

Coffee Around the World

Do you like your coffee black or with cream and sugar? Perhaps you enjoy cappuccinos, mochas or lattes. Pour a cup of joe and learn how people in other countries drink coffee.

Finland and Sweden: Cubed cheese — made from cow, goat or reindeer milk — is placed in a cup of coffee or dipped into the java and eaten.

Ethiopia: The coffee plant originated in this country, where its beans are roasted and brewed in a ceremony that can last hours. The drink is served with salt, butter or sugar.

Malaysia: Those who can't decide between coffee and black tea can choose yuangyang, which is a mixture of both beverages and milk.

Mexico: Cinnamon sticks and unrefined cane sugar add comforting warmth to this coffee, which is served in a clay mug to bring out the flavors.

Morocco: Warm spices, such as cinnamon, cardamom, nutmeg and black pepper, are blended with dark coffee to create an aromatic beverage.

Turkey: After it's simmered in a copper or brass pot, coffee here is served strong and unfiltered, so a cup will include settled grounds.

Italy: Espresso is the signature caffeinated drink for Italians, who sip shots of the concentrated coffee while standing at cafes.

France: A favorite among the French, café au lait is brewed coffee with steamed milk. It is served in a wide cup for dunking croissants.

Australia: The velvety drink known as a flat white originated Down Under. Similar to a latte, it is made with a shot of espresso and steamed milk.



What Is Mindfulness?

The word “mindfulness” is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a fairly simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion and build relationships. Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills. As a therapeutic technique, mindfulness has been used to promote healing for hospital patients and veterans with post-traumatic stress disorder as well as a helpful tool in schools.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding “mindfulness moments” to your daily routine, you may soon feel a deeper connection to both yourself and the world.



Dear Residents, Families and Friends

As another summer comes to an end, I know we will all be looking forward to the cooler temperatures September and the fall season will bring! We had a lot of fun celebrations this summer with watermelon and ice cream socials, Boogie down at the disco and so much more. A sincere thanks to those of you who participated in the purchase of the school supplies for our staff and their kids. Everyone was very grateful! This September we will celebrate Assisted Living week with interactive resident and staff programs. Lunch outings for this month will be to Red Lobster and Rosa's Café. Tuesday, Sept. 5, we have crafts with Patty — plan on making autumn or Halloween wreaths. Be sure to mark your calendar for our Main Event: Viva Italy on Sept. 12, at 6 p.m. Feel free to invite your family and friends to our events.

Jessica Hazelton
EXECUTIVE DIRECTOR



Arts and Crafts

Come and join us every Tuesday for a fun Arts and Crafts Class.



ASSISTED LIVING

AL#010063

SEPTEMBER 2017

Locations

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

Transportation Schedule

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

Birthdays

- Wilma French, 2nd
- Gloria Harrison, 6th
- Eileen Wagner, 14th
- Yulliza Moya, 16th Employee
- Cecilia Burch, 18th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>3</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>LABOR DAY 4</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Shopping at Winco, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>2:00 Kids Musical Concert, L</p> <p>3:00 Resident Choice of Chat or Game!, AR</p>	<p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Giant Puzzle Challenge!, L</p>	<p>6</p> <p>Beauty Salon Is Open</p> <p>National Bake & Decorate Month</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Cookies & Cupcakes Decoration Social, AR</p> <p>4:00 Ambassador Meeting, AR</p>	<p>7</p> <p>8:00 Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Exercise w/ Tiffanie (Lake Village), L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>1</p> <p>Wear Your Favorite College Colors Day</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>10:30 Lunch Outing, O</p> <p>1:00 Painting With Mary!, AR</p> <p>2:00 College Memories Social Hour, L</p> <p>3:00 Name Your Game!, L</p>	<p>2</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a "Jump" on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What's Growing?, ALC</p> <p>3:00 Saturday Bingo, AR</p>
<p>10</p> <p>Grandparents Day</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>3:00 Movie Time With Grandma & Grandpa, L</p> <p>5:30 Cinema Sundays, L</p>	<p>PATRIOT DAY 11</p> <p>National Assisted Living Week</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Shopping at Winco, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>2:00 Kids Musical Concert, L</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>10:30 Opening Ceremony: Ribbon Cutting, L</p>	<p>12</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/Natalie (Good Shepherd), AR</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Giant Puzzle Challenge!, L</p> <p>3:15 Social Time w/Legacy, L</p> <p>6:00 Viva Italy (Main Event), L</p>	<p>13</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:30 Special Craft From Residents to Staff, L</p> <p>1:00 Chicken Foot (Dominoes), AR</p> <p>1:00 Pokeno, AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Bible Study w/Rob Harrison, L</p> <p>3:00 Town Hall Meeting, L</p> <p>4:15 Bean Bag Toss, L</p>	<p>14</p> <p>8:00 Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Exercise w/Tiffanie (Lake Village), L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>2:30 Social Time w/ Special Surprise, L</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>15</p> <p>Guacamole Day</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>10:30 Lunch Outing, O</p> <p>1:00 Painting With Mary!, AR</p> <p>2:00 Chips & Guacamole Social Hour, L</p> <p>3:00 Name Your Game!, L</p> <p>3:00 Closing Ceremony of Assisted Living Week, L</p>	<p>16</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a "Jump" on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What's Growing?, ALC</p> <p>3:00 Saturday Bingo, AR</p>
<p>17</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>18</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Shopping at Winco, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>2:00 Kids Musical Concert, L</p> <p>3:00 Resident Choice of Chat or Game!, AR</p>	<p>19</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Giant Puzzle Challenge!, L</p>	<p>20</p> <p>ROSH HASHANAH BEGINS AT SUNDOWN</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Bible Study w/ Rob Harrison, L</p> <p>4:00 Ambassador Meeting, AR</p>	<p>21</p> <p>World Alzheimer's Day</p> <p>8:00 Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Alzheimer's Walk, L</p> <p>9:30 Chair Exercise w/Tiffanie (Lake Village), L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>22</p> <p>FALL BEGINS</p> <p>Ice Cream Cone Day</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>10:00 Trivia Club, L</p> <p>1:00 Painting With Mary!, AR</p> <p>2:00 Ice Cream Cone Social Hour, L</p> <p>3:00 Name Your Game!, L</p>	<p>23</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a "Jump" on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What's Growing?, ALC</p> <p>3:00 Saturday Bingo, AR</p>
<p>24</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>25</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Shopping at Winco, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>2:00 Kids Musical Concert, L</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>3:15 Name That Tune: One-Hit Wonder, AR</p>	<p>26</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Giant Puzzle Challenge!, L</p>	<p>27</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>1:00 Pokeno, AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Bible Study w/ Rob Harrison, L</p> <p>4:15 Bean Bag Toss, L</p>	<p>28</p> <p>8:00 Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Exercise w/ Tiffanie (Lake Village), L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>29</p> <p>YOM KIPPUR BEGINS AT SUNDOWN</p> <p>9:00 Word of the Day!, L</p> <p>9:00 Senior Fitness w/ Natalie (Good Shepherd), AR</p> <p>1:00 Painting With Mary!, AR</p> <p>2:00 Birthday Bash, L</p> <p>3:00 Name Your Game!, L</p>	<p>30</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a "Jump" on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What's Growing?, ALC</p> <p>3:00 Saturday Bingo, AR</p>