

### Health Tip of the Month

**You can exercise your brain:** “Neurologists tell us that we can engage in mental activities that keep our minds and memories sharper. With today’s sophisticated brain-imaging techniques, it is possible to witness the way mental exercise promotes the growth of new brain cells and brain connections. Any activity that stimulates the brain cells and brain connections in a new way can be protective. Take a language class, learn to play an instrument, or improve your computer skills. Humor is protective, so find things that make you laugh or better yet, share a laugh with a friend!” Caring Newsletter. Volume 14. Issue 1.



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

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_



### When I See Children, I Think: **What a Wonderful World!**

The residents are often graced by the beauty of children coming in to see the residents, entertaining them, and interacting with them. Most recently, Beecher Hills Elementary School came with an orchestra, singers, as well as dancers. They were magnificent. They were kicking their heels while singing: “*It Don’t Mean a Thing, If It Ain’t Got That Swing...*”. **What a group!** The children even had some of residents dancing.

After the dancing and singing, the children went around to each resident and introduced themselves, told them about themselves, and what was happening at their school during the month of February. They also wanted to know a little bit of information about the residents. Everyone seemed to have had a wonderful experience.



Beecher Hills Elementary School students and teachers.

After the children left, one of the residents started to sing one of Louie Armstrong’s songs, “What a Wonderful World.” He told his tablemates later that it seemed so much like love. “The young people came over and shook our hands. I could tell that they liked what they were doing and liked us. Couldn’t you feel that?”, he said. “Those little babies, wanted to be our friends and I know they thought of us as grandparents. They made me proud and I can imagine that they must have made their teachers proud”, he continued.

“Did you feel that way?”, he asked his tablemates. “They are so smart and were so comfortable with telling us about their lives. Some had big words.” Everyone smiled and agreed. “Our world is in good hands”, he said. Then he continued to sing at the table, “**What a wonderful world. OOOh yeah!**”

I understand what the resident meant when he was singing Louie Armstrong’s song. Look at the lyrics below and you will understand also:

“...The colors of the rainbow so pretty in the sky,  
Are also on the faces of people going by;  
I see friends shaking hands saying how do you do;  
But what they’re really saying is I love you.  
  
I hear babies crying and I watched them grow;  
They’ll learn much more, than I’ll ever know;  
And I think to myself what a wonderful world.  
Yes, I think to myself what a wonderful world.”



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**DID YOU KNOW THAT...?**

1. **Visiting hours** are between **9:00 a.m. and 8:00 p.m.**
2. **There is devotion** Monday through Friday at Summerset as well as exercise Monday through Friday, 10:00 a.m. – 11:30 a.m. Please join us when you can.



Residents exercising with Physical Therapists

3. Our **oldest resident** at Summerset is **102 years old**. She is full of energy, happiness, and love.
4. Taking care of grandchildren and other dependents **may** entitle you to additional tax breaks.
5. **Eating fiber-rich foods**, keep you feeling fuller longer as well as helps with a sluggish metabolism. Katherine Patton, Nutritionist, The Cleveland Clinic's Heart and Vascular Institute. Prevention Magazine. Feb. 2015. P.104.
6. **Robert Hightower** was the **first Black Trooper in Georgia**. He was appointed by Governor Lester Maddox. Governor Maddox also appointed **James Edward Dearing** to be the first Black Special Agent of the Georgia Bureau of Investigation.
7. **We have 6 months to mind our own business and 6 months to leaves others alone?**
8. Summerset has an Alzheimer's Support Group. It is scheduled to be held on the last Thursday of each month.



Students from Mays High School visit with the residents.

9. The **Germans** started the concept of birthday celebrations; they called them kinderfests. Now the entire world has adopted this custom.
10. **Chinese** feel that the tigers are protectants of children, and gifts are wrapped with tigers on the paper, etc...
11. **Canadians** serve cakes decorated with colored sugar sprinkles and between the layers of the cake, a wrapped coin is found. There are a multitude of party games and the person who finds the coin in the cake is the **first one to get a turn at all of the party games that are played during the duration of the party.**
12. **Argentinians** and **Brazilians** pull the earlobes for every birth year of the person who is celebrating her/his birthday.
13. **Nigerians** have lavish birthday parties and a cow or goat is roasted for such a feast.

**OTHER ENJOYED ACTIVITIES**

- End of the month birthday celebrations
- Visitations from school children
- Lavish dinner parties
- Spa Days: Lotion Therapy
- Entertainers
- Services at Foundation Church at Summerset with Pastor Webb
- A hug from an employee



Kimarka Coggins and Mrs. Annette Battle

**A 5-MINUTE WALK**

Walk for 5 minutes to get your muscles warm and loose for strength training. You should walk outside, if the weather permits, inside around the house, or on a treadmill, if you have one. Walking will help direct blood flow to your muscles and get your body ready for exercise. Warming up is important for preventing injury. It also helps you get the most benefit from the exercise, because flexible, warm muscles respond better to the challenge of lifting weights.

You can also use a bike, rowing machine, stair stepper or other pieces of aerobic equipment to warm up.

Get **BUSY** and do that 5 Minute walk!

AARP Exercise Manual.

**NEED A LAUGH?**

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal and an extra drink cup.

As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then he poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap.

The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs.

The old gentleman said, "Oh no, we've been married fifty years, and everything has always been and will always be shared, fifty/fifty."

The young man then asked the wife if she was going to eat, and she replied. **"It's his turn with the teeth."**

Hansen, Mark Victor and Linkletter, Art, How to Make the Rest of Your Life the Best of Your Life. Nashville, Tennessee: Thomas Nelson, Inc., 2006.



*A good laugh can jog the "inner you" and that's a good thing!*