that fate would have it that these *“leap year babies”* both of whom were born in the same month, 2 days apart, and in the same year, chose to spend their retirement years at Summerset Assisted Living, Inc.



Both families have chosen to have a festive celebration to commemorate this centennial affair, both on the same day but of course, at different times.



*100 years old! What history!
What a blessing!*



*Mrs. Thelma
Woodard Archambeau*
September 20, 1912



*Mrs. Mabel
Blevins Goseer*
September 22, 1912

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DID YOU KNOW THAT...?

1. Summerset has an **Alzheimer's Support Group** on **October 25, 2012**. It is always the last Thursday of each month at 6:30 p.m.
2. Kaiser Permanente conducted a longitudinal study on smoking and its long-term consequences on dementia. The study's principal investigator, Rachel A. Whitmer, Ph.D. found that, "Heavy smoking in midlife is associated with a 157 percent increased risk of developing Alzheimer's disease and a 172 percent increased risk of developing vascular dementia." *Heavy Smoking Doubles Alzheimer's Disease , Dementia Risk*. Kaiser Permanente, [Archives of Internal medicine](http://www.dor.kaiser.org/external/news/pressreleases/Heavy_Smoking_Doubles_Alzheimer's.s). 10/25/10. (For additional information : http://www.dor.kaiser.org/external/news/pressreleases/Heavy_Smoking_Doubles_Alzheimer's.s.)
3. Summerset has a **Volunteer** Program and is actively seeking caring and loving personalities who could share a little time with our Fantastic Senior Citizens!
4. Summerset's Mission Statement is: "***Providing Top Quality, Excellent, and Compassionate Care for Those We Serve.***"
5. Exercise is **one** of the many comprehensive treatment plans for arthritis. As with any exercise, please **contact your physician before you embark on this activity.**



6. Months are sometimes used to bring awareness to increase our knowledge about events or illnesses. In this case, September is **Cholesterol Education Month, Healthy Aging Month, Gynecologic Cancer Awareness Month & Assisted Living Month.**
7. May West, stage and movie star (1893-1980), was well known for many interesting quotes; one of her quotes, our residents like is: "***You only live once, but if you do it right, once is enough.***"
8. The First Night Football Game was in 1892 and took place in Mansfield, PA. It ended in a scoreless night.
9. **Dog-Whistle Politics** is alive and well in this campaigning season. When code words are used, these code words appear to mean one thing to the typical population but have a totally different meaning for a targeted audience. Listen out for them!



A DOG WHISTLE

Expressions have layers of meanings;
And unless you know the history of such,
You are not going to ascertain very much;
Actions will be taken and people will be shaken;
While not knowing the stem;
Until **IT** hits them;

It's a "Dog Whistle".

It's a call to the intended;
While others may not know to be offended;
Hateful messages may not always be apparent;
Bitterness, may not always be coherent.

Know that it happens all of the time;
Know that it's there to play with your mind;

It's a Dog Whistle!

GHW

Some Activities at Summerset



Another Wonderful Bulletin Board by Mrs. Lilla Kellogg.

INTERGENERATIONAL TIME



STAFF TIME WITH RESIDENTS IN ACTIVITY ROOM



Nurse Blanchard creatively working with residents during a "Medical Moment Discussion".



Game time with Carol Godard.



Devin Farmer, Librarian, Southwest Branch – Atlanta – Fulton Public Library, adds "PIZZAZZ" to the Summerset Book Club meetings.

Annual Spring Fling: Tour of Metro-Atlanta



Our residents enjoy the cushiony seats.

Row 1: Mrs. Bessie Strong, left, and Mrs. Freddie Mae Jones



Row 2: Mr. Nathaniel Davis, left and Mrs. Missouri Scott

Row 3: Mrs. Thelma Archambeau, left, and Mrs. Mildred Thomas



Dr. June Dobbs Butts, foreground, and Mrs. Mildred Thomas



Mrs. Leila Barfield



*Mr. Walter Butts
(No relations to Dr. Butts above.)*

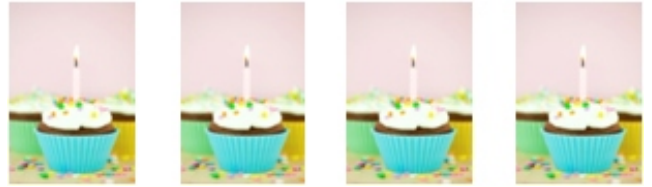


James Willis assisting Mrs. Queen Sanders, Mrs. Lillie Hall



Owner/Driver, Royalty Tours Express, LLC

Some Birthday Celebrations at Summerset



Elisa Dunn, Life Enrichment Coordinator, entertains residents during a birthday celebration.

*Left to right:
Mrs. Gwendolyn Blount, Mr. Norris Callier,
Dr. Jerlyn Manuel, and Mrs. Gissie Wallace.*



*Left to Right:
Mrs. Lila Bell, Mrs. Leola Hankerson,
Mr. John Bryant and Mrs. Lexie Williams.*



*Left to right:
Captain Annette Jones, Mrs. Freddie Mae Jones,
Mrs. Alva Fields, Mrs. Alfred White-Smith,
and Mrs. Phyllis Lowery.*



Happy Birthday...

Our Residents are Computer Savvy



Cheryl Witherspoon working with Mr. Thomas Dabney.



Mack Willis, Jr. speaking with Mr. Leroy Pulliam about the latest technology.

CAN YOU GOOGLE?

When the term was first introduced to the residents their response was, “Can I What?” Now, it is a familiar term with them.

Occasionally, when you walk by the activity room, you’ll hear them speak of the search engine, Google, that can help you find answers to almost anything you need. “Now, let’s Google, said one of the residents. I would love to learn more about my medication.” So, off to Googling they went.

The Life Enrichment Coordinator gave the residents a brief summary of the term and company. So, at dinner, one of the residents informed her tablemates: “I heard that two young men in college started that company in California and here we are getting into the ‘Google’ spirit in Georgia.”

Isn’t that great!???

Our residents are challenging other senior citizens to GOOGLE!



Taking Work Home is a Real NO, NO!

An employee was **rushing** to work and later **rushing** out to her car. Both times she was carrying her computer bag on rollers plus another bag.

The next day, the resident stopped the young lady and said: "You troubled my heart yesterday, yet I know where you are coming from. I did that once but learned early after a senior relative of mine told me that **taking work home is a real no, no!**" She went on further to tell the employee, "You know, I have been watching you for awhile, and, today I thought that I would let you know that I love you and want you to slow down and take care of yourself, even when you are extremely, extremely busy".

Can you think of times that it seems that you simply have too much going on in your life? You have meetings at your job, meetings at church, club meetings, classes to attend, study sessions, in-services to attend, plus date and time sensitive projects. Just when you think that you cannot have anything else on your platter, Murphy's Law sets in! What about the work you have taken home? It seems now **that** work is staring you square in the face. Do you need a twin? The answer is no. You need to take the resident's advice, slow down and take care of yourself.

Here are few helpful hints to take care of yourself: **Remove "unessentials"** from your list. Maybe laundry can be put off and maybe a call from an overpowering girlfriend can be put off.

Sit on your chaise lounge or chair with your feet on an ottoman, close your eyes and listen to your favorite calming music.

Make a plan for each task that needs to be done. If you do not have an agenda for a meeting that you are calling, as an example, you may be scattered and miss major points that need to be covered.

Divide your personal weekly care plan. Thursday could be the day to shave your legs; Friday could be the day to give yourself a shampoo and Saturday could be the day for your nails.

Tweet or text message a dear friend, just to say hello.

Relax in a hot bubbling bath with candles lit.

Exercise (walk everywhere).

Organize your workspace and try and keep it tidy. Believe me, it will assist in your focusing and reduce your overwhelmed feeling.

Limit multiplexing.

"55 gentle ways to take care of yourself when you're busy...". www.thefreedomexperiment.com/2011.

Don't take work home!

Don't you feel better already?



'DO YOU THINK THAT'S ACTUALLY WORK HE TAKES HOME? OR OFFICE SUPPLIES?'

www.Cartoonstock.com

Health Tip of the Month

If you do not feel like yourself, if something is definitely wrong, don't sit on it. **Call your doctor** and tell her/him. Your concerns, via a call, could reduce major medical problems down the road or it could be just in time to get a statement like: "Thank you for coming in time, we can treat this!"

Remember, call the expert!



CUT ALONG DOTTED LINE



CUT ALONG DOTTED LINE

Yes, I would like to learn more about Summerset. Please send me more information .

Name _____

Address _____

City/State/Zip _____