



Jamestowne

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

851 Lawnville Rd • Kingston, TN 37763 • (865) 376-3030

March 2014



Fay Jago, LPN

Executive Director

David Trentham

Director of Dietary

Sharen Janow

Director of Activities

Anna Johnson, LPN

Director of Wellness



A Senior Solutions Management Property

Spring Forward

Remember that daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late!

Feeling Well?

The week of the third Monday in March is Wellderly Week, celebrating seniors who don't act their age.

Positive Thought

"The longer I live, the more beautiful life becomes." —Frank Lloyd Wright

Feline Flex

Copy cats and do stretching exercises when you wake up. The practice will boost circulation and digestion, and can ease back pain.

Protect Yourself

When you visit a doctor's office, there are usually sick people around. To limit your exposure to germs, take your own books or magazines (and toys, if you have children with you) and pack tissues and hand sanitizers. In the waiting room, keep as much space as possible between you and other patients.

Peel and Eat

Studies have found that people with plenty of potassium in their diet may be less prone to high blood pressure. Potassium-rich foods include bananas, oranges and cantaloupe.

For a Little Laugh

"A synonym is a word you use when you can't spell the first word you thought of."
—Burt Bacharach

'Hen' Is One

How many words can you come up with using the letters in "green shamrock"?



Goodbye, Winter

Are you ready for some warmer weather? The first day of spring is March 20.

Avoid Falls

As you grow older, you are at greater risk for head injuries from falls, which in turn increases the risk for Alzheimer's disease and dementia. Balance exercises can increase coordination and help you avoid falls. HelpGuide.org suggests yoga, tai chi, or exercises using balance balls or discs.

Prized Poet

Robert Frost, one of America's most famous and beloved poets, was born March 26, 1874, in San Francisco. Frost's experiences as a farmer in rural New England influenced many of his poems, which often describe scenes in nature.

Become a Fan of Jamestowne Assisted Living on Facebook



Remember Me?

Born in 1911 in Tampico, Ill., Ronald Reagan served as the 40th U.S. president from 1981 to 1989.

At college, Reagan played football, ran track and served as captain of the swim team.

After graduating, Reagan worked as a radio sports announcer. While in California to cover spring training, he did a screen test for Warner Brothers, which signed him to a contract.

Reagan made his screen debut in 1937 and appeared in more than 50 films.

After serving as governor of California from 1967 to 1975, Reagan and running mate George H. W. Bush won the 1980 presidential election. At age 69, Reagan became the oldest person elected to the post.

Reagan died at age 93 after battling Alzheimer's disease.

Fantastic Friendships

In the words of Thomas Aquinas, "There is nothing on this Earth more to be prized than true friendship." That's a pretty powerful statement. But friendships are pretty powerful relationships.

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return.

Besides the warmth and camaraderie that friendships provide, research shows they are good for our health, too. Friends help reduce stress in our lives, especially during challenging times such as illness, job loss or the death of a loved one.

Research has found that people in strong friendships have lower blood pressure, heart rate and cholesterol, meaning a decreased risk of disease.

Friends can provide the motivation and support we may need to improve

ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

The degrees of friendship may vary from those who are more like family, to casual acquaintances with whom we occasionally spend time, but each relationship is beneficial, as is the ability to continue making new friends.



Taking Care of Your Kidneys

March is National Kidney Month, a good time to learn about keeping your kidneys healthy.

Kidneys have many functions, including removing waste from the body, balancing the body's chemicals and fluids, regulating blood pressure, producing red blood cells, and helping to keep bones healthy.

Millions of Americans live with chronic kidney disease, or CKD. CKD is manageable, but it can worsen over time, especially if it goes undetected.

Anyone can develop CKD, but the most common causes are diabetes and high blood pressure. Symptoms are not always noticeable, but may include nausea; swelling in the feet, hands or face; back pain; and unusual-looking urine.

Simple blood and urine tests can indicate if you have kidney disease.

A different type of kidney disease, polycystic kidney disease, is an inherited disorder that can lead to kidney damage. Other common kidney problems include kidney stones and kidney infections, which are less serious but can develop into bigger problems if left untreated.

Managing diabetes, high blood pressure and heart disease is very important in preventing kidney problems. Other ways to keep your kidneys healthy are reducing sodium in your diet, exercising regularly and controlling your cholesterol.

To learn more about kidney health, visit www.Kidney.org.



Seniors and Loneliness

Maintaining Friendships: Studies have found that friendships are often more important than family connections in fighting loneliness among seniors. Make a conscious effort to stay connected with friends.



Talk About It

Childhood Melodies

Music has a way of bringing back memories in our lives. Songs and nursery rhymes we learned as children have a special place in our hearts. Use the following questions to reminisce with your friends and neighbors.

What songs or nursery rhymes do you remember from your childhood? Where did you learn them? Did your parents or grandparents sing to you?

Many children's songs and rhymes feature memorable characters such as Little Bo Peep or Old McDonald. Can you name more? Do you have any favorites?

Some children have a special lullaby that helps them fall asleep. Did you have one as a child? What was it and who sang it to you? Did you sing any lullabies to your children or grandchildren?



Don't get pinched!

Put on your green duds and celebrate St. Patrick's Day March 17.

Have a happy holiday!



"This Month In History" MARCH

1765: The Stamp Act is passed. It is the first direct British tax on colonists.

1875: In Montreal, Quebec, ice hockey is played indoors for the first time.

1881: P. T. Barnum and James A. Bailey merge circuses to form the "greatest show on Earth."

1901: Eleven years after his death, 71 of Vincent van Gogh's paintings are shown to great acclaim.

1905: Eleanor and Franklin Roosevelt are married. Former president Teddy Roosevelt gives away the bride.

1912: Juliette Low founds the American Girl Guides, better known today as the Girl Scouts.

1917: After ruling Russia for 23 years, Czar Nicholas II abdicates his throne amid the Revolution.

1930: Musical theater composer and lyricist Stephen Sondheim is born. He will go on to write such musicals as "Sweeney Todd" and "Into the Woods."

1939: The NCAA men's basketball tournament is created. The tournament will become known as March Madness.

1961: The Peace Corps is established after President John F. Kennedy challenges college students to serve their country.

1962: 7-foot-1 basketball player Wilt Chamberlain scores 100 points in a single game, breaking the record by 22 points.

1963: The popular children's toy the Hula Hoop is patented.

1997: The WB debuts its first hit television show, the groundbreaking series "Buffy the Vampire Slayer."

2009: Toyota announces it has sold more than 1 million hybrid cars since their American debut in 2000.