

Tickled

Have you ever had to tickle yourself,
And see if it's for real?

Have you ever had to pinch yourself,
Because you couldn't sit still?

Have you ever had to sing a song,
And thank God for such a great day?

Have you ever had to just sit and smile,
And see premature flowers even **before** the
month of May?

Then you are living at Summerset,
A great place to be...

If you are not living at **SUMMERSET** you can,
For an **AFFORDABLE** fee!



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 _____

Health Tip of the Month

According to Dr. Irwin Smigel, DDS, founder and president of the American Society for Dental Aesthetics, chewing on solid, crunchy fruits and veggies such as apples, celery and carrots can definitely help message gums and teeth. He also indicated that rinsing with water and salt 2 or 3 times a day can help to maintain healthy gums. (Prevention Magazine, March, 2010).



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I COULD HAVE DANCED ALL NIGHT

Have you ever dressed up for a ball and everything seemed to have gone your way? Your dress is beautiful, your shoes look and feel wonderful, your hair is in place and gorgeous and has given you just the crown you needed. Everything was right with the world. Well, if you have felt that way, then you know how **Mrs. Murleen "Kitty" Blair** felt when she entered the ball room with her knight in armor, **Mr. James Blair**, who was employed in Washington, D.C. with the government and considered to be a mover and shaker.

After the "Steak Dinner" with the President, it was time for the dance. Mrs. Blair and her husband smoothly waltzed over the floor until they decided to take a break. Just as she had begun to relax, **President Gerald Ford** came over and extended his hand and asked her if she would honor him by dancing with him. Mrs. Blair and her husband smiled and she acquiesced. Mrs. Blair was so graceful and so beautiful; one of the photographers unbeknownst to Mrs. Blair made his way over to the floor and took a picture of these two dancers: President Ford and Mrs. Blair. A month later, Mrs. Blair received a box in the mail, thanking her for the dance and offering her the picture shown below. Mrs. Blair said that it was an evening to remember: "I danced with the President, the music flowed magically, and most of all **I could have danced all night** with my husband".

(Recent picture of Mrs. Murleen "Kitty" Blair is on page 4)



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DID YOU KNOW THAT...?

1. **Antibiotics** have been historically used to fight bacterial infections, such as Strep Throat and UTIs (Urinary Tract Infections). Some medical researchers indicate that these powerful medications have been used too frequently and in the wrong ways; such frequent use leads to antibiotic resistance, the growth of germs that these drugs can not treat. Some experts in the medical profession feel that one should remember that common illnesses, such as upper respiratory infections (flu and the common cold) and acute bronchitis (inflammation of small tubes in the lungs) are caused by viruses, therefore, **antibiotics** may not help one to recover. **REST** and **PLENTY of FLUIDS** are test treatments, and over-the-counter medications can relieve symptoms, while one's body **heals**. It is a known fact that **hand washing frequently with soap and water** can reduce ones risk for catching and passing on germs. However, if one's physician prescribes antibiotics, it is **necessary** to follow her/his instructions/orders and finish the whole prescription. Health Matters. Winter, 2009/2010. (Health Matters is a newsletter for EmblemHealth).



2. Summerset's visiting hours are 9:00 a.m. to 8:00 p.m.
3. In the last Census taken, health officials predicted that by 2050, more than 800,000 Americans would be pushing into their **second century of life**; Alice Park, the author of the article, indicated that some experts feel that after the 2010 Census are tabulated, that figure will increase. "How To Live 100 Years." TIME, Vol. 175. No. 7, 2010.



4. Did you know that some people suffering from Alzheimer's respond favorably and emotionally to songs that they knew when they were children or even young adults. These songs bring back memories that might not be previously remembered or communicated. In Oliver Sachs's book, Musicophilia Tales of Music and the Brain, he states that people's "Faces assume expression as the old music is recognized and its emotional power felt. One or two people, perhaps, start to sing along, others join them and soon the entire group- many of them virtually speechless before- is singing together, as much as they are able." **Oh, the power of music!**
5. Summerset has "4" pianos. (If you play, we would love for you to share your talents with our residents).



Mr. Lawrence Weaver, a well known pianist in Atlanta, plays week days at Summerset for the residents.

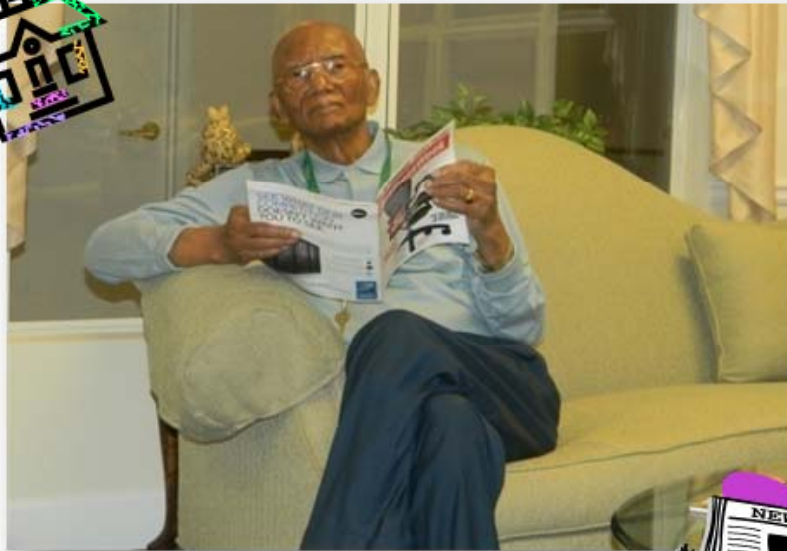
Even More Pics at Summerset



Residents are showing the staff a few moves!



More Pics at Summerset



Mr. Murray Holmes



Mr. Nathaniel Davis



Both retired principals are avid readers.

A BIT OF HISTORY

Summerset has a 7,000 square foot walking garden, named for Mrs. **Emma Casselberry**. Mrs. Casselberry was Summerset's second resident. She moved to Summerset from Orangeburg, North Carolina in 2000, where she was Executive Assistant to several College Presidents at Claflin University in Orangeburg, South Carolina.

Mrs. Casselberry was such a beautiful, sweet and smart lady. She loved her daughter, **Dr. Jane Dawkins**, loved dancing and, oh yes, loved her Delta Sigma Theta Sorority.



A shot from the Emma Casselberry Garden



Another shot from the Emma Casselberry Garden

DANCE

Dance Emma, Dance.
Let your dress sway this way.
Let your dress sway that way.
Dance Emma Dance.

Dance Emma, Dance.
Do you hear that Ella sing her song?
Do you hear that Lewis blow his trumpet so
thymatically and stronger?

Dance Emma... Oh Emma,
Can't you slow down?
Your legs are moving so fast,
Emma, you go on to town.



Emma, did you do that in "the way back when?"
Oh, forgive me Emma, I just committed that don't mention my age sin.
Emma, slow down. It is hard for me to keep up.
Let me sit Emma, I'll watch, while I sip my **special tea** from my cup.

Dance Emma, dance with your red and white.
Dance Emma.
Emma, trust me, **you'll sleep well tonight.**

GHW



Pics... Pics... Pics...



*Michael's spirit is still alive...
Everybody wants to impersonate.
Dr. Charlene Rice came to entertain
the residents.*



*Mr. Robert Brown (left) and Mr.
James Gaither (right) are
enjoying a good joke and laugh*



*Mrs. "Kitty" Blair at one of Summerset's
Wine and Cheese gatherings.*



*Mrs. Thelma Archambeau in
green (right) and Mrs. Juanita
Williams in yellow (left) are
enjoying an afternoon
conversation before getting
activity instructions.*



Some Additional Summerset Programs

Respite Care

The Summerset Respite Care Program offers a safe and alternative home like environment for those persons in need of assistance for a limited amount of time.

Our Respite Care might be the answer for those people recuperating from a hospital stay. We can provide relief to the primary care givers who need to take a vacation from their day-to-day responsibilities. The program offers a short stay of three days or a longer stay of up to 30 days.

The Respite Care suites are fully furnished, comfortably decorated and come with all toiletry supplies. Summerset provides three meals daily and special diets may be accommodated. The Respite Care guests can enjoy all of the activities offered to our permanent residents.

Adult Day Care

Summerset's Day Care Program is a lively program with activities provided from 8:00 a.m. until 6:00 p.m. Monday through Friday. Many day time guests' favorite entertainment requests are honored as much as possible. This program is an excellent way for residents to meet new friends and share wonderful feelings, moments, and discussions.

Our daytime guests can enjoy Salon Services, Chapel Services, Medication Monitoring, 2 delicious and nutritious meals daily (special diets are recommended.)

The daytime guests will experience the same warmth and comfortable FAMILY STYLE CARE that our residents experience daily at Summerset.

Special Care

It is a wonderful and exciting program.

Summerset's Special Care Program is for those memory challenged persons with impairments such as dementia or Alzheimer's. Each resident shares the basic services and amenities offered at Summerset as well as "special activities". These activities are focused on providing appropriate amounts of stimulation and exercise, allowing residents to enjoy their daytime and nighttime hours.

Depending on the level of care a resident needs, Summerset will tailor a "Special Care Plan" that incorporates the resident's needs and desires to provide for a most pleasant day. Whether it is games, gardening, other activities, or just sharing a comforting smile, Summerset provides your loved ones with an interesting, loving and safe place to live.

These residents will also enjoy delicious and nutritious meals, medication monitoring, salon services, twenty-four hour, 7 day a week attention provided by the Resident Care Director and a state-of-the-art emergency alert voice communication system.