

Spicewood Cottages
Creekside Villas
The Meadows
(independent living)

Haywood Lodge & Retirement Center

September

2019



September Birthdays

Haywood Lodge

Marjorie McCormick Sept. 17
Carroll Bryson Sept 19
Marietta Auston Sept 26

Spicewood Cottages

Joan Ensley Sept 15
Peggy Erwin Sept 23
Bonnie Robinson Sept 25
Dorothy McGaha Sept 29

Creekside Villas

Troy White Sept 23

Employees

Ronnie James Sept 13
Rachel Arisman Sept 16
Tim Deninno Sept 23
Elsie Taylor Sept 24

Welcome!

New Residents

Milton Gross-Spicewood
Donald Huebner -HL&RC
Frances Davis -HL&RC
Milton Gross -Spicewood
Aileen Green -Spicewood
Elizabeth Metzkie-HL&RC

Employee of The Month

Brenda Woody is very much deserving as employee of the month for September. She is employed in the house-keeping and laundry department at our Haywood Lodge facility. Brenda goes above and beyond for the residents as well as her coworkers. She is always willing to give a helping hand to everyone around her. We would like to congratulate Brenda on her recent marriage to the love of her life, Joey. She doesn't have any children of her own but she has four nieces whom she adores and spends a lot of time with.

alzheimer's association

10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early too early to incorporate healthy habits.

Break a sweat: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.

Hit the books: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia.

Butt out: Evidence shows that smoking increases risk of cognitive decline.

Follow your heart: Evidence shows that risk factors for cardiovascular disease and stroke—obesity, high blood pressure and diabetes—negatively impact your cognitive health.

Heads up! Brain injury can raise your risk of cognitive decline and dementia

Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

Catch some Zzz's: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health: Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up: Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community or just share activities with your friends and family

Stump yourself: Challenge and activate your mind. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that makes you think strategically. Challenging your mind may have short and long-term bene-

Resident of The Month

Spicewood Cottages

Wilma Sue Sisk has been chosen as resident of the month. She came to live with us in March of 2016 and lives in the Willows building. Wilma and her husband of 43 years raised two children, a daughter, Linda Marie and a son, Ricky Dean. Wilma worked at Enka factory in the glass blowing area for approximately 25 years. She was a member of the Rough Creek Cloggers of Haywood County and traveled with the team overseas several times to Europe,

Resident of The Month

Haywood Lodge

We are pleased to announce that Enna Josephine Nash, better known as "Jo Jo" by the staff, has been selected for resident of the month. Jo moved in with us in December of 2018 from Lawrenceburg, Tennessee where she was born and raised. She has two daughters, four grandchildren, and four great grandchildren. Her family is her pride and joy. At least one or more come daily to visit with her and if for some reason they can't make it she will let them know about it. We love





Beginning in 1970, Marian McQuade, a West Virginia housewife and mother of 15 children, initiated a campaign to set aside a day to honor grandparents. In 1978, the U.S. Congress passed legislation proclaiming the Sunday after Labor Day to be National Grandparents Day, and the proclamation was signed by President Jimmy Carter. The month of September was chosen to signify the "autumn years" of life, and the Forget-Me-Not was chosen as the official flower.

Between the earth and sky above , nothing can match a grandparent's love.

Grandparents Day Humor

My sister's eldest boy liked nothing better than to sit on grandfather's knee and have stories read to him. One day the story was about Noah's ark, and how Noah led pairs of animals to the safety of the ark.

After the story the little boy asked, "Granddad, you are very old, were you in Noah's ark?" "Gosh no" said Granddad. The little boy then asked, "In that case, how come you didn't drown when the flood came?"



Spicewood residents have been working in their garden. It is nice having raised gardens.



Activities Corner

Unfortunately summer is almost over and autumn is on the horizon. Even though fall is coming on us quickly we still have more nice days to come and we intend to make the most of them. All of the facilities have enjoyed going on picnics and will continue to go on them until the weather won't let us anymore. Something the residents always enjoy during the warm weather is ice cream socials and home made smoothies. We also have cook-outs on the schedule which is a special treat. The county fair is coming up and that is a yearly event for the facilities. They get to go for senior citizen day and play bingo, eat popcorn, and win lots of cool gifts. Sometime really soon we are going to have a Luau day with food, music, and Polynesian dancers. Keep your eye out for a special event that is taking place in September. Don't want to miss it.



Just For Laughs

Just as the graveside service finished, there was a distant lightning bolt accompanied by a tremendous burst of rumbling thunder. The little old man looked at the pastor and calmly said, "Well, she's there and it's His problem now."

↑ Creekside and Spicewood at Allen's Creek park. They are having a picnic and playing games.



Several of the neighborhood families had a free lemonade stand. Because the residents couldn't go to the stand the children brought the lemonade to them. The pictures show the group of children and also them serving lemonade to the residents. Not sure who enjoyed it more, the children or residents.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful con-

tent to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Mi-

crosoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your cus-

tomers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to

be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an im-

age, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



BUSINESS NAME

Primary Business Address

Address Line 2

Address Line 3

Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

Email: someone@example.com

Business Tagline or Motto

We're on the Web!

example.com



Organization

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If

your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.