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A Place To Call Home

Find us on 

Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink. The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure. Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month.

Go shopping. Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Your Friendly Staff

General Manager

Chet Matheny

Office Manager

Luann Palmer

Resident Care Director

Shana Davis, LPN

Activities Director

Claudia Zendejas

Dining Services Director

Mel Entrekin

Maintenance Director

Joe Taylor



Dear Residents,

Ghosts and goblins will be out trick-or-treating this month, and we want them to have a fun, safe time haunting our community! For those who want to participate in handing out treats, we will pass out a flyer with a lantern picture. Please tape it to your door or side of your door. You may also like to sit outside your apartment (and keep pets restrained or behind closed doors). Drivers Be Aware: children may dart out into local traffic, so take extra precautions when driving through the community and obey our posted speed limit. Thank you and if you have any questions, please contact your Activities Department.

— Your Hickory Valley Team



Mix and Mingle

Holiday gatherings can be a merry way to catch up with loved ones and meet new people, and all that socializing can be good for your health. Experts say mingling with others can help lower stress, boost confidence, and improve physical well-being.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

								10:00  Chattanooga Zoo 10:00  Chair Stretch with Live 2 Be Healthy\$ 1:00  Mad Hatters' Craft Group\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes or Game of Choice		2Wear Purple for Alzheimer's 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch at Texas Roadhouse 1:00  Game of Choice 2:00  Chess Club 3:00  BINGO \$ 6:30  Bridge or Game of Choice		310:00  Puzzle Partners 10:30  Bingo with Luann \$ 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 2:00  Exercise W/ Kember 6:30  Hand and Foot or Game of Choice
41:00  Game of Choice 2:00  Exercise W/ Kember\$ 6:30  Chicken Foot or Game of Choice		510:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study (Book of John)\$ 2:00  Birthday Party\$ 3:00  Scattergories\$ 6:30  Mexican Train or Game of Choice		610:00  Walmart or Food City 1:00  Game of Choice 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO \$ 6:30  Canasta or Game of Choice		7Happy Birthday Suzie Thompson 10:30  Election Day 10:30  Zumba Exercise Class W/ Joan \$ 1:00  Game of Choice 2:00  Book Club 3:00  Tech Help with Ava\$ 6:30  Rummikub or Game of Choice		810:00  Chair Stretch with Live 2 Be Healthy\$ 1:00  Mad Hatters' Craft Group\$ 2:00  Music Performance / Allen 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes or Game of Choice		9Wear Purple for Alzheimer's 10:00  Gentlemen's Club W/ Chet (Men's Group) 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch at Red Robin 1:00  Game of Choice 2:00  Music Performance with Wes\$ 3:00  BINGO \$ 6:30  Bridge or Game of Choice		1010:00  Puzzle Partners 10:30  Exercise W/ Kember\$ 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Hand and Foot or Game of Choice
11Happy 101 Birthday Lyda Shelton 1:00  Game of Choice 2:00  Exercise W/ Kember\$ 3:00  Brainerd Hills Baptist Church 6:30  Chicken Foot or Game of Choice		12Columbus Day 10:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study (Book of John)\$ 1:00  Mary Kay Makeovers 2:00  Alzheimer's Bingo 6:30  Mexican Train or Game of Choice		1310:00  Walmart or Food City 10:30  PUP Club 1:00  Game of Choice 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO \$ 6:30  Canasta or Game of Choice		14Wear Pink for Breast Cancer 10:30  Donuts with Directors\$ 1:00  Game of Choice 2:00  Open Floor with Chet\$ 3:00  Devotions with Chaplain Kevin 6:30  Rummikub or Game of Choice		1510:00  Chair Stretch with Live 2 Be Healthy\$ 1:00  Mad Hatters' Craft Group\$ 2:00  Wellness Checks with AccentCare\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes or Game of Choice		16Wear Purple for Alzheimer's 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 1:00  Game of Choice 2:00  Chess Club 3:00  BINGO \$ 6:30  Bridge or Game of Choice		1710:00  Puzzle Partners 10:30  Exercise W/ Kember\$ 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Hand and Foot or Game of Choice
181:00  Game of Choice 2:00  Exercise W/ Kember\$ 3:00  Ridgedale Baptist Church 6:30  Chicken Foot or Game of Choice		1910:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study (Book of John)\$ 2:00  Walking Club 3:00  Dealer's Choice (Card Game)\$ 6:30  Mexican Train or Game of Choice		2010:00  Walmart or Food City 1:00  Game of Choice 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO with Holly\$ 6:30  Canasta or Game of Choice		21Wear Pink for Breast Cancer 10:30  Zumba Exercise Class W/ Joan \$ 1:00  Devotions with Tyner United Methodist 1:00  Game of Choice 2:00  Music Performance / Daniel 3:05  Trip to Trader Joe's 6:30  Rummikub or Game of Choice		2210:00  Chair Stretch with Live 2 Be Healthy\$ 1:00  Mad Hatters' Craft Group\$ 2:00  Dining Committee 3:00  Art Class W/ Mande 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes or Game of Choice		23Wear Purple for Alzheimer's 10:00  Gentlemen's Club W/ Chet (Men's Group) 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch Club (15 Residents max) 1:00  Game of Choice 3:00  BINGO \$ 6:30  Bridge or Game of Choice		2410:00  Puzzle Partners 10:30  Exercise W/ Kember\$ 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Hand and Foot or Game of Choice
2510:30  Exercise W/ Kember\$ 1:00  Game of Choice 3:00  Woodland Park Baptist Church 6:30  Chicken Foot or Game of Choice		2610:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study (Book of John)\$ 1:30  Walking Club @ Heritage Park 3:00  Trip to T.J.Maxx 6:30  Mexican Train or Game of Choice		2710:00  Walmart or Food City 1:00  Game of Choice 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO \$ 6:30  Canasta or Game of Choice		28Wear Pink for Breast Cancer 10:30  Zumba Exercise Class W/ Joan \$ 1:00  Game of Choice 2:00  Tutorial on Canasta 3:00  Trip to Fresh Market or Hobby Lobby 6:30  Rummikub or Game of Choice		2910:00  Chair Stretch with Live 2 Be Healthy\$ 1:00  Mad Hatters' Craft Group\$ 2:00  Activity Committee 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes or Game of Choice		30Wear Your Halloween Costume! 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch at Champy's 1:00  Game of Choice 3:00  BINGO \$ 6:00  Halloween Trick-n-Treat 6:30  Bridge or Game of Choice		3110:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Hand and Foot or Game of Choice



Resident Birthdays

10/7 Suzie Thompson
10/11 Lyda Shelton



Staff Birthdays

10/8 Judy Sneed
10/16 Renee Salpeter
10/17 Isabella Dixon
10/20 Patricia Reynolds
10/20 Peter Gunia
10/30 Brittney Skiles
10/31 Kai Ryals



Staff Anniversaries

10/11 Dawnzalea Byers
10/17 Carli Solinger
10/25 Mel Entrekin
10/26 Patricia Reynolds

Back-to-Nature Benefits Join Our Walking Club

Enjoying the outdoors is one of the easiest ways to improve your physical, mental and emotional health. Soak up these science-backed reasons why going outside is good for you:

Gives a dose of vitamin D. Although it's present in some foods, we get more than 90% of our vitamin D from daily exposure to sunlight. The nutrient helps our bodies absorb calcium, reduces inflammation, and strengthens the immune system.

Improves brain function. Spending more time outdoors increases concentration and mental clarity. According to research, going for a walk in a park or simply gazing at photographs of nature can sharpen memory and attention span.

Reduces stress. Walking outside can result in less stress, depression and anxiety. Natural scents such as flowers, freshly cut grass and pine can make people feel more relaxed.

Brightens your day ... and night. Being outdoors gives you opportunities to connect with others in your community, which enhances your social life and builds self-esteem. Receiving natural light during the day also helps the body maintain proper melatonin levels, leading to a good night's sleep.

Some ways to incorporate outdoor time in your schedule include going to a park after dinner, starting a walking club with co-workers or neighbors, and planning at least one outdoor activity each weekend.

An Apple a Day

Beyond its fabulous flavor and perfect portability, this fruit packs major health benefits.

- They're a slow food. Firm and packed with fiber, apples demand a chewing commitment, giving your body time to register itself as "full" before you down too many calories. The natural sweeteners in apples enter the bloodstream gradually, helping to keep your blood sugar and insulin levels steady.
- They help you breathe easily. Apples may lower the risk of asthma, lung cancer and other diseases.
- They fight cancer. Lab studies have shown that apples curb the growth of cancer cells—most often when the apple is eaten whole, minus the stem and seeds. People who munch more than one apple a day lower their risk of oral esophageal, colon, breast, ovarian, prostate, and other cancers by 9 to 42 percent.
- They make you smarter. Apples—with their production of acetylcholine that transmits messages between nerve cells—are thought to keep your brain sharp as you age, enhance memory, and potentially lessen the odds of getting Alzheimer's disease.

