



# RIVER OAKS PLACE

L E N O I R C I T Y

March 2010

100 W 5th Ave. • Lenoir City, TN 37771 • (865) 988-9321



## Irish Blessing

May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

## Letter From the Manager

Remember that daylight saving time begins on the second Sunday in March. Therefore, move those clocks ahead one hour before you go to bed so you won't be late! If you're grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon! So look forward to longer days filled with sunshine!

## YOGA

Come enjoy Yoga and Music and Laughter with Lori on the first and the third Fridays of each month in the dining room here at River Oaks. "There are as many different kinds of yoga as there are different kinds of dance," shared Lori Galbraith, owner of Yoga for all Ages. "I am trained to teach restorative yoga, which just means that I focus on teaching the deep, therapeutic breath and gentle stretches keeping the body in alignment," said Galbraith. "If we are keeping movement, we are winning. Benefits of yoga are increased strength, balance, concentration and, of course, flexibility. We make it fun. We sing, we move and we laugh a lot," said Lori Galbraith, as she smiled. "I love teaching at River Oaks. Come give it a try! Here's to all the yoga students in 2009 who I so enjoyed. Thank you all for coming and

participating. You make my week!"

Ruth, Ruby, Faith, Helen, Cliff, Glenna, Ann, Georgia, Lora, Leona, Cecile, Edna, John, Elizabeth, Foxy, Mary, Margery, Edith, Rip and Kenneth

Come and join your fellow residents, and see what you are missing.

—Lori

## National Anthem Day

On March 3, 1931, President Hoover signed the legislation that made "The Star-Spangled Banner" the official anthem of the United States.

## HAPPY BIRTHDAY

3-24 FLOSSIE SHELTON  
3-16 SAMANTHA MCCRARY  
3-6 MARILYN BRANTLEY  
3-25 BETTY SUMMERS  
3-13 RUTH SHOEMAKER

## March Is National Caffeine Awareness Month



A Senior Solutions Management Property  
[www.ssmgrp.com](http://www.ssmgrp.com)  
[www.facebook.com/ssmgrp](http://www.facebook.com/ssmgrp)

Our dietary program is set up to present a daily menu with an alternative choice for every meal. As an added service, we try to do special requests, such as fruit plates, lactose or allergy diets whenever possible. We will post menus on a weekly basis and remind residents to please let staff know by 4 p.m. of any

special needs.  
Thank you!

## To This Month's Birthday Celebrants ...

Wishing you all the best in the year to come. May your days be filled with sunshine and beautiful colors. And may your nights be filled with comforting dreams and wishes to come.





## Monthly Celebrations

Whether you leave an apple on your boss's desk or organize a luncheon for your coworkers, be a team player during Employee Spirit Month. Other things to get excited about this month include:

- Optimism Month
- I Want You to Be Happy Day (March 3)
- Celebrate Your Name Week (March 7-13)
- Act Happy Week (March 15-21)
- Lips Appreciation Day (March 16)
- National Letting Go of Stuff Day (March 25)



## March Is Optimism Month

## THE TRUE SPIRIT OF RIVER OAKS PLACE COMES FROM THE PEOPLE WHO LIVE AND WORK HERE, AN INTRIGUING MIX OF INTERESTING INDIVIDUALS WHO GIVE RIVER OAKS PLACE ITS UNIQUE CHARACTER

### EMPLOYEE

NAME: Chee Chee Pearson  
 D-O-B: 12/12  
 Married to: Howard Pearson  
 Children: 1 Daughter, Tonya Pearson York  
 1 Grandson, Connor York  
 Favorite Music: Gospel  
 Favorite Colors: Pink and Black  
 How Long Have You Been at River Oaks Place: 13 Years  
 Pet: Pug Named Molly  
 Favorite Food: Italian (Everything Chicken) lol  
 Hobbies: Work, Shopping

What Your Job Is Here: Resident Care Manager

What Is Your Favorite Thing About River Oaks Place: Helping the residents, and the loving atmosphere.



### Love That Elevator Music

March is National On-Hold Month.



Name: David Broyles  
 D-O-B: 4/7/12  
 Born in Greenville, Tennessee  
 Parents: William Roy Broyles and Fannileva Broyles  
 Worked for Alcoa as a mechanic for 32 years  
 Wife: Marie Sue Broyles—was married for 63 years. She worked for

Alcoa; then JCPenney. After having children, she was a stay-at-home mom and housewife.

Favorite Color: Red

Books: Loves to Read the Newspaper and *Guide Post*

Favorite Hobby: Loves Bingo. When he was able, liked to garden with his wife.

Favorite Thing About River Oaks Place: They take great care of me and they help make sure I stay in good health. I have been here six years and love the help. I have many, many friends here, and I love Debbie!





Thanks ... Again!

A British family journeyed to Scotland for a summer vacation. The mother and father were looking forward to enjoying the beautiful Scottish countryside with their young son. But one day, the son wandered off all by himself and got into trouble. As he walked through the woods, he came across an abandoned swimming hole, and as most boys his age do, he took off his clothes and jumped in. He was totally unprepared for what happened next. Before he had time to enjoy the pool of water, he was seized by a vicious attack of cramps. He began calling for help, while fighting a losing battle with the cramps to stay afloat. Luckily, it happened that in a nearby field a farm boy was working. When he heard the frantic cries for help, he brought the English boy to safety. The father whose son had been rescued was, of course, very grateful. The next day, he went to meet the youth who had saved his son's life. As the two talked, the Englishman asked the brave lad what he planned to do with his future. The boy answered, "Oh, I suppose I'll be a farmer like my father." The grateful father said, "Is there something else you'd rather do?" "Oh, yes!" answered the Scottish lad. "I've always wanted to be a doctor. But we are poor people and could never afford to pay for my education." "Never mind that," said the Englishman. "You shall have your heart's desire and study medicine. Make your plans, and I'll take care of the costs." So, the Scottish lad did

indeed become a doctor. There is more. Some years later, in December of 1943, Winston Churchill became very ill with pneumonia while in North Africa. Word was sent to Sir Alexander Fleming, who had discovered the new wonder drug, penicillin, to come immediately. Flying in from England, Dr. Fleming administered his new drug to the ailing prime minister. In doing so, he saved Churchill's life for the second time. For it was the boy Winston Churchill who Alexander Fleming had rescued from the swimming hole so many years before.

*The Speakers Library of Business*

### **Barbara's Two Cents**

Looking backward, looking forward: Casino Night was so much fun that we are going to do it again in March. Wear your lucky charms and join an evening of fun games and refreshments.

Whatever it is, we can fix it: Please let us know of other events or activities you would enjoy. Our desire is to exceed your expectations on every level, and your feedback is welcome. Thank you to all of you who have helped our student Melissa complete our satisfaction survey.

This porridge is too hot. This porridge is too cold. This porridge is ju-ust right: As you know, our Resident Council members are available to you when you have suggestions or complaints, in addition to the staff of River Oaks Place. In particular, if there are issues with food, cleanliness, service or amenities, we will address them. Please let an administrative staff person know of your concerns.

Stay active, stay healthy: We are anticipating a wonderful spring and encourage you to join the fun things going on at River Oaks Place. We love our residents and want this to be our best year ever.



## **Think About It**

"You live longer once you realize that any time spent being unhappy is wasted."

—Ruth Renkl

"If I could wish for my life to be perfect, it would be tempting but I would have to decline, for life would no longer teach me anything."

—Allyson Jones

"Persons thankful for little things are certain to be the ones with much to be thankful for."

—Frank Clark

"Never part without loving words to think of during your absence. It may be that you will not meet again in life."

—Jean Paul Richter



## **Thanks From Junior to Senior**

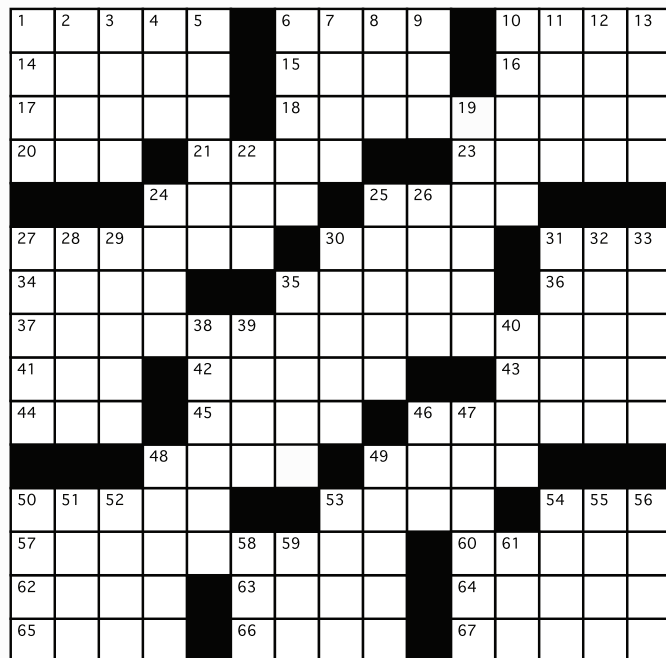
March 7 is  
Namesake Day.



# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 Chair Exercises 2 Sing-Along with Faye	2 10 Chair Exercises 2 Bingo Beauty Shop	3 10 Chair Exercises 9-12 Bridgewater Hearing Screening 2 Cooking With Dorinda	4 10 Chair Exercises 2 The Osborns	5 10 Chair Exercises 2 Yoga 6:30 Casino Night Wine and Cheese Night	6 10 Chair Exercises 2 Movie and Popcorn 6:30 Honor Society Bingo
7 9:15 Church 2 Card Playing 4 Bible Study	8 10 Chair Exercises 2 Karaoke Sing-Along	9 10 Chair Exercises 2 Bingo Beauty Shop	10 10 Chair Exercises 2 Manicures and Lotion Hand Massage Beauty Shop	11 10 Chair Exercises 2 Kingston Pike Baptist Church	12 10 Chair Exercises 2 Tai Chi	13 10 Chair Exercises 2 Bingo
14 9:15 Church 2 Card Playing 4 Bible Study	15 10 Chair Exercises 2 Manicures and Lotion Hand Massage	16 10 Chair Exercises 2 Hot Lips Contest 6:30 Bingo Beauty Shop	17 10 Chair Exercises 10:30 Cookin' With Dorinda Beauty Shop	18 10 Chair Exercises 2 George Simmons	19 10 Chair Exercises 2 Yoga	20 10 Chair Exercises 2 Bingo
21 9:15 Church 2 Card Playing 4 Bible Study	22 10 Chair Exercises 2 Wii 6:30 The Hardins	23 10 Chair Exercises 2 Bingo Beauty Shop	24 10 Chair Exercises 2 Manicures and Lotion Hand Massage Beauty Shop	25 10 Chair Exercises 2 Kingston Pike Baptist Church	26 10 Chair Exercises 2 Tai Chi	27 10 Chair Exercises 2 Bingo
28 9:15 Church 2 Card Playing 4 Bible Study	29 10 Chair Exercises 2 Bingo	30 10 Chair Exercises 2 Pottery with Jennie Tolbert Beauty Shop	31 10 Chair Exercises 2 Manicures and Lotion Hand Massage Beauty Shop	happy spring!		

## Crossword Puzzle



### ACROSS

1. Dandruff site
6. Nincompoop
10. Mid-10th-century year
14. Papal court
15. \_\_\_ out; supplements
16. Hilarious person
17. Flat-tailed mammal
18. Victoria's Secret purchase
20. Parker or Montgomery
21. Uzbekistan's location
23. William and Sean
24. Underground passage
25. Equal
27. Hurt
30. Rhine feeder
31. Figure specialist: abbr.
34. Particle
35. Bitter
36. "\_\_\_ Father"
37. City named for a French king
41. Friend
42. Is too inquisitive
43. Nautical direction
44. Ed Begley and Lon Chaney: abbr.
45. Edible casings
46. Swarms
48. Kelly or Barry
49. Babies' favorite seats
50. Trained horse
53. Glory

54. Long, long \_\_\_
  57. Hat or purse
  60. Oxidizing agent
  62. Inflammation: suff.
  63. Palm, for one
  64. Occasion
  65. \_\_\_ about; speak very highly of
  66. Lucia, Francisco or Jacinta of Fatima
  67. Lets
- ### DOWN
1. Flat-bottomed boat
  2. Adorable
  3. Creative works
  4. Whopper
  5. Word with Rose or Hit
  6. Sum deducted
  7. Vegetable
  8. \_\_\_ soup
  9. Suffix for lion or host
  10. Emotional one
  11. Bearing
  12. Forsaken, to a poet
  13. Residents: suff.
  19. Rushes
  22. \_\_\_ Caesar
  24. Bullets
  25. City on the Seine
  26. "Star Trek" character, played by Molly Hagan
  27. Metal fastenings
  28. Perfume
  29. Bakery purchases

30. Pinnacles
31. Had the ability to
32. Blender speed
33. Early April baby
35. In reserve
38. Artificial teeth
39. Do a pressing chore
40. Items that come in pairs
46. Butcher shop purchase
47. Bottle cap remover
48. Silly people
49. Ply
50. Tweezers or pants
51. Legal proceedings
52. 17 dozen togas
53. On the house
54. Sun disk
55. Man
56. Remaining pieces
58. Pius X and Padre Pio: abbr.
59. Unearthed discovery
61. Common contraction

