

An Assisted Living Community **Summer Times**

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A Monthly Newsletter

June 2015

Our Centenarians

There is a rare club at Summerset. It is the Centenarian Club. To be a member, one must be at least 100 years old. Also, to be a member and be active is marvelous. **What a blessing!!** The club met for the first time in June and were so excited. The Life Enrichment Coordinator, who met with them, told them that the next step is to join the Supercentenarian Club. Two residents said that they were already there and told the rest to hurry and catch up. The all laughed and then enjoyed their tea and cookies.

These members will convene monthly with the Life Enrichment Coordinator to reminisce and just talk about how times differ. They found out a bit of trivia at the meeting. It was told them that California, New York and Texas have the largest number of centenarians, respectively.

While at this June meeting, they also shared tips that might have contributed to their longevity. One person said that, "Enjoying life and not frowning so much are truly a part of my life. She felt that laughing a lot and not getting so up-tight all of the times helped her through life. Another chimed in and said that, "We spend so much time stressing out about things and all we have to do is to let go of it and let God. He's going to take care of it anyway." Another agreed and said, "While you are planning and getting up tight, it has already been planned by God. I am not saying not to plan, just not to get so up tight about life." One of the administrators that was present, said, "So, the theme here is to just enjoy life and relax a bit." Another agreed and said, "Remember, also that you are in charge of your life and the choices that are made are made by you, so, be positive and make good ones, be kind and everything else will fall into place."



They all seemed to have agreed. One person said, "Can we say what they use to say during my day after a social gathering? ...And a good time was had by all!" It ended in prayer and also, with one lady saying, "Look at us, we are old and beautiful." However, you can ask her any day how she is doing and that is her response, **"I am old and beautiful."** Talk about being positive, she is always.

Left to right: Ruth Lamar; Daisy Hardeman, Thelma Archambeau, Fannye Watson, Sadie Brown, and Elva Foster



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DID YOU KNOW THAT...?

- Brushing and flossing have been associated with lowering the risks of heart disease, dementia and stroke. *Internet. "How Can Flossing Help Prevent Heart Disease?" Dr. Martha Cortes, DDS. 2015.*
- A cup of Greek coffee rich in antioxidant and polyphenol MAY be a key to living longer.
www.newsmax.com/health/Anti-Aging/Greek-Coffee. Key-to... May, 2013.
- Those who complete high school live longer than those who do not. *Internet. "Higher Education Linked to Long Life."*
www.usatoday.com/news/health/story/2012-05-16/health.
- Women in their 40s who waited to have children seem to live to be 100.
<http://theadventurouswriter.com/blogbaby/having-a-baby-in-your-40s-equals-a-longerlife/>
- Being positive and having a positive outlook on aging could help in living longer. *Internet.* www.huffingtonpost.co.uk/
- Going to church can add years to your life. *Internet.* New York Times. T. M. Luhrmann. April, 2013.
- Eat a lot of fish! Fish contains omega-3 fatty acids. Researchers say that practice can add years to your life!
www.reuters.com/article/2013/04/03, Omega-idusBRE9320...

Longevity

If I had known I would have lived this long,
I would have taken better care of myself;

Late hours in my favorite bar;
Stayed too long, out of control;
Can't find my car;

If I had known I would have lived this long,
I would have taken better care of myself;

Nothing but burgers and fries;
I'm gonna lose weight tomorrow,
I'm gonna cut out so much red meat;
I knew then they were all lies;

If I had known I would have lived this long,
I would have taken better care of myself;

Doctors, I would rarely see;
Even when I got calls, to remind me;

Oh well... But look at me now!

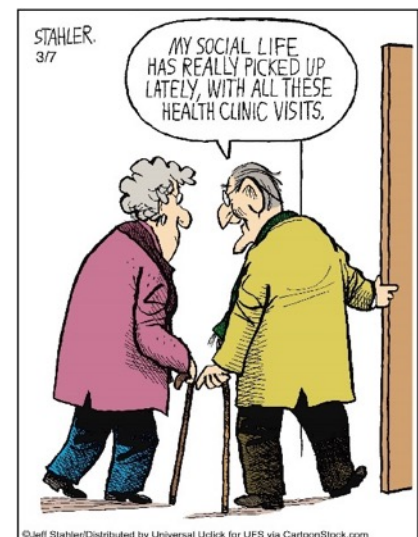
100 years and more!

Unique; I am God's prodigy to the core!

GHW



Mrs. Lillie Hall, Mrs. Thelma Williams, and Mrs. Ruth King
enjoying sitting on the porch at Summerset.



www.cartoonstock.com

OTHER ENJOYED ACTIVITIES



Residents Posing for a "Pic" After a Powerful Tour of the Civil Rights Museum.



"Our" One Man Band, Mr. Mason Johnson, Playing at the Residents' End of the Month Birthday Party.



Residents Getting Their Daily Exercise.

VACATION TIME?

Vacation time is upon us! Have you planned some "Me Time"? You can take the time and leave the care of your loved one(s) to us.

We have a wonderful respite program. This program offers a safe, loving care, 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 also for recuperating from a hospital stay. We can provide relief and the primary care givers can take that needed and well-deserved 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 nutritious meals and snacks daily, plus special diets may be accommodated. Medication assistance, with special emphasis on special needs such as diabetic management are part of our program. The Respite Care guests can enjoy all of the activities offered to our permanent residents.

There are so many more offerings. Come explore us today.



Mrs. Mary Miller Sharing Current Events in the Front Office

Health Message of the Month: Let's Pay Attention to HBP

"...Blood pressure is the amount of force that your blood exerts against the walls of your arteries and veins.

Imagine the walls of your arteries are a dam and your blood is a very tiny river running towards the dam. When the river is low as with low blood pressure, the dam can hold water without a problem. When the river overflows and swells as with blood pressure, the dam has more trouble holding back the water.

If pushed too hard by the long term high pressure or a quickly spiking pressure, the dam can break and water spills out.

Unfortunately, the same thing happens overtime with high blood pressure (HBP)."
Urban Family Practice, Marietta, Georgia.

So, what can we do? See your physician and follow her/his orders. However, we do know that exercising (with your physician's knowledge) and eating correctly help, plenty of fresh fruits, and vegetables (the colors of the rainbow) should be added.

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

Name _____

Address _____

City/State/Zip _____