

Health Tip of the Month

Join a Yoga Program. Why? There are wonderful health benefits. Better posture, better breathing, lower blood pressure and more calmness in your life are some benefits of Yoga. Web MD, 2012. (The entire article was reviewed by Andrew Selbert, MD. May 10, 2012, per Web MD.)



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 _____



“EASY LIKE SUNDAY MORNING”

Twelve years ago, a resident was reading the newspaper in the sunroom at Summerset, when she noticed a familiar smile as a staff member was approaching her. She asked the staff member, if she had heard of Lionel Richie. The staff member responded, “Yes, I have.” However, she was surprised that this 96 year old resident was familiar with him and it showed on her face. The resident noticed the look but continued to have a dialogue with the staff member and said, “Oh, this morning is so quiet, relaxing, the air is filled with the chirping of the birds, so sweet, so pleasant, and sort of like Lionel’s song: *Easy Like Sunday Morning*”. “This Sunday morning is so easy and relaxing”, the resident said again. “Lionel’s chorus you know, in his song says, “ I’m Easy like Sunday morning”, she continued. “I am, I feel so good and I thank God for this”, the resident said.

Sometimes family members come and visit before church and others after church, but it is a wonderful time from all indications. In fact, one can catch the residents’ and their family members’ spirit of an easy Sunday morning. It seems that the poignancy of their emotion is not any sadness but **truly happiness**. It’s catching and that feeling penetrates through so successfully to others and without notice, one seems to have adopted this feeling of “EASY SUNDAY MORNING!”




Mrs. Joyce Willingham Montgomery is enjoying an “Easy Sunday Morning” with her mother, Mrs. Doris Willingham.

Sunday mornings can be easy. Everything seems relaxed and everybody seems to be moving easily and smoothly after breakfast. Some are gently relaxing before an early church service, and some are relaxing after the morning service, at Summerset, as well as at services off Summerset’s campus.



Inside This Edition	Page
“Easy Like Sunday Morning”	1
Did You Know...?	2
Happiness	3
Health Tip	4

DID YOU KNOW THAT...?

1. Germs from an unprotected sneeze can travel almost 9 feet very quickly. It has been said that the safest way to catch a sneeze is in the fabric. The person should bring the arm up and cough into the elbow or sleeve, or turn the head into the shoulder. Remember, you must have on clothing so that the microorganisms can be trapped in the fibers of a shirt or blouse and die in the fabric. *Food Safety Solutions*, p.45, Winter, 2008.
2. Summerset's residents are preparing to VOTE. Are you?
3. "Just as positive expectations can lead to healing, negative expectations may slow healing or even cause sickness or side effects. This is called the **nocebo effect**." *Health Letter*. Mayo Clinic. April, 2014.
4. Summerset has an Alzheimer's Support Group. It is held in the Multipurpose Room at Summerset the last Thursday of each month.
5. Physicals are important? Have you had yours? Why not call your PCP and schedule one.
6. The residents have council meetings the third Wednesday of each month. 
7. Madame President, pictured below, was caught reviewing her notes in preparation for May's meeting.



Mrs. Leila Barfield, The President of Resident Council

8. Summerset's visitation hours are 9:00 a.m. to 8:00 p.m.
9. An earlier study conducted in 2012 found that people who eat foods with high levels of omega-3 fatty acids may be associated with lower blood levels, thus lowering risk of Alzheimer's, and a later study done in 2012 found that low levels of omega-3 fatty acids may be attributed to memory problems.
10. Some foods that contain omega-3 acids are: Fish, Chicken, Nuts, and some salad dressings.
11. Are you hooked on smoothies? If so, just be mindful that some of the smoothies are packed with more sugar than two donuts, per the magazine, *Prevention*. They gave pictures and recipes for smoothies that will renew, energize, detox, and slash sugar. *Prevention* pp. 40-47. 2014. (Look for the exercise edition).
12. Did you know that the vivacious and talented Gladys Knight turns 70 years old on May 28th, 2014. Happy Birthday Gladys!
13. When you notice that a senior is experiencing mobility issues, it is likely a sign of functional decline. It is a time for a doctor's visit. Most times exercise is warranted. Drs. Cynthia Brown and Kellie Flood, in their study, found that exercise can help maintain mobility. These physicians' findings were published in the *Journal of the American Medical Association*. *McKnight's Long Term Care News*. November, 2013. Vol. 34. No. 11.
14. Our residents have a sitercize program five days a week (Monday through Friday).
15. **Happiness** is designing visors in the Activity room.



Residents are sporting their self-customized visors.



Mrs. Thelma Archambeau Mr. Rudolph Coleman Mrs. Gloria Hogan

Happiness is Dressing for Church



Mrs. Daisy Hardeman



Rev. Edward Brown



Mr. Clarence Bradford

Happiness

*There is an unusual glee that moves around in my soul;
As old as life and unfortunately, a cousin to strife;
It keeps me balanced and helps me get a second wind;
To deal with a frown or bad news from the same
complaining friend.*

*What is it with us, when we cannot see the blessings and
tend to sweat the small stuff?
It causes stress and creates wrinkles, so they say, and that's tough!
Both; however, can be eliminated or dissipated;
By seeing specialists;*

*But do we need to go that far,
When they can be eliminated by going to your "in-house bar?"
Just a joke to get you relaxed;
For life is a one shot deal.*

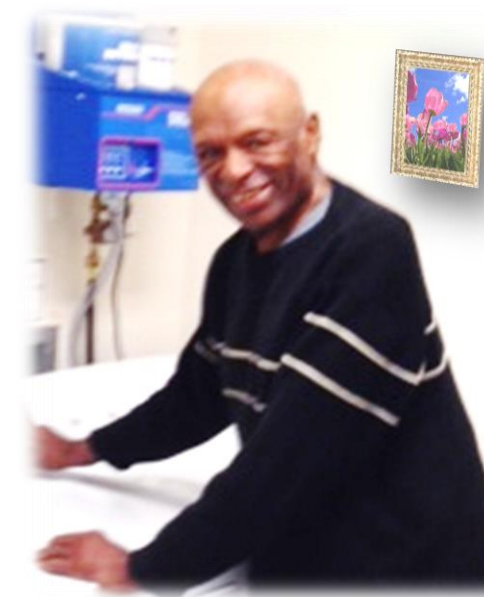
*Don't let it be so tightly knitted or closely fitted;
The truth of the matter is that you are in control of YOU!
Dust off your "ill will";
And remember happiness is so fun and that's the "TRUTH."*

GHW

I WANT TO DO THIS

A surprised photo was taken of this resident laundering his clothing. When he was told that the staff would take care of the laundering, his reply was, "I know, I want to be active, I want to do this." He loves to ensure that he does it his way. He has always been a man with a sense of independence and has always wanted his surroundings to reflect his success as a business man, per his daughter. He's smart, neat, clean, and happy.

When we showed the photo to his daughter, she said, "That's my Dad!" You can catch him either reading, working on the computer, exercising, or playing the piano. He's quite a talent and quite a "guy".



Mr. Thomas Dabney



"You are always upbeat and happy ... what's your problem?"