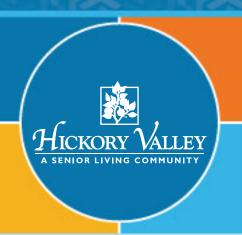
September 2022



6705 Ballard Drive Chattanooga, TN 37421 (423) 855-0508 Fax: (423) 855-8730

A Place To Call Home

Find us on **f**



A Sunny Snack

A scoop of sunflower seeds is a healthy solution for hunger cravings between meals. A 1/4-cup serving contains 5 to 7 grams of protein, which helps you feel full.

Humming on By

A favorite of backyard bird-watchers, hummingbirds begin migrating south as the sun sets on summer and crisp fall temperatures begin. Most of these itty-bitty beauties spend the winter in Mexico and Central America, with some flving thousands of miles to their vacation destination. That's a long trip for such little birds, which can flap their wings up to 80 times a second to complete the journey, but they fuel up at flowers and feeders along the way.

Social Strolls

Set aside specific times each week to take a walk with different friends. You'll get the benefits of a low-impact, cardiovascular workout while staying in touch with those near and dear to you.

Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

Your Friendly Staff

General Manager Katie Leathers Office Manager Luann Palmer **Sales Director** Allison Darras **Resident Care Director** Tina Thomas, LPN **Dining Services Director** Sharon Wilson **Recreational Director** Melissa Jerfie

Housekeeping Supervisor Donna Long **Maintenance Director**

Tim Posev





A World of Words

Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

Happiness at Home

"The power of finding beauty in the humblest things makes home happy and life lovely." -Louisa May Alcott

Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

Time for Bingo!

Grab a card and a dauber and join in a round or two of bingo. We play a variety of games, and it's always fun to see who will be the first to yell "Bingo!" See our calendar for the dates and times of this month's games.



September 2022

AL ASSISTED LIVING
CHAPEL
DINING ROOM

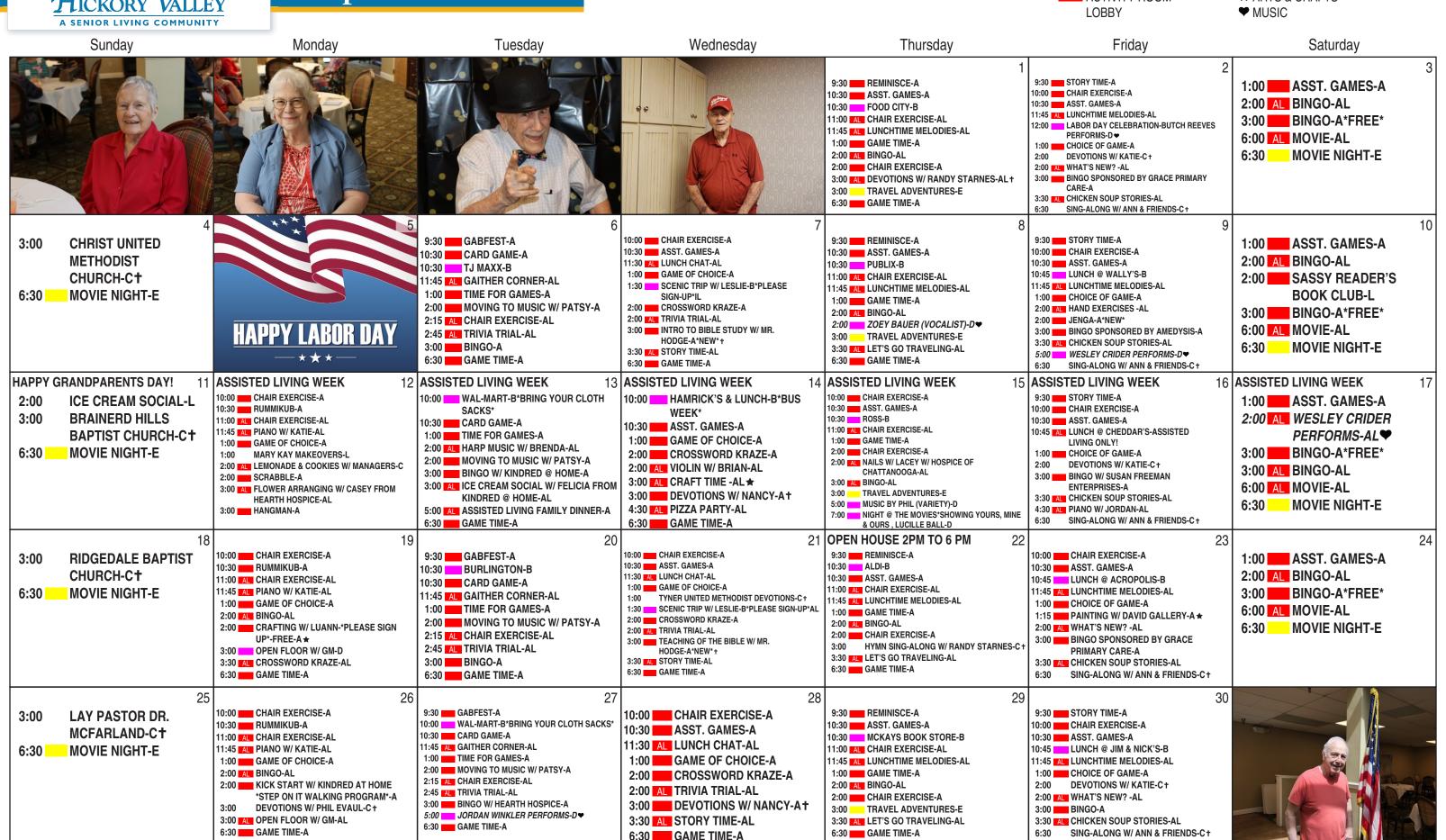
1ST FLOOR GAME ROOM
ACTIVITY ROOM
LIBRARY
ARTS & CRAFTS
LOBBY

BUS OUTING
DINING ROOM
LIBRARY

★ ARTS & CRAFTS

♥ MUSIC

† SPIRITUAL



Go for Your Goals

"If you care about what you do and work hard at it, there isn't anything you can't do if you want to."—Jim Henson

Memorable Melody: 'Grandpa (Tell Me 'Bout the Good Old Days)'

Both sweet and melancholy, this nostalgic song was the sixth No. 1 hit in a row for country duo The Judds. The lilting harmonies of mother Naomi and daughter Wynonna blend together to "wander back into the past" and reminisce about "the good old days." Released in 1986, "Grandpa" is a reflection on family and devotion that still resonates with many, especially grandchildren who grew up listening to their elders' stories.

Memorable Melody: 'The September of My Years'

"One day you turn around and it's summer; next day you turn around and it's fall." For many folks, that's a relatable sentiment. The words are the opening lyrics of the title track on one of Frank Sinatra's most famous albums, which won the Grammy Award for best album of 1965. An example of life imitating art, the popular crooner was turning 50 that year, and music critics say the ballad's wistful tone echoed Sinatra's outlook as he entered the "golden, warm September" season of his life.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat."—Laura Ingalls Wilder

Enjoy Autumn

Here it comes: The air is crisp; the trees are changing color; the days are getting shorter. Time to dig out your favorite sweater and go for a brisk walk in the park. Fall is upon us again! It'll be time for football and Thanksgiving turkeys before you know it! We hope you can take some time out and enjoy the season.

Memorable Melody: '9 to 5'

Dolly Parton wrote this anthem about the workday grind for the movie of the same name. The country star made her acting debut in the 1980 comedy and wrote the song during filming. Along with her singing and songwriting skills, Parton even put her acrylic fingernails to work for the tune: Listeners can hear them as the rhythmic clacking of a typewriter! The spirited theme song earned Parton an Oscar nomination for best original sona and two Grammy Awards, including best country song.

Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.

Pick of the Crop

Sweet and crisp, Gala apples are the top-selling variety of the fruit in America.

Feline Facts for Happy Cat Month

Purring is usually a telltale sign that a kitty is happy, but a cat shows contentment in many other ways, too. A cat holding its tail high up in the air indicates pleasure, especially if the tip is twitching in excitement. When its ears are facing forward and its whiskers are relaxed, the feline feels at ease. And if a cat blinks slowly at you, you've received a "kitty kiss"—the ultimate sign of its happiness and affection.



September Birthdays

tember birtiit
Eva Jo Smith
Martha Alford
Myrna Mathers
Ann Pitner
Shelby Williams
Jack Ellis
Jerry Lackey

ACTIVITY TRIVIA

Question: I have keys, but no doors. I have space, but no rooms. I allow you to enter, but you cannot leave—unless you manage to escape. What am I?



