



# Carriage House Inn

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

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**December 2014**



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### Peppermint Pick-Me-Up

Whether in candy canes, lotion or tea, peppermint is popular this time of year. Use it to give yourself an instant pick-me-up. The scent stimulates blood flow to the brain, which increases alertness.



12/2 MS. ROSE HIGGINS  
 12/4 MS. ROYCE KNOWLES  
 12/8 MS. CYNTHIA WOMACK  
 12/20 MS. SARA WILSON

**“Love is patient. Love is kind. It is not jealous, is not pompous. It is not inflated. It is not rude. It does not seek its own interests, is not quick-tempered. It does not brood over injury. It does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.”**



### A Snack for Sleep

Having trouble sleeping and tired of counting sheep? Try a banana for a nighttime snack. The fruit contains tryptophan, which can make you drowsy. Bananas are also rich in the minerals magnesium and potassium, which help relax your muscles.

### Do Something New

As a new year approaches, vow to try something out of the ordinary every week. Whether it's a new activity, friend, food or simply learning a new word, bringing something different into your world can enhance brain health and enrich your life.



## Talk About It

### The Most Wonderful Time of the Year

The holiday season means different things to different people, but no matter what special event you celebrate, you likely have plenty of fond memories of it. Use the questions below to start a discussion about your holiday favorites.

What is your favorite holiday this time of year? Why?

Do you remember a particular holiday gift that left a lasting impression on you? If so, what was it, and who gave it to you?

Have you ever given someone a memorable gift? What was the recipient's reaction?

Holiday music ranges from sacred to sentimental to silly. Do you have a favorite holiday song? What is it? Do you have a special memory associated with the tune?

### Gadget Gifts With Grand Appeal

Nearly every holiday gift guide features high-tech gadgets, such as tablet computers and electronic readers—products seemingly geared toward younger generations. But many of these devices appeal to seniors, too. Here's why:

*Tablets.* Bigger and easier to read than a smartphone but more lightweight and portable than a laptop computer, tablets seem tailor-made for seniors. With a tablet, you can access the Internet, read and send emails to your loved ones, watch movies, play games and puzzles, take pictures, and talk with long-distance friends and family via video chat.

*E-readers.* Although you can use a tablet to download books, magazines and newspapers, electronic readers are less expensive, even more lightweight, and provide a better reading experience thanks to their glare-resistant screens and other

features. Best of all, e-readers save space by storing thousands of books and other materials that you can easily carry with you wherever you go.

*Portable digital music players.* Whether you're crooning along to classic hits from your younger years or new favorites, music brings joy to our lives and can even be a form of therapy. Portable digital music players will store your song collection—in addition to audio books and talk radio podcasts—that you can listen to when riding in a car or just relaxing at home.

### Many high-tech gadgets appeal to seniors as well as younger generations



### Cinematic Celebration

This year marks the 75th anniversary of "Gone With the Wind," considered by many to be the greatest film of all time. Based on Margaret Mitchell's Pulitzer Prize-winning novel about love in the Old South during the Civil War era, the motion picture is among the most popular and widely known films. Here, however, are some facts that might surprise you.

*Selecting Scarlett.* More than 1,400 actresses interviewed for the role

of heroine Scarlett O'Hara. Joan Crawford, Katharine Hepburn and Bette Davis were among the most famous ones considered before Vivien Leigh was cast.

*Breaking barriers.* Hattie McDaniel's portrayal of lovable, yet no-nonsense servant Mammy not only captured the hearts of viewers, but earned McDaniel an Academy Award for Best Supporting Actress. She was the first African-American to win an Oscar.

*Famous facade.* Tara, the fictional family plantation of the O'Hara family, is still one of the most requested tourist attractions in Atlanta. Visitors are disappointed to learn that the stately home doesn't exist and was only a stage set built on a Hollywood studio lot.



### Kids Making the World Better

Raising \$30,000 to help a charitable cause is an accomplishment few people can claim. An enterprising teenager with a big heart for premature babies raised that much and more.

McKenzie Brodnick was born six weeks prematurely herself and wanted to help other infants facing similar health challenges. In 2003, at the age of 16, McKenzie used money she inherited from her grandmother to start "Pennies for Preemies," placing donation canisters in stores around her hometown of Kensington, Md. The initial donation to Georgetown University Hospital's neonatal intensive care unit helped purchase life-saving equipment and provided support to families of premature infants. McKenzie's program continues to garner contributions.

Here are examples of other charity work:

Mary Grace started a hair accessories business in 2009, when she was 12, to raise funds to send girls in underdeveloped countries to school. Her nonprofit business, Reverse the Course Foundation, is funding the education of girls in Uganda, Kenya, Paraguay and Haiti. [ReverseTheCourse.org](http://ReverseTheCourse.org)

In 2007, Nyan Pendyala and his sister, Lehka, then ages 8 and 6, launched their Kids for Sight campaign to raise \$260,000 to build a children's eye hospital in India, where a child goes blind every four minutes. [KidsForSight.com](http://KidsForSight.com)



OINK...OINK...



PREPARING FOR FAST FRIDAY ...

## CHRISTMAS PARTY MENU:



- MINI SANDWICHES
- CHICKEN TENDERS
- QUICHE
- VEGGIE TRAY
- SMOKED MINI SAUSAGES

### DESSERT

ASSORTED MINI CHEESE CAKES  
AND MINI PETITE CAKES  
COFFEE / TEA / WATER

MUSICAL PERFORMANCE WILL BE PROVIDED BY: MARK  
ASHLEY:

LOOKING FORWARD TO SEEING YOU ...

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We so appreciate everyone who took part in helping us  
raise money for the boys and girls club of Bedford county!!  
We raised a little over \$1600!!  
THANK YOU!!

  
**Carriage House Inn**  
ASSISTED LIVING  
311 Colloredo Blvd.  
Shelbyville, TN 37160