



Antebellum Grove

SENIOR LIVING

1010 Kathryn Ryals Rd • Warner Robins, GA 31088 • (478) 953-0706

August 2014



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Share Your Wisdom

What are some things you've learned about life that you wish you had known in your younger years? Write them down and share them with your children and grandchildren. There's nothing like the gift of wisdom!

**Super Food:
Sunflower Seeds**

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.



**Brain Boost for
Book Lovers**

People often say the book is better than the movie. Scientists who study brain function agree. Research shows processing information by reading it gives you more of a mental workout than simply watching it unfold on a screen. Reading activates your imagination and insight. Exercise yours on National Book Lovers Day, Aug. 9.

Left Is Right

If heartburn bothers you at night, try sleeping on your left side. Studies show that this position helps prevent stomach acid from rising.

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Senior Solutions

A Senior Solutions Management Property
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**Happy Birthday Residents
& Staff**

Frank Shaffer	8/4
JoAnn James	8/5
Meri Edith	8/10
Dovie West	8/12
Riley Cook	8/13
Robert Humphrey	8/17
Barbara Macer	8/19
Anita Surface	8/31

Shemeka Smith	8/10
Bob Clark	8/16



Cool Clothing

Wear light-colored, lightweight clothing if you plan to spend time outside this month.



Talk About It

Getting To and Fro

Our world is filled with people on the go, but how they reach their destinations varies. Use the questions below to start a discussion about your own transportation experiences, as well as those of your friends and neighbors.

What was your first form of transportation? A car, a bicycle, maybe a horse? How old were you when you got it? Was it primarily for getting to school or work, or for fun and recreation?

Have you traveled by air, rail or sea? When did you make your first trip? Where did you go?

What is your favorite form of transportation? Why? Is there one you haven't tried yet that you would like to? If so, what would it be, and where would you go?

Cow Appreciation Day



Thanks Chick-fil-A for the Food and Fun! We Had a Great Time



A Great Lunch Out

Eat Healthy!

More Herbs, Less Salt Day is Aug. 29. Try a new type of herb or spice in your food. You may find a healthier option that you love!

King of the Wild Frontier

Frontiersman, soldier, politician, folk hero—all aptly describe Davy Crockett, known in legend as “King of the Wild Frontier.”

Crockett was born Aug. 17, 1786, in Tennessee. He learned to hunt at an early age, and for a time, he was forced to work to pay off his father’s debts. At age 13, Crockett’s family enrolled him in school, but he soon dropped out and ran away from home. He then embarked on various jobs, including working on a cattle drive and apprenticing for a hat maker.

In 1806, Crockett married Polly Finley, and they had three children. He fought in the War of 1812 as part of the Tennessee militia. After his wife’s death, Crockett remarried and had three

more children. In 1817, he made his first venture into public office, as a county commissioner, and continued to gain higher ranking public offices. It was during his political campaigns that his reputation grew as a larger-than-life frontiersman and public speaker. He went on to be elected to the U.S. House of Representatives.

After losing a bid for re-election in 1835, he decided to join the fight for Texas’ independence. He died at the Battle of the Alamo in San Antonio on March 6, 1836.





Leaving a Legacy

August is What Will Be Your Legacy Month. Have you ever thought about what kind of legacy you will leave? You probably have already made a bigger impact in the lives of your loved ones than you realize. Here are some ways you can continue to build a legacy that future generations will cherish.

Knowledge, skills and hobbies.

Consider teaching a family member or friend something you're passionate about, whether it's sewing, gardening, woodworking or bird-watching. Whenever they participate in that same activity, they will remember you introducing them to it and the time spent together.

Recipes. Food brings people together, and every family has traditional favorites. Write down the recipes you're known for so your loved ones will have them for years to come and think of you when enjoying them.

A positive attitude. Everybody faces challenges in life, but you can set a good example by embracing change and always looking for a silver lining. Treat every day as a gift, and let others see you enjoy both big and small blessings.

Love and kindness. Perhaps the biggest legacy you can leave behind is showing others how much you care. Volunteering at a charity, giving comforting hugs or simply being a good friend are all ways to leave a legacy of love.



Laugh Lines

School Daze

"Take out a pencil and paper," the teacher said. "Imagine you are a millionaire, and write an essay on what you would do." All the children started writing, except Emily. "Why aren't you writing your essay, Emily?" asked the teacher.

"I'm waiting for my secretary," she said.

A teacher was having trouble teaching math to a little boy. "If you reached in your right pocket and found a dollar, and you reached in your left pocket and found a quarter, what would you have?" she asked him.

"Someone else's pants," he answered.

Teacher: "Can someone give me a sentence using the word 'archaic' in it?"

Student: "We can't have archaic and eat it, too."

Cool Creation

A snowy mountaintop resembling a scoop of ice cream was the inspiration for a cool creation: the root beer float. National Root Beer Float Day, Aug. 6, celebrates this frothy summertime treat.

In 1893, Frank Wisner owned a mine and brewing company in Cripple Creek, Colo. One night, he noticed that the moonlit snow atop the dark slopes of nearby Cow Mountain looked like a scoop of vanilla ice cream. Inspired, Wisner went back to his bar and added ice cream to his customers' favorite soda, root beer. The drink, which Wisner named Black Cow Mountain, was an instant hit, and soon people shortened the name to "black cow." Today, it's better known as a root beer float.

Although mixing ice cream and soda was already popular, Wisner was reportedly the first to use root beer.

Since it first appeared, there have been as many variations on the root beer float as there are flavors of ice cream and soda, and combinations can vary by region. Brown cows or chocolate cows are floats made with root beer and chocolate ice cream.



August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
						23
24/31	25	26	27	28	29	30


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