



Jamestowne

A S S I S T E D L I V I N G

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August 2014



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A Senior Solutions Management Property

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.

A Figure of Speech

Phrase: Bats in the belfry

Meaning: eccentric, crazy

Origin: Because bats use echolocation to navigate, their flight can often appear erratic. Someone with bats flying about their belfry (a metaphor for a person's head) would act unusual.

World's Trickiest Tongue Twister

Try saying this phrase five times fast: Pad kid poured curd pulled cord. Difficult? It should be. Psychologists at the Massachusetts Institute of Technology have dubbed it "the world's most frustrating tongue twister ever."

Enjoy Your Summer

Go outside once a day just to savor the fresh air and sunshine.

Beat the Heat

Drink plenty of water to stay hydrated when it is hot outside.

Make It Happen

August is Happiness Happens Month.

Become a Fan of Jamestowne Assisted Living on Facebook



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?

A Grand Gland

It's a tiny gland, but it has a big job. Found in the front of the neck, the thyroid gland weighs less than an ounce, yet the entire body depends on its function.

The thyroid is controlled by the pituitary gland, located at the base of the brain. Together, these glands produce thyroid hormones. Their vital role is to regulate your body's metabolism, the conversion of the food you eat into energy, and to regulate your body temperature.

The thyroid needs the mineral iodine to produce thyroid hormones. Iodine is found in seafood, dairy products, grains and iodized salt. The thyroid takes the iodine, converts it into the needed hormones, and releases them throughout the body.

Sometimes this process becomes unbalanced, resulting in hypothyroidism (too little thyroid hormone) or hyperthyroidism (too

much thyroid hormone). Other thyroid problems include an enlarged thyroid gland, called a goiter; thyroiditis, inflammation of the gland; and thyroid cancer.

Thyroid conditions are fairly common, generally not life-threatening, and managed well through medication and, less often, surgery. Women are more likely to have problems with their thyroid, and the risk increases with age.



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.





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."





Whether you wag, shake or roll over
celebrate man's best friend on

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
**NATIONAL
DOG DAY**
★ ★ ★ ★ AUG. 26 ★ ★ ★ ★

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

3	7	8	2	9	6	5	4	1
9	8	6	3	7	1	4	5	2
1	4	7	2	8	6	3	5	9
8	5	7	9	1	2	6	4	3
6	9	1	3	4	5	7	2	8
2	3	4	6	7	8	1	5	9
4	1	8	5	6	7	9	3	2
5	6	3	4	9	2	8	7	1
7	4	9	5	3	1	8	6	2

			3					7
	7	8			4	3		
2				9	5			
	6	1	8					2
	2			5			6	
3					6	7	5	
			9	8				1
		4	5			9	8	
9					1			