



Jamestowne

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

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Giving Back Benefits the Brain

Giving of your time and talents often brings personal and emotional satisfaction. Evidence shows volunteering provides not only those feel-good benefits, but brain health advantages, too. Doctors say no matter where or how seniors lend a hand, taking part in engaging environments, social interaction and mentally stimulating activities that volunteer opportunities provide creates new pathways in the brain, which can help prevent memory loss and cognitive problems. Because of their sense of purpose and accomplishment, volunteers also report feeling happier and more satisfied with their lives.

Quick Getaway

"Laughter is an instant vacation." —Milton Berle



The Power of Flowers

You've probably heard the old saying "Stop and smell the roses." Researchers confirm that taken literally, it's good advice. The scent of fresh flowers or floral scents in general can boost your mood, lower stress and even encourage friendliness. If you don't favor these fragrances, simply taking in the color of flowers can kindle positive emotions. Pastel-colored varieties tend to make people feel more relaxed, while bold colors are energizing.

Say What?

Rupellary \RUH-pehl-la-ree\
adjective
Definition: Rocky
Example sentence: The rupellary field was difficult for the farmer to clear for planting.

Sky Watch: Full Sturgeon Moon

The end of August brings the full Sturgeon Moon. At this time of year, Native American tribes had the most plentiful catches of the large freshwater fish, which were once abundant in the waters of the Great Lakes.

Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. Ancient Romans called peridot "the evening emerald," as the gem appeared dark green in lamplight.

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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.



Connect Near or Far With Collective Crafts

Making memories with grandchildren doesn't have to happen face-to-face. Don't let miles come between you and your grandkids—close the gap by providing ways you can interact together, such as long-distance craft projects. Send special packages that include all the items kids need so you can do the project "together." Here are some activities that create bonds and can be done near or far:

Snowman in a box: After a snowfall, send your grandchildren all the "ingredients" they need to assemble the perfect snowman. Pack up an old hat, scarf, some buttons for eyes and a mouth and other accessories. Include a special note from you and ask them to send you a picture of the snowman you built together.

Multi-step masterpiece. Sketch a scene on a blank canvas or poster board and mail it, along with an assortment of washable paints and paintbrushes to create a collaborative work of art.

Joint photo album. Buy a photo album and fill the first spread with recent pictures of you with friends and family or you doing things you enjoy. Mail the album to your grandchildren and ask them to fill the next spread and send it back. Keep rotating until the book is full.

What Is Sundowning?

Sundowning is a group of symptoms associated with Alzheimer's disease and dementia. It refers to emotions and behaviors—such as confusion, aggression and anxiety—that occur in late afternoon and evening, when the sun is setting.

The exact cause of sundowning is unknown. One explanation is that as natural light is reduced and shadows increase, people with dementia become confused and afraid. Their internal clock may also be affected, blurring the difference between day and night. Another trigger is exhaustion at the end of the day—of both the caregiver and the person with dementia. A caregiver who is tired may unknowingly send nonverbal cues of frustration, whereas the patient's fatigue can aggravate symptoms.

To reduce sundowning, it's important to stick to a routine in order to create a safe and comfortable environment. Dementia patients should be encouraged to stay active during the day and avoid daytime naps, as they can lead to disrupted sleep at night. As the day wears on, the use of indoor lighting can lessen feelings of stress as natural light begins to fade. Soft, gentle music will also help create calm, soothing surroundings to make the patient feel relaxed.

For more information on sundowning and other Alzheimer's or dementia symptoms, visit www.ALZ.org.

Record-Setting High

The summer heat may have you sweating it out, but compare it to this scorcher: The mercury hit 134 degrees Fahrenheit in July 1913 at Furnace Creek Ranch in California's Death Valley, setting the record for highest temperature ever recorded.



Wit & Wisdom

"The sea, once it casts its spell, holds one in its net of wonder forever."
—Jacques Cousteau

"A drop of water, if it could write out its own history, would explain the universe to us."
—Lucy Larcom

"A lake is the landscape's most beautiful and expressive feature. It is Earth's eye; looking into which the beholder measures the depth of his own nature."
—Henry David Thoreau

"Rivers are roads which move, and which carry us whither we desire to go."
—Blaise Pascal

"A river seems a magic thing. A magic, moving, living part of the very Earth itself."
—Laura Gilpin

"No water, no life. No blue, no green."
—Sylvia Earle

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20			21			22		23				
24				25								
26	27	28		29		30		31	32	33		
34				35		36						
37			38			39			40			
41			42			43			44			
45				46				47				
48				49				50				
51	52	53				54			55	56	57	
58				59		60			61			
62				63					64			
65				66					67			

ACROSS

- Persian Gulf War missile
- Vice
- Latvian capital
- Score too few points
- Come afterward
- Actress Moran
- Augury
- Make reparation
- King or queen
- Clergymen
- Goes to
- Hypotheses openers
- Was sore
- Meager
- Put forth effort
- Pee Wee, for one
- Reduce
- Lobbying group, for short
- Ledger column
- S. A. nation
- Gruesome
- Decompose
- Of the nervous system
- Female animal
- Flooring piece
- Guide
- Miss, coming out
- Gladness
- Mideast breads
- Cochlea's location
- Kangaroo, for one

- Side by side
- Eins und eins und eins
- Bitter
- In the matter of
- Lab item
- French pension
- Neckwear
- Lounging
- Curved
- Dummies
- DOWN**
- Make a mess
- Near-death condition
- ___ up; spends
- Part of a tooth
- Is apprehensive about
- Crawling insects
- GI dance sponsor
- Craziness
- Canines and others
- Goes back
- Middle East nation
- Surround
- "No ifs, __ or..."
- Poet's contraction
- Rudely brief
- Video game paradises
- Reaches across
- Insertion mark
- Dispute
- Toe's predecessor, in game name
- Spine-chilling

- Wrap
- Organic compound
- Comrade
- Common verb
- "West Side Story" role
- Hope, for one
- Adder or asp
- Signs of imminent danger
- Troupe member
- Means of transportation
- Crown
- Lessened
- CCIII doubled
- Parched
- Loud ringing
- "Laugh-In" regular
- 11 Down's location
- Word with son or ladder
- Pitch
- Business letter abbr.

S	J	V	S	D	C	R	V	E	L	D	I	L
S	E	I	L	E	N	N	E	L	V	I	L	L
O	L	S	A	V	A	B	B	E	R	I	L	D
T	S	A	V	E	B	B	A	N	I	V	I	C
H	E	H	C	B	D	E	R	H	E	R	S	T
E	L	L	E	R	D	E	R	V	A	L	E	N
A	R	G	M	A	C	A	B	R	A	C	A	R
S	T	E	E	C	L	A	V	S	E	T	E	P
S	C	A	N	T	E	R	V	A	R	E	S	E
D	H	C	A	V	A	R	S	I	F	E	D	
S	D	N	S	T	O	A	T	E	O	M	A	R
N	I	N	E	C	A	R	A	T	E	R	O	
L	O	S	E	N	S	E	N	S	E	R	I	N
S	C	I	D	E	F	A	L	I	T	R	I	A

"This Month In History"

AUGUST

1846: An act of Congress establishes the Smithsonian Institution. The museum and research complex was named for British scientist James Smithson, who bequeathed his \$500,000 estate to the U.S.

1902: Theodore Roosevelt becomes the first U.S. president to make a public appearance riding in a car.

1909: The Indianapolis Motor Speedway holds its first race. The track is home to the annual Indy 500, called the "Greatest Spectacle in Racing."

1926: At the age of 19, American Gertrude Ederle becomes the first woman to swim the 21 miles of the English Channel.

1932: Famed pilot Amelia Earhart flies from Los Angeles to Newark, N.J., making her the first woman to fly solo from coast to coast.

1959: President Dwight D. Eisenhower signs an executive order proclaiming Hawaii the 50th state of the union.

1961: Singer Patsy Cline records the ballad "Crazy" in Nashville.

1969: More than 500,000 people attend the three-day Woodstock Music and Art Fair at a farm near Bethel, N.Y. The Who, Jimi Hendrix and the Grateful Dead were among the festival's famous acts.

1996: Sprinter Michael Johnson breaks the world record in the men's 200-meter and wins a gold medal at the Summer Olympic Games in Atlanta.

2009: The U.S. Senate confirms Sonia Sotomayor as the nation's first Hispanic Supreme Court justice.