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A Place To Call Home

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Honor Your Grandparents

Did you know the first Sunday following Labor Day is recognized as National Grandparents Day? A day to honor and celebrate all grandparents, the observance was signed into law by President Jimmy Carter in 1978, and every year since, a proclamation is issued to call on people to observe the day with appropriate activities.

The holiday has an official song, Johnny Prill's "A Song for Grandma and Grandpa," and even an official flower, the forget-me-not. Other countries, including Australia, France and Poland, celebrate their own Grandparents Day at different times of the year.

Remember Grandparents Day with a card or phone call, or better still, a personal visit. Celebrate by looking through photo albums to share memories and recognize old friends and family, or have grandparents demonstrate their talents by cooking a favorite recipe, knitting a scarf or playing an instrument.

Laughing Lengthens Lives

Studies have concluded that people who laugh a lot are healthier. Learn a lesson from six-year-olds, who laugh an average of 300 times a day. They know life is pretty funny! Adults only laugh 15 to 100 times a day, even though it lowers levels of stress hormones and strengthens the immune system. Lighten up!

Your Friendly Staff

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Activities Director

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National Assisted Living Week

National Assisted Living Week always begins on Grandparents Day, the first Sunday after Labor Day. It provides a fabulous opportunity to bring together the residents, families, employees and volunteers within the assisted living community to celebrate our elders and the services they are provided.

The memories and heritage of senior citizens are priceless and extremely important to preserve. If we are willing to listen, we can learn much from their experiences & use them to enrich our own lives, as well as future lives & generations to come.

Spend some time with a loved one or volunteer at a senior community during National Assisted Living Week, and make sure to thank the selfless staff members who work with seniors for their tireless care and consideration.

Patriot Day

The nation's annual remembrance of 9/11, Patriot Day is also a National Day of Service. Since 2002, people across America have paid tribute to the victims, survivors and heroes of Sept. 11 by volunteering in community service projects.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00  Walmart in Ooltewah 1:00  Game of Choice 1:00  Tutorial Tuesday 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO with Courtney \$ 6:30  Rummy	2 10:30  Zumba Exercise Class with Joan\$ 1:00  Game of Choice 2:00  Book Club 2:30  Guess The Price\$ 3:00  Tech Help with Ava\$ 6:30  Canasta	3 10:00  Chair Yoga/Stretch with Live 2 Be Healthy\$ 11:15  Trip to Trader Joe's 1:00  Mad Hatters Craft Group\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes	4 10:00  Gentlemen's Club W/ Chet Strength & Balance W/ Live 2 Be Healthy\$ 1:00  Game of Choice 2:00  Labor Day Celebration 2:00  Music Performance / Barkey 3:00  BINGO \$ 6:30  Bridge	5 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice
6 1:00  Game of Choice 6:30  Hand and Foot	7 	8 10:00  Food City 1:00  Game of Choice 2:00  Chess Club Tutorial 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO with Dana\$ 6:30  Rummy	9 10:00  Donuts with Directors\$ 10:30  Zumba Exercise Class with Joan\$ 1:00  Game of Choice 2:00  Open Floor with Chet\$ 3:00  Devotions with Chaplain Kevin 6:30  Canasta	10 10:00  Chair Yoga/Stretch with Live 2 Be Healthy\$ 11:15  Trip to Hobby Lobby 1:00  Mad Hatters Craft Group\$ 2:00  Dining Committee\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes	11 10:00  Gentlemen's Club W/ Chet Strength & Balance W/ Live 2 Be Healthy\$ 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch at Cracker Barrel 1:00  Game of Choice 2:00  Music Performance with Wes\$ 3:00  BINGO \$ 6:30  Bridge	12 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Game Time
13 1:00  Game of Choice 3:00  Brainerd Hills Baptist Church 6:30  Game Time	14 10:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study with Ray Mabe\$ 1:00  Mary Kay Makeovers 2:00  Fall Flower Arrangement\$ 6:30  Mexican Train	15 10:00  Food City 1:00  Game of Choice 1:30  Activities Committee \$ 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO with Holly\$ 6:30  Rummy	16 10:30  Zumba Exercise Class with Joan\$ 1:00  Devotions with Tyner United Methodist 1:00  Game of Choice 2:00  Jeopardy\$ 6:30  Canasta	17 10:00  Chair Yoga/Stretch with Live 2 Be Healthy\$ 11:15  Scenic Drive 1:00  Mad Hatters Craft Group\$ 2:00  Wellness Checks with AccentCare\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes	18 10:00  Gentlemen's Club W/ Chet Strength & Balance W/ Live 2 Be Healthy\$ 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch at Cheddar's 1:00  Game of Choice 3:00  BINGO \$ 6:30  Bridge	19 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Game Time
20 1:00  Game of Choice 3:00  Ridgedale Baptist Church 6:30  Game Time	21 10:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study with Ray Mabe\$ 2:30  Boggle\$ 3:00  Dealer's Choice (Card Game)\$ 6:30  Mexican Train	22 10:00  Food City 1:00  Game of Choice 1:30  Hangman\$ 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  BINGO \$ 6:30  Rummy	23 10:30  Zumba Exercise Class with Joan\$ 1:00  Game of Choice 2:00  Walking Club / History\$ 3:00  Art Class w/ Mandee\$ 6:30  Canasta	24 10:00  Chair Yoga/Stretch with Live 2 Be Healthy\$ 11:05  Trip to McKay's 1:00  Mad Hatters Craft Group\$ 3:00  Devotions with Mark Cabeen\$ 6:30  Dominoes	25 10:00  Gentlemen's Club W/ Chet Strength & Balance W/ Live 2 Be Healthy\$ 10:00  Strength & Balance W/ Live 2 Be Healthy\$ 11:00  Lunch Club (15 Resident Limit) 1:00  Game of Choice 2:00  Music Performance Hoyt Rogers 3:00  BINGO \$ 6:30  Bridge	26 10:00  Puzzle Partners 10:30  Faithful Followers, Friends, & Neighbors 1:00  Game of Choice 6:30  Game Time
27 1:00  Game of Choice 3:00  Woodland Park Baptist Church 6:30  Game Time	28 10:30  Zumba Exercise Class with Joan\$ 1:00  Bible Study with Ray Mabe\$ 2:00  Trip to Dollar Store 3:00  Game of Choice 6:30  Mexican Train	29 9:00  Hamrick's Of Fort Oglethorpe 1:00  Game of Choice 2:00  Strength & Balance W/ Live 2 Be Healthy\$ 3:00  Bingo \$ 6:30  Rummy	30 10:30  Zumba Exercise Class with Joan\$ 1:00  Game of Choice 1:30  Group Trivia\$ 2:00  Popcorn Mix 2:30  Spa Day 6:30  Canasta			



Resident Birthdays

9/1	Nancy Spencer
9/9	Peggy Zizvari
9/9	Martha Alford
9/9	Shirley Spencer
9/11	Betha Lundy
9/23	Curt Howe
9/26	Chiquita Kirkpatrick
9/29	Nancy Black



Staff Birthdays

9/8	Marsha Tarrant
9/11	Sofia Cortez
9/21	Monika Barger
9/26	Jimmie Borders
9/30	Juana Francisco



Staff Anniversaries

9/7/22	Carolyn Denson
9/26/24	Stephanie Kilpatrick

Autumn Acorn Squash Soup

Ingredients:

1 small onion
 1/4 cup chopped celery
 2 tablespoons butter
 2 tablespoons all-purpose flour
 1 teaspoon chicken bouillon
 1/2 teaspoon dill weed
 1/4 teaspoon curry powder
 Dash cayenne pepper
 2 cups chicken stock
 1 (14-ounce) can sweetened condensed milk
 3 cups cooked acorn squash, mashed
 Salt and pepper to taste
 6 bacon strips, cooked and crumbled

Directions:

Saute the onion and celery in butter in a large saucepan. Stir in flour, bouillon, dill, curry and cayenne pepper. Gradually add chicken stock and sweetened condensed milk.

Boil for 2 minutes. Add the squash, salt and pepper.

Place in blender; blend in batches until smooth. Pour into bowls. Garnish with bacon.

*For more recipes, visit
www.EagleBrand.com.*



Building a Book Club

Book clubs can add an element of fun to reading. Whether you are in a group, want to start one, or are looking for ways to enhance your solo experience, consider these pointers:

Most book clubs meet once a month, in person or virtually, to talk about their recent pick. Adjust the schedule to what works for the group. Allow for enough time for folks to get their reading done by choosing books that are about 300 pages.

Deciding on a book can be a challenge. One solution is to let members make selections until each has had a chance to choose a title. Mix up genres; reading different types of stories expands your knowledge and enhances brain function.

When it's time to meet, serve refreshments—bonus points if they tie in to the book! Use the first few minutes for socializing, then dive in to the discussion. The person who picked the book may want to lead, but allow time for everyone to share their thoughts. If you need ideas to get the conversation going, many books come with book club questions and guides.

If you're reading on your own, you may find it meaningful to reflect on a book's discussion questions and journal your answers. You can also track your reading in a journal or a mobile app that lets you post a rating and a review of the book. Finally, make your reading time special by sipping a favorite beverage and enjoying a snack.