## © Rueroaksplace <br> L O U D O N T E N N E S S E E

1101 Grove St. • Loudon, TN 37774 • (865) 458-5841

## Management Team

| Lisa Harvey | Executive Director |
| :--- | :--- |
| Britney Rice | Wellness Director |
| Brent Rupinski | Assist. Wellness Director |
| Beth Evers | Activity Director |
| Faith Maupin | Business Director |
| John Womak | Regional Maintenance Dir. |
| Deanne Covington | Assist. Dietary Director |
| David Trentham | Regional Dietary Dir. |

# Senior Solutions 

A Senior Solutions Management Property www.ssmgrp.com www.facebook.com/ssmgrp


A husband and wife enjoying some good music and time together..... Patsy is our resident, and her husband Clifford visits her every day with a smile on his face and love in his heart.

August 2015


## 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.

## Classroom Care Package

Do you have grandkids or other youngsters in your life heading back to school soon? Consider putting together a small care package of school supplies and other treats-a welcome gift for students of any age, from kindergarten through college. Scope out back-to-school ads from major retailers, as well as the aisles at the dollar store for some bargain-priced goodies.

Quick Getaway
"Laughter is an instant vacation." -Milton Berle

## Happy



## LAKEWOOD

8-20
8-27
Marilyn Croft
Jeanette Miller
RIVER OAKS
8-30 Rolland Albertson


Lakewood girls having some fun dressing up for Caregiver Week!



## 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 tart, 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. It's found in tart, fruity flavors like orange and lime.


Ashley Silverburg was voted employee of the month by her coworkers at Lakewood Place for the month of July! Thank you, Ashley, for all your hard work.


Tana Boring was voted employee of the month for July at River Oaks Place by her coworkers. Thank you, Tana, for all your hard work!



Residents enjoying some S'mores for the 4th of July...


Una and Louise having a good time shopping in the bingo store.


Residents in both buildings enjoyed some music from Roger Bache.


Mary really had a good time roasting her marshmallow for her S'more.

Man's Best Friend You've probably heard the saying "Every dog has its day," and that is indeed the case on Aug. 26, National Dog Day. Celebrate man's best friend by giving your pooch a special treat and belly rub. Don't have a dog? Those in local animal shelters would love a visit and a scratch behind the ears!


## 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

1. Persian Gulf War missile 5. Vice
2. Latvian capita
3. Score too few points
4. Come afterward
5. Actress Moran
6. Augury
7. Make reparation
8. King or queen
9. Clergymen
10. Goes to
11. Hypotheses openers
12. Was sore 26. Meager
13. Put forth effort
14. Pee Wee, for one 34. Reduce
15. Lobbying group,
for short
16. Ledger column
17. S. A. nation
18. Gruesome
19. Decompose
20. Of the nervous system
21. Female anima
22. Flooring piece
23. Guide
24. Miss, coming out
25. Gladness
26. Mideast breads
27. Cochlea's location
28. Kangaroo, for one
29. Side by side
30. Eins und eins und eins
31. Bitter
32. In the matter of
33. Lab item
34. French pension
35. Neckwear
36. Lounging
37. Curved
38. Dummies DOWN
39. Make a mess
40. Near-death condition
41. __up; spends
42. Part of a tooth
43. Is apprehensive about
44. Crawling insects
45. Gl dance sponsor
46. Craziness
47. Canines and others
48. Goes back
49. Middle East nation
50. Surround
51. "No ifs, __ or..."
52. Poet's contraction
53. Rudely brief
54. Video game paradises
55. Reaches across
56. Insertion mark
57. Dispute
58. Toe's predecessor, in game name
59. Spine-chilling
60. Wrap
61. Organic compound
62. Comrade
63. Common verb
64. "West Side Story" role
65. Hope, for one
66. Adder or asp
67. Signs of imminent dange
68. Troupe member
69. Means of transportation
70. Crown
71. Lessened
72. CCIII doubled
73. Parched
74. Loud ringing
75. "Laugh-In" regular
76. 11 Down's location
77. Word with son or ladder
78. Pitch
79. Business letter abbr.


## wThis 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 I9, 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.

