

Multiple Generations, Many Perks

From mentoring schoolchildren to chatting with a teenage food server, intergenerational relationships and encounters provide numerous benefits for all.

Many older adults say they feel more energized after spending time with young people, whether they're volunteering together, working on a craft, playing a game or just talking. Enjoying each other's company and giving advice can boost self-esteem and provide a sense of belonging. Research shows that seniors score better on memory tests and report higher life satisfaction after interacting with younger generations.

These experiences are also rewarding for children and young adults. They thrive on receiving positive attention and nurturing support from older mentors, who can teach them valuable lessons.

Seniors can learn about new trends and technology from their younger friends and family members, and in return pass along their history and traditions to the next generations.

Many schools, neighborhood groups and senior living communities have recognized the benefits of multigenerational relationships and are encouraging this type of meaningful interaction. Responding to growing demand, many homebuilders are designing living spaces that accommodate young families and aging adults under one roof or in the same neighborhood.



Brain Fitness

We can strengthen a healthy brain through participation in certain activities or we can diminish areas of the brain through lack of use. For example, if you learn and practice a foreign language, you most likely will become more fluent. However, if you quit using that language, your vocabulary may decrease.

Alzheimer's disease is not a normal part of the aging process. According to the Mayo Clinic, only about 5 percent of people between the ages of 65 and 74 have a diagnosis of Alzheimer's disease. Nearly 50 percent of people over the age of 85 have Alzheimer's disease. According to the Alzheimer's Association, symptoms of declining brain skills include:

1. **Memory loss** — evidenced by forgetting things and frequently repeating yourself.
2. **Difficulties with abstract thinking/problem solving** — such as balancing a checkbook
3. **New problems in speaking, reading and writing**
4. **Loss of planning and safety awareness/judgment** — poor judgment with money
5. **Difficulty performing/sequencing once routine tasks, such as cooking and laundry**
6. **Mood/personality changes** — stubbornness, withdrawal, agitation
7. **Confusion with time/place/date**

If you have memory or wellness related questions, please contact your physician or Kim Mueller in the Legacy therapy department.

Legacy Healthcare Services, 972-420-8543



Dear Residents, Family and Friends

As summer comes to an end, I hope we can all look back on it as time well spent making memories with family and friends. We had a great month of August with root beer floats, going out for frozen yogurt, and at our "Night on Broadway." Be sure to check your activity calendar as well as weekly flyers to see what exciting outings and events are scheduled for each month!



September has many exciting things in store, especially the week of Sept. 10-14 when we'll be observing National Assisted Living Week. On Monday, Sept. 10, we'll kick off the week with our Ribbon Cutting Ceremony. On Tuesday, Sept. 11, we'll need everyone's help at our main event, "A Taste for Wine and Murder, Murder and Mystery." Make sure to invite your family and friends! We'll cap off the week on Friday, Sept. 14, with our Capture the Moment Social and Closing Ceremony. We hope to see you all there! Also, remember to check out our Facebook and website for weekly picture updates. Happy September!

Erin Montgomery, Executive Director

Outings

We love our outings every first and third Friday of each month!



Locations

Activity Room, AR
AL Courtyard, ALC
AL Parking Lot, ALPL
Bistro, B
Dining Room, DR
Library, LL
Lobby, L
Outing, O
Spa, Spa

Birthdays

Dorothy Scott, 1st
Gloria Harrison, 6th
Yulliza Moya, 16th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores
Tuesday, 10 a.m.
Walmart
Wednesday, 10 a.m.
Post Office/Bank
Thursday, 10 a.m.
Walmart
Friday, TBA
Field Trips/Outing

“Knowledge is love
and light and vision.”

—Helen Keller

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
7:30 The Truth in Love (TV Channel 7), L 2 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	LABOR DAY 3 10:00 The Prize is Right and Snack Social, L 10:30 Labor Day Wonder Word Search, L 2:00 Star Kids Musical, L 3:00 Snack Attack Bingo, AR 4:00 Adult Coloring Club, AR	4 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	5 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store 4:00 Trivia, L	6 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club 1:30 Art Expression, AR 3:30 Rowdy Ring Toss, L	7 National College Colors Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to El Fenix, O 1:00 Bible Study w/Laura 2:00 Kick Off Social Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! 1 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
9 ROSH HASHANAH BEGINS AT SUNSET Grandparents Day 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L 3:25 Cowboys vs. Carolina (Fox), L	10 National Assisted Living Week 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 10:30 Ribbon Cutting Ceremony, L 2:00 Snack Attack Bingo, AR 3:30 Scrapbooking Monday, AR 4:00 Wonder Word Search, AR	11 PATRIOT DAY 9:30 Beauty Salon Is Open 9:30 Parachuting, L 9:45 Blood Pressure Clinic w/Life Way Hospice, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 2:00 Reminiscing Tuesday Social w/Legacy, L 3:00 Game of Choice, L 6:00 A Taste for Wine & Murder (Main Event), L	12 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:30 Guess Who Wednesday?, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:00 Town Hall Meeting, L 3:30 Country Store	13 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club 2:00 Paint the Moment Thursday, AR 3:30 Ring Toss of Fire, L	14 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Capture the Moment Social Hour, L 3:00 Closing Ceremony and Recognition, L	9:30 Word of the Day! 15 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 16 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 7:20 Cowboys vs. NY Giants (NBC), L	17 Country Music Day 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Snack Attack Bingo, AR 4:00 Adult Coloring Club, AR	18 YOM KIPPUR BEGINS AT SUNSET 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	19 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store 4:00 Trivia, L 4:00 Tic Tac Toss, L	20 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club 1:30 Art Expression, AR 3:30 Rowdy Ring Toss, L	21 Alzheimer's Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Tierney's, O 1:00 Bible Study w/Laura 2:00 I Scream You Scream We All Scream for Ice Cream, L 3:00 Name Your Game!, AR	AUTUMN BEGINS 22 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
23 First Day of Fall 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 3:25 Cowboys vs. Seattle (Fox), L	24 Family Day 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Out to Tom Thumb, O 2:00 Snack Attack Bingo, AR 4:00 Wonder Word Search, AR	25 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	26 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store	27 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club 1:30 Scrapbooking Club, AR 3:30 Ring Toss of Fire, L	28 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 3:00 Name Your Game!, AR	9:30 Word of the Day! 29 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 30 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 12:00 Cowboys vs. Detroit (Fox), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L						