



LAKEWOOD PLACE
L O U D O N T E N N E S S E E



RIVER OAKS PLACE
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.



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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 Birthday

LAKWOOD

- 8-17 Marilyn Croft
- 8-20 Marie Webb
- 8-27 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:

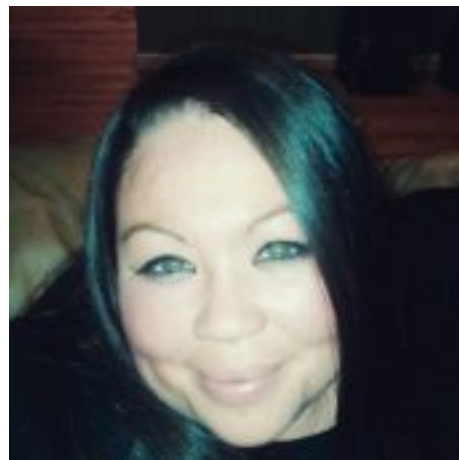
Ice cream. The classic frozen treat, ice cream is made of cream, sugar and added flavors churned quickly together to create a sweet, light texture. In the U.S., ice cream must have at least 10 percent milk fat and be no more than 50 percent air.

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...



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



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



Residents in both buildings enjoyed some music from Roger Bache.

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!



