



RIVER OAKS PLACE
L E N O I R C I T Y

100 W 5th Ave. • Lenoir City, TN 37771 • (865) 988-9321

September 2015



Happy Birthday

- 9/4 Jone Bruni
- 9/6 Cathlene Boyd
- 9/8 Shirley Ware
- 9/15 Bonnie Healy 100!!
- 9/17 Linda Carberry
- 9/20 Bobbie Keesling
- 9/23 Betty Blantob
- 9/30 Ethel Galyon



Logic Problem

Jane went to visit Jill. Jill is Jane's only husband's mother-in-law's only husband's only daughter's only daughter. What relation is Jill to Jane?

A Figure of Speech

Phrase: Apple of my eye
Meaning: Cherished object of affection

Origin: Dating back to the ninth century, "apple of my eye" originally referred to the actual pupil of the human eye, as it was believed the pupil was spherical in shape, like an apple. Since the sense of sight is valued so highly, the phrase was soon used to describe other cherished things or people.



Seeking Autumn Splendor

In many parts of the country, people will begin to take in the explosion of color that comes when the leaves on trees change from green to hues of red, orange and gold. From September to November, leaf-peeping—viewing and photographing fall foliage—becomes a popular pastime, especially in the Northeast and parts of the Southeast and Midwest. The colors of nature's annual spectacle depend on a combination of factors, including tree type, temperature and rainfall.

Fall Begins

Fall's first day is Sept. 23.

Store Coupon!

Come and visit our better than Walmart store!

You are sure to find everything you need!

Twenty-five cents off any one item!

Store hours posted on door!



A Senior Solutions Management Property
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Sit Up and Get a Lift

Improve your posture and you could improve your mood. Studies show sitting up with your spine straight and shoulders back can make you feel happier! It lowers stress and increases happiness hormones, which can cue the brain to switch to a more positive state of mind.



Trivia Whiz

Mystery Solved

From jewel heists and bank robberies to murders and more, these super sleuths became household names for their ability to unravel mysteries in TV land:

Joe Friday, "Dragnet." This radio show that became a TV series in 1952 was the crime drama that paved the way for all the rest and featured no-nonsense Sgt. Joe Friday (Jack Webb).

Lt. Columbo, "Columbo." Known for his wrinkled trench coat and cigars, Columbo (Peter Falk) tricked suspects with his absent-minded behavior and chatty demeanor, constantly asking, "Just one more thing."

Jessica Fletcher, "Murder, She Wrote." English teacher turned mystery writer Jessica Fletcher (Angela Lansbury) became a pro at solving real crimes near her hometown of Cabot Cove, Maine.

A Flowering Fall

Cooler temperatures have us saying goodbye to the colorful blossoms of summer. But fall has plenty of floral beauty to enjoy. Here are some flowers you may see this season:

Aster. The birth flower for September, asters bloom from late August to the first frost. Their star-like blossoms, which attract birds and butterflies, come in white, pink, purple and blue hues and typically have cheerful yellow centers.

Chrysanthemum. Perhaps the most recognizable fall plant, chrysanthemums, or mums, are treasured for their wide range of colors and flower shapes. Typically found in yellow, orange and red shades that are popular for fall, mums can also be pink, purple, white and even green.

Goldenrod. This vibrant wildflower is an important pollen and nectar source for insects such as bees, butterflies and wasps. The bright yellow flowers atop goldenrod's long stalks are a familiar

sight in fields and in seasonal arrangements.

Sedum. Also known as stonecrop, this flowering succulent has hundreds of varieties, from creeping container plants to large shrubs. Autumn Joy is a classic choice for autumn, with broccoli-like blossoms that change from pink to rusty red.



Practice Good Hand Hygiene

The arrival of autumn brings a change in seasons, and it also signals the coming cold and flu season. Medical experts remind us that along with vaccinations, washing your hands frequently and properly can help prevent these illnesses. This simple, hygienic habit is so important that the third week of September is designated as International Clean Hands Week.

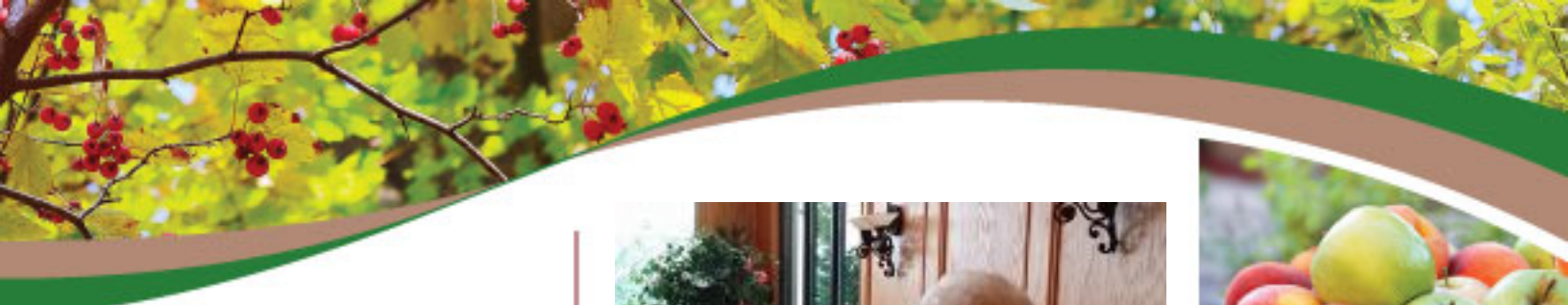
Whether at home or out and about, people encounter germs on a constant basis. You can pick up germs from touching various contaminated surfaces, then unknowingly touching your face, especially your eyes, nose and mouth. Keeping your hands clean greatly reduces this risk and the risk of spreading germs to others.

Proper hand-washing takes more

than just a quick pass under the faucet. Hands should be lathered with soap, making sure to scrub well between fingers and under fingernails. Continue the process for 20 seconds, about the time it takes to hum the song "Happy Birthday to You" twice. Rinse hands well and dry.

When soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.





LOVE

Hospital Dolls!

Here are a few of our wonderful residents in our Servants Heart club! They are shown making dolls for the Childrens' Hospital. This is a tradition of River Oaks Place. We have been making dolls for years. This wonderful idea came from beloved resident Mary Harris. She is no longer with us but still continues her acts of love!

Snuggly Sock Buddy

He's cuddly and soft and has a friendly red smile. Best of all, he can be made out of just a pair of socks and some stuffing. Who is he? He's the world-famous sock monkey.

Stuffed toys began to emerge in the late 1800s, and by the 1920s, many mothers in the United States were making their own versions. Worn socks were an inexpensive and easily accessible material, and monkeys were a popular stuffed animal to make for children.

Rockford Red Heel work socks, made by the Nelson Knitting Company in Rockford, Ill., became the socks to use when making a sock monkey, since the red heel made the perfect smiling mouth. The company embraced the trend of their socks being used to make monkey dolls, and in the 1950s they started including the sock monkey pattern, which they patented, with every pair of Red Heel socks. The handcrafted toy even became a part of their advertising campaigns.

The sock monkey remains a cultural icon today, and not just in his original form. His likeness has been featured on hats, clothing, bed sheets, children's décor, pet toys and more.



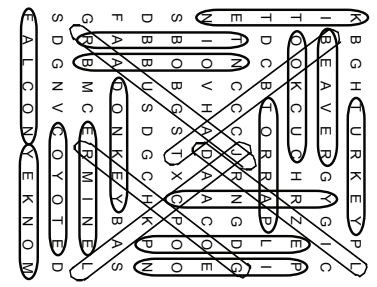
Word Search

Today's Category: Six-Letter Animals & Birds

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

1. Beaver _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
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20. _____

- Word Search Solution:
- | | |
|------------|------------|
| 1. Baboon | 11. Jackal |
| 2. Beaver | 12. Jaguar |
| 3. Bobcat | 13. Kitten |
| 4. Canary | 14. Lizard |
| 5. Coyote | 15. Monkey |
| 6. Cuckoo | 16. Parrot |
| 7. Donkey | 17. Pigeon |
| 8. Ermine | 18. Poodle |
| 9. Falcon | 19. Rabbit |
| 10. Gopher | 20. Turkey |



"This Month In History" SEPTEMBER

1868: The first volume of the children's novel "Little Women" by Louisa May Alcott is published. The instant bestseller has become a beloved literary classic.

1915: Nicknamed "Little Willie," the first tank prototype is unveiled. The armored vehicle was tested and improved, then put into battle the following year.

1940: President Franklin D. Roosevelt signs an act creating the nation's first peacetime military draft and establishing the Selective Service System.

1957: After months of advertising, the Ford Motor Company debuts the Edsel. The new car was kept top secret until the "E-Day" unveiling.

1962: The Four Seasons hit the top of the pop charts with their song "Sherry." It was the first of several No. 1 hits for the doo-wop group.

1985: Farm Aid holds its first benefit concert in Champaign, Ill., to raise money to support America's family farmers.

1995: Baseball's "Iron Man," Cal Ripken Jr., shortstop for the Baltimore Orioles, plays in his 2,131st game, breaking the record for most consecutive major league games played. Lou Gehrig held the record previously.

2004: For the season premiere of her daytime TV talk show, host Oprah Winfrey surprises all 276 members of her studio audience by giving them new cars.

2013: After 53 hours, Diana Nyad completes the 110-mile swim from Cuba to Key West, Fla. The 64-year-old was the first person to make the swim without a protective shark cage.