



Carriage House Inn

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

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August 2015

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- Director of Maintenance
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- Wellness Coordinators
Terra Wilson, LPN
Joanna Neill, CMT
Angela West, CNA



Happy Birthday

- 2 JOHN PATTERSON
- 6 NANCY MORGAN
- 7 EDNA LAMB
- 15 CLAIR ROBERTS
- 18 PATSY WHITESIDE
- 25 THELMA EIDSON
- 28 LUCILLE CLARDY

Rent Payment After Hours

Please place your rent check in the secured metal box located in the foyer of Carriage House Inn on the right-hand side of Alicia's office door.

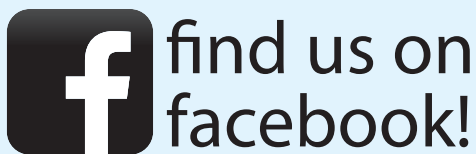
Dear Residents and Families,

I have loved every minute of the past 10 years sharing my life with you, here at Carriage House. We have created such wonderful memories...Due to the death of my husband last September, my life is changing. I find myself revamping my life, and with a broken heart I have to say GOOD BYE...

Forever you all will be a part of my heart. God bless you all...I will be back to visit. I shall miss YOU ALL... Cindy Lee Reese



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Cool as a Cucumber

This DIY body spritzer will keep you cool on a hot summer day: Cut up half a cucumber and put it in a large spray bottle. Add water to the bottle. Store the spray in the refrigerator. When you need an instant refresher, simply spritz the water on your skin.

Rent Payment Reminder

We appreciate those of you who make an effort to pay your rent on time each month. Rent is due on the 1st. Payments made after the 5th will incur late fees. Thanks for your cooperation.



Trivia Whiz

A Home Fit for a King

Each August, tens of thousands of fans gather in Memphis, Tenn., to celebrate Elvis Week and take part in events at Graceland. Here are some details about the place the King of Rock 'n' Roll called home.

Presley's purchase. At age 22, Elvis bought the estate in 1957 for \$102,500, which would be about \$870,000 today.

Hawaiian hangout. Elvis' love of Hawaii influenced the legendary Jungle Room, which was decorated with Polynesian-style furniture, green shag carpet on the floor and ceiling, and an indoor waterfall.

Television trio. Elvis' TV room featured comfortable furniture and what was an extravagance at the time—three side-by-side TV sets so he could watch multiple programs at once.

Summertime Sweet Eats

Nothing is more satisfying on a hot summer day than a refreshing frozen snack. Here's the scoop on some popular options:

Ice cream. The classic frozen treat, ice cream is made of cream, sugar and added flavors churned quickly together to create a sweet, light texture. In the U.S., ice cream must have at least 10 percent milk fat and be no more than 50 percent air.

Gelato. This Italian dessert is made with whole milk without additional cream, resulting in less milk fat than regular ice cream. It's also churned more slowly, so it's denser and has a more intense flavor.

Frozen custard. The extra-rich taste of custard comes from egg yolks, which help this treat stay colder longer. Like gelato, frozen custard is churned more slowly, so it's very thick and creamy.

Frozen yogurt. Made with cultured milk, "fro-yo" is usually lower in fat and calories than ice cream. Its flavor is often described as more tart than sweet, and it has a uniquely thick texture thanks to yogurt cultures.

Sherbet. With more of an icy texture than ice cream, sherbet is a low-fat dessert option. Although it contains some milk fat, most of sherbet's flavor comes from high amounts of sugar. It's often found in tart, fruity flavors like orange and lime.

Sorbet. Similar to sherbet, sorbet is made of water, fruit puree or juice, and sugar, but contains no dairy ingredients, so it's very low in fat. It is constantly churned during the freezing process, creating a fine, soft texture.

Step by Step

Walking is one of the best exercises for you: It's low-impact, so it's easy on your joints, and it can be done almost anywhere. Many people use a pedometer, a device that counts steps, to motivate them to walk more. Here are some ways a pedometer can help you:

Easy to use. The simplest, least expensive pedometers only count steps, which is all you need to know to begin tracking your activity. Just clip the pedometer on your waistband or belt and go about your day. More expensive models, which can measure heart rate, calories burned and distance walked, are also available.

Increases awareness. Many people have no idea how often—or little—they move during the day. A pedometer

lets you know how many steps you take on a typical day and how active you are. The daily average for older adults ranges from 2,000 to 9,000 steps.

Reminds you to move. Now that you know your numbers, set a goal. Start by walking just 500 or 1,000 extra steps per day. Look for small opportunities to walk more, such as taking a longer route through a store. By instantly showing you how much you are walking, a pedometer can motivate you to keep moving.





The Karaoke Craze

Karaoke is the worldwide craze that gives everyone the chance to be singing superstars—even if you can't carry a tune. While it's fun to grab a mic and belt out a favorite song, karaoke also offers a score of health benefits.

Invented in the 1970s in Japan, karaoke translates to "empty orchestra" and began as an after-hours activity for businessmen. Today's portable karaoke machines, which include a speaker, amplifier and microphone, allow anyone to sing along to prerecorded music and can turn any place into a stage for a crooner.

Whether you're on key or off, studies show that karaoke provides some of the same physical rewards as exercise. Singing out loud involves more than 100 muscles in the chest, neck, jaw and face, and like other aerobic activities, requires deep breathing. This increases oxygen levels in the bloodstream, which is good for the body and brain.

Karaoke also provides noteworthy benefits to mental health. Singing releases endorphins that improve mood and relieve stress. Because karaoke is usually done as a group activity, it builds social connections and offers a positive way to express feelings and share memories.

Winning Words

Each summer, word games turn to heated competition at the North American Scrabble Championship. Here are some strategies from top players that may help you turn the tiles in your favor at your next game.

Top tiles. Scrabble uses 100 letter tiles. The highest-point tiles are the letters J, Q and Z, each worth 10 points, and the X at 8 points. Learn words that use those letters, and you'll be armed for victory.

Hit hot spots. Whenever possible, play your tiles on the board's marked bonus squares, known as "hot spots." A double letter or triple word square can easily add to your score.

Add an S. While the letter S is only worth 1 point, it's considered a power tile. Use it to make a word already on the board a plural as well as play a new word, which will earn you points for both.

Before and after. Grouping your tiles by prefixes such as "in-," "re-" and "un-" and suffixes like "-ed," "-ing" and "-less" can help you see possible plays.

Two-letter words. Combine a high-point tile with just one other letter, and you can score big. Try the words "qi," "za" and "jo."

Take a Q. Creating a word with the letter Q often involves needing the letter U. If you don't have one, "The Official Scrabble Players Dictionary" lists 17 words that will work, including "qaid," "faqir" and "tranq."



Information

August Namesakes

The eighth month was named for Emperor Augustus, who founded the Roman Empire in 27 B.C., but he wasn't the only famous Augustan.

- Auguste Rodin was a 19th-century French sculptor known for lifelike works such as "The Thinker" and "The Kiss."
- In 1858, German astronomer and mathematician August Möbius discovered a one-sided, three-dimensional puzzle that would become known as the Möbius strip.
- Author, playwright and patron of the arts Lady Augusta Gregory was an influential member of the late-1800s Irish literary movement.



August

Word Search

- Beach
- Bike
- Garden
- Hot
- Hot dogs
- Park
- Picnic
- Pool
- Popsicle
- Sand
- Summer
- Sun
- Swimsuit
- Travel
- Vacation
- Watermelon

W	Y	R	D	V	M	T	H	L	R	F	F	O	Q	C
A	X	W	X	F	V	X	O	S	E	W	Y	V	E	R
T	B	E	A	C	H	O	T	P	A	R	P	K	S	G
E	L	C	I	S	P	O	P	I	C	N	I	C	G	Z
R	H	O	P	T	G	K	T	N	U	B	D	D	W	F
M	G	K	R	A	P	R	S	D	N	U	Q	T	V	H
E	M	V	R	D	A	P	N	U	O	K	B	O	H	M
L	E	D	A	V	S	A	S	O	M	G	I	W	S	T
O	E	S	E	O	R	W	S	W	I	M	S	U	I	T
N	V	L	L	N	J	D	L	J	C	T	E	U	E	B
I	T	S	L	S	I	A	Z	F	C	G	A	R	T	Y
A	V	H	I	M	A	A	E	A	Z	I	X	C	N	B
H	R	V	V	Z	B	D	F	R	E	J	V	Y	A	N
C	A	D	L	A	T	V	E	Y	W	F	I	T	K	V



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ASSISTED LIVING

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Shelbyville, TN 37160