

The Terrace at Mountain  
Creek  
1005 Mountain Creek Rd.  
Chattanooga, TN 37405

Postage  
Information

JANUARY 2018

# The Terrace at Mountain Creek

1005 Mountain Creek Rd., Chattanooga, TN 37405 • (423) 874-0200 [www.theterraceatmountaincreek.com](http://www.theterraceatmountaincreek.com)



## The Terrace Management Team

**Executive Director**  
Cathy McMillon

**Director of Health & Wellness**  
Robin Knight

**Assistant Director of Health &  
Wellness**  
Jennifer Stephenson

**Senior Lifestyle Counselor**  
Staci Pomeroy

**Senior Lifestyle Coordinator**  
Angela Day

**Director of Facilities Operations**  
Jerrod Smith

**Director of Culinary Services**  
Chris Neal

**Director of Recreation & Events**  
Allison Jackson

**Business Office Manager**  
Katrina Ryan

## Meet our New Executive Director!

We are pleased to announce that we now have a new Executive Director! Cathy McMillon joined us here at The Terrace in December 2017. She has over 28 years of experience working in the assisted living facility environment.

Please join us as we welcome her!

Welcome to The Terrace Family, Cathy!!



## Resident Incentive!

Did you know that if you refer someone to move in to The Terrace, you could earn up to \$1000?

Here's the scoop:

If you refer someone and they move in to The Terrace for 30 days, you could earn \$500 credited to your account. If that new resident is here for a total of 60 days, you could receive an additional \$500 credited to your account! That's \$1000 just for referring them!

Start referring your friends and family!!



## Interesting January Dates

3<sup>rd</sup> – Festival of Sleep Day  
4<sup>th</sup> – National Spaghetti Day  
10<sup>th</sup> – Houseplant Appreciation Day  
14<sup>th</sup> – Dress Up Your Pet Day  
16<sup>th</sup> – National Nothing Day  
19<sup>th</sup> – National Popcorn Day  
20<sup>th</sup> – National Cheese Lover Day  
23<sup>rd</sup> – National Handwriting Day  
29<sup>th</sup> – National Puzzle Day



Each month, residents and staff members place their votes into the ballot box located at the front desk for the Employee of the Month.

**Amanda Rector** was voted as January's Employee of the Month! Amanda is one of our Care Managers and has been here since September 2017. She has gone above and beyond. Congrats Amanda!!

- She always smiles and tries to help with anything she is asked to do.
- She is always happy and smiling and is eager to help.
- Amanda is very happy to stop and help anyone that needs it.
- Very curious, with a bright and smiling face.
- She is always smiling and so sweet to help.
- She is always very helpful and friendly.

**Beating the Winter Blues**

During the shortest days of the year, it's very common to feel sad and lethargic. We are more likely to have less motivation and want to stay in bed more and sleep. Here are a few ways to beat those winter blues!

**Keep Active** — The Terrace offers exercise at 9:30 a.m. Monday-Friday of each week. Monday, Wednesday and Friday there is a DVD program. Tuesdays and Thursdays, we have a live instructor from Silver Sneakers.

**Get Sunlight** – Try to spend at least 30 minutes in the sunshine each day. If you're not able to go outdoors, open the blinds and curtains and enjoy the natural sunlight.

**Listen to Music** – Music can be very healing. Come join us for the different musicians that will be performing for us here at The Terrace.

**New Hobby** – Keep your mind active with a new interest! It could be anything, such as playing bridge, singing, knitting or keeping a journal. The important thing is that you have someone to look forward to and concentrate on.

**Socialize** – Make an effort to keep in touch with people you care about. We have a very busy activity calendar and encourage you to attend different events, even if you only come for a short while.

**Count Your Blessings** – “Give thanks in all circumstances” (1 Thess. 5:18). Wake up each morning and begin a list of everything that you are thankful for. Throughout the day, continue to add to the list. At the end of the day, count your blessings.



**Happy Birthday!**

Willie Tarver.....	1 <sup>st</sup>
Eileen Bither.....	3 <sup>rd</sup>
Lovetta Miller.....	8 <sup>th</sup>
Norma Eldridge.....	9 <sup>th</sup>
Pau Mohny.....	12 <sup>th</sup>
Nellie Burke.....	13 <sup>th</sup>
Ellen Abernathy.....	16 <sup>th</sup>
Fran Friday.....	18 <sup>th</sup>
Eleanor Terfloth.....	23 <sup>rd</sup>
Avon Gaylor.....	26 <sup>th</sup>

**A Note from the Activity Department**

If you have something you'd like included in the monthly newsletter, please let Allison Jackson know by the 15<sup>th</sup> of the month.



**Low Back Pain Workshop**

Summit Physical Therapy will be holding a workshop here at our community. We are excited about their upcoming workshop to learn more about low back pain and how to relieve it.

**Thursday, January 11<sup>th</sup> at 3:00 p.m.**

**Health Talk**

Guardian Home Care will lead a seminar this month. The topic of this month's health talk is:

**“Strokes”**

Please join us for this informative seminar.

**Tuesday, January 2<sup>nd</sup> at 3:00 p.m.**

**15 Fun Elvis Facts!**

Whether you know him as the Memphis Flash, the King of Hillbilly, The King of Rock ‘n’ Roll, or simply The King; Elvis has been one of the greatest cultural icons for over 70 years. Here are 15 fun facts about The King:

- 1) His famous black hair was actually dyed. His natural hair color is blonde.
- 2) Elvis purchased his 1<sup>st</sup> guitar when he was just 11 years old. He wanted a rifle, but his mother convinced him to get a guitar instead.
- 3) In 1947, a local radio show offered a young Elvis (age 12) a chance to sing live on air, but he was too shy to go on.
- 4) At age 18, Elvis paid \$4 to make his first record, which was a gift for his mother.
- 5) In 1954, Elvis auditioned for a gospel quartet named the *Songfellows*. They said no.
- 6) Elvis recorded over 600 songs, but didn't actually write a single one of them.
- 7) There's a total of 15 Elvis songs with the word “blue” in the title. Can you name them all?
- 8) Elvis is the only music artist to be honored with 2 United States Postal Service commemorative stamps (1933 and 2015). The 1933 stamp is still the most popular U.S. postal commemorative stamp of all time.
- 9) His favorite sandwich was a combination of peanut butter, banana, honey and bacon.
- 10) Elvis once sang in his school's talent show and came in 5<sup>th</sup> place.
- 11) Being a perfectionist, it took Elvis 31 attempts to record *Hound Dog*.
- 12) Elvis sleepwalked a lot as a child.
- 13) Elvis has been inducted into five Halls of Fame: Rock ‘n’ Roll, Country, Gospel, Rockabilly and R&B.
- 14) Before becoming famous, Elvis drove a delivery truck in Memphis, TN.
- 15) Elvis served in the U.S. Army for 6 years.

**Bus Outings**

**Lunch Outing – O’Charley’s**  
Wednesday, January 3<sup>rd</sup> at 10:45 a.m.

**Lunch Outing – Rafael’s Italian Restaurant**  
Wednesday, January 10<sup>th</sup> at 10:45 a.m.

**Scenic Drive to Lake Weiss & Lunch Out**  
Saturday, January 13<sup>th</sup> at 10:00 a.m.

**Lunch Outing – Smokey Bones**  
Wednesday, January 17<sup>th</sup> at 10:45 a.m.

**Dinner Outing – Chili’s**  
Friday, January 19<sup>th</sup> at 5:00 p.m.

**North River Civic Center Concert Series**  
**“Chattanooga Clarinet Choir”**  
Friday, January 19<sup>th</sup> at 6:00 p.m.

**Lunch Outing – Lille Mae’s**  
Wednesday, January 24<sup>th</sup> at 10:45 a.m.

**Lunch Outing – Epicurean Restaurant**  
Wednesday, January 31<sup>st</sup> at 10:45 a.m.

**Mystery Rides: Mondays at 1:00 p.m.**  
**Walmart: Every Monday and Friday at 10:00 a.m.**

**\*\*Make sure to sign up at the front desk to reserve your seat for each outing!**



Please welcome our newest residents that joined The Terrace Family in December:

**Barbara Graves**  
**Willie & Amanda Tarver**  
**Mary Lois Nugent**

Welcome to The Terrace Family!