

# Linwood Estates

## Gracious Retirement Living

1611 Lawrenceville Suwanee Rd. • Lawrenceville, GA 30043 • (678) 648-1525 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2019

### LINWOOD ESTATES STAFF

Managers..... JOEL & CATHIE WILSON  
 Assistant Managers ..... DAVE & PAM FIEDLER  
 Executive Chef.....PENNY STEPHENS  
 Marketing..... SHERRI WOOTEN WILLIAMS  
 Sous Chef .....ENID WELLS  
 Activity Coordinator ..... KARL LIEBENGOOD  
 Maintenance .....MARTIN CEVANTES  
 Bus Driver .....JEFF NESBIT

### TRANSPORTATION

**Monday & Friday, 8 a.m.-2 p.m.:**  
 Shopping, Lawrenceville/Buford

**Tuesday & Thursday, 8 a.m.-2 p.m.:** Medical  
 Appointments, Lawrenceville/Buford

**Wednesday, 8 a.m.-2 p.m.:** Outing Day

**HAWTHORN**  
 SENIOR LIVING

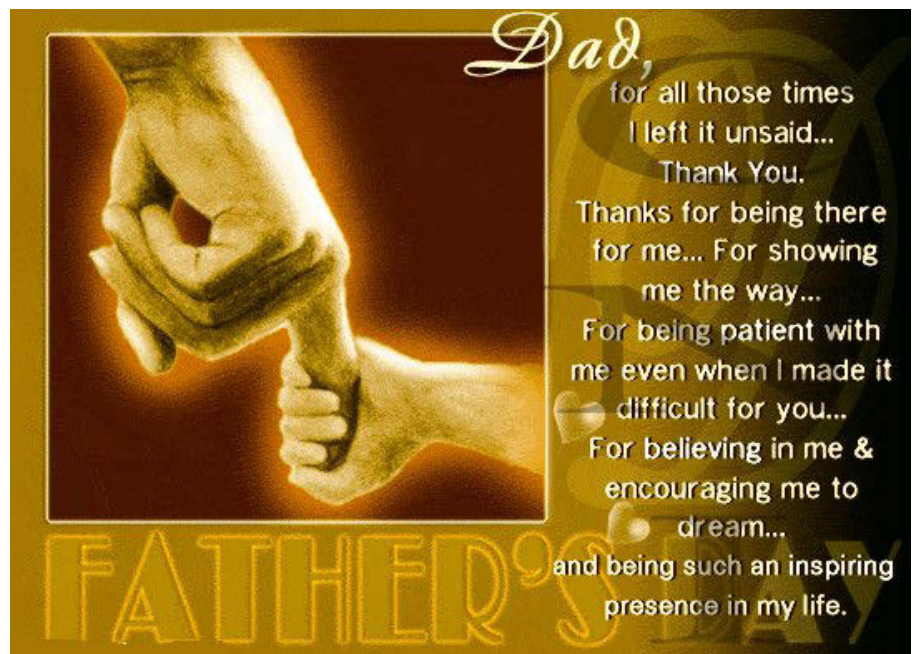
## Happy Father's Day to All Our Linwood Dads!

### Silent, Strong Dad

by: Karen K. Boyer

He never looks for praises.  
 He's never one to boast.  
 He just goes on quietly working  
 For those he loves the most.  
 His dreams are seldom spoken.  
 His wants are very few,  
 And most of the time his worries  
 Will go unspoken, too.

He's there ... a firm foundation  
 Through all our storms of life,  
 A sturdy hand to hold onto  
 In times of stress and strife.  
 A true friend we can turn to  
 When times are good or bad.  
 One of our greatest blessings,  
 The man that we call Dad.





## Linwood Happenings

Spring has sprung and we are well on our way to an exciting summer here at Linwood Estates. The nice weather arrived just in time for Easter and our planting season. Activities abound and our calendar is packed full of exciting games, crafts, outings, exercise, socials, and entertainment to enrich the lives of all our residents.



*Easter 2019*



*An Easter buffet fit for a king*



*Easter Dinner*



*Jeanine's bounty*



*Sonia's plantings*



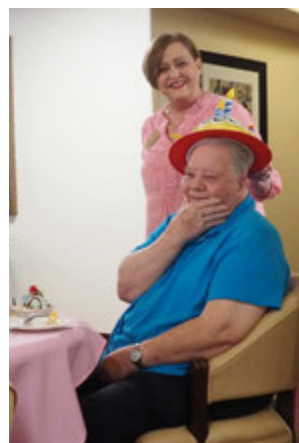
*Luciana's garden*



*Betty's seedlings  
get a good start!*



*Myron rocked  
the saxophone!*



*Neal's day*



*Pat's day*



*Kerry's day*



*Jazz was a hit!*



*These ladies were part of our "Nurse Appreciation Week."*



*Cardio Drumming*



*They don't miss a lick once the music starts!*

## National Hot Air Balloon Day (June 5th)

The hot air balloon is the oldest form of flight technology used for carrying humans. The first manned flight took place in 1783 in Annanay, France by co-inventors and brothers Jacques and Joseph Montgolfier. The balloon itself consists of an envelope, which is used to contain the hot air, and a gondola, where passengers and a means of creating hot air are typically housed.

The heated air inside the envelope has a lower density than that of the cold air outside, and this causes the balloon to rise. Hot Air Balloon Day is an annual celebration that marks the impact hot air balloons have had on travel and leisure.



## Forgiveness Day, June 26th

Forgiveness is defined as a conscious, deliberate decision to release feelings of resentment or vengeance and is important to achieving inner peace. Forgiveness does not mean forgetting, condoning or excusing offenses. It is about an inward opening of the heart, not just an outward display.



**Here are the seven steps to live a life of true forgiveness:**

- Identify the source of your hurt.
- Acknowledge your hurtful emotions. What are you feeling?
- Forgive yourself and let go.
- Breathe in compassion.
- Forgive unconditionally.
- Be grateful.
- Love again.

# JUNE 2019

## Birthdays

Aniaya Bohannon, 3rd (Employee)  
 William Dunn, 5th  
 Bettie Pinder, 13th  
 Giovanni Dejean, 26th

## Locations

Activity Room, AR  
 Billiards, BL  
 Bistro, BI  
 Chapel, CH  
 Computer Room, CR  
 Dining Room, DR  
 Fire Pit, FP  
 Gym, GYM  
 Library, LIB  
 Main Lobby, ML  
 Movie Theater, MT  
 Patio, PT  
 Private Dining Room, PDR  
 Raised Gardens, RG  
 Rotunda, RT  
 Television Room, TR

**“The sun does not shine for a few trees and flowers, but for the wide world’s joy.”**

**—Henry Ward Beecher**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>9:00 Gardener’s Club, RG                  10:00 Readers’ Circle, LIB                  11:00 Wii Bowling, AR                  3:00 Bingo, AR                  4:00 Puzzle Tables, BL                  7:00 At the Movies, MT</p>
<p>9:00 Gardener’s Club, RG                  9:30 Morning Meditation, CH                  11:00 Putting Around (Golf), AR                  2:00 Card Tables, BL                  3:00 Matinee, MT                  4:00 <b>12 Stone Church, CH</b>                  7:00 At the Movies, MT</p>	<p>10:00 Keep It Moving (Exercise), AR                  11:00 Bocce Ball, AR                  2:00 <b>Saint Monica, CH</b>                  3:00 Bingo, AR                  7:00 At the Movies, MT</p>	<p>9:00 Gardener’s Club, RG                  10:00 Walking Club, AR                  11:00 <b>Nuggets with Neal, TR</b>                  2:00 <b>Residents/Manager Meeting, AR</b>                  3:30 Tea Time, AR                  7:00 At the Movies, MT</p>	<p>10:00 <b>Chair Yoga, AR</b>                  11:00 Out and About                  3:00 “Midweek Boost” Devotion, CH                  4:00 Corn Hole, AR                  7:00 At the Movies, MT</p>	<p>9:00 Gardener’s Club, RG                  10:00 Keep It Moving (Exercise), AR                  11:00 Crafters’ Corner, AR                  2:00 <b>Chef/Resident Meeting</b>                  3:00 Bingo, AR                  7:00 At the Movies, MT</p>	<p>10:00 Cardio Drumming                  11:00 <b>North Metro Baptist, TR</b>                  2:00 Corn Hole, AR                  3:30 <b>Dunkin’ Donut Social, BI</b>                  4:00 <b>Entertainment (Steve McKee), AR</b>                  7:00 At the Movies, MT</p>	<p>9:00 Gardener’s Club, RG                  10:00 Readers’ Circle, LIB                  11:00 Wii Bowling, AR                  3:00 Bingo, AR                  4:00 Puzzle Tables, BL                  7:00 At the Movies, MT</p>
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<p><b>FATHER’S DAY</b>                  9:00 Gardener’s Club, RG                  9:30 Morning Meditation, CH                  11:00 Putting Around (Golf), AR                  12:30 <b>Father’s Day Dinner/Don Law Entertainment, DR</b>                  3:00 Matinee, MT                  7:00 At the Movies, MT</p>	<p>10:00 Keep It Moving (Exercise), AR                  11:00 Bocce Ball, AR                  2:00 <b>Saint Monica, CH</b>                  3:00 Bingo, AR                  7:00 At the Movies, MT</p>	<p>9:00 Gardener’s Club, RG                  10:00 Walking Club, AR                  11:00 <b>Nuggets with Neal, TR</b>                  2:00 Trivia, AR                  3:30 What’s Making News?, AR                  7:00 At the Movies, MT</p>	<p>10:00 <b>Chair Yoga, AR</b>                  11:00 Out and About                  3:00 “Midweek Boost” Devotion, CH                  4:00 Corn Hole, AR                  7:00 At the Movies, MT</p>	<p>8:00 <b>Men’s Breakfast, AR</b>                  9:00 Gardener’s Club, RG                  10:00 Keep It Moving (Exercise), AR                  11:00 Crafters’ Corner, AR                  2:00 <b>McKendree Methodist, TR</b>                  3:00 Bingo, AR                  7:00 At the Movies, MT</p>	<p><b>SUMMER BEGINS</b>                  10:00 Cardio Drumming                  11:00 <b>North Metro Baptist, TR</b>                  2:00 Corn Hole, AR                  3:00 <b>All About Me Social, BI</b>                  7:00 At the Movies, MT</p>	<p>9:00 Gardener’s Club, RG                  10:00 Readers’ Circle, LIB                  11:00 Wii Bowling, AR                  3:00 Bingo, AR                  4:00 Puzzle Tables, BL                  7:00 At the Movies, MT</p>
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## “A Masquerade”

We transformed our activity room into “A Masquerade” as we hosted our very first Senior Prom at Linwood. Our residents and their guests, young and old, enjoyed the musical stylings of The Broad Street Band. Students from Collins Hill High School

were also very instrumental in helping everyone to their feet for some swing dancing. Of course, no prom is complete without an official King and Queen and ours were the best!

Big shout-out to Chef Penny and our kitchen staff for the wonderful fruit and cheese bar complete with chocolate fountain and strawberry lemonade punch. We can't wait to unveil next year's theme!



*Linwood Senior Prom 2019*



*Broad Street Band entertainment*



*Our King and Queen*



*Happy feet!*



*Who is that masked woman?*





## Linwood Wellness Corner



Our wellness topic for June is honey.

“My child, eat honey, for it is good, and the honeycomb is sweet to the taste.”

— Proverbs 24:13

Honey is a sweet, thick liquid made by honeybees. The bees collect sugar — mainly the sugar-rich nectar of flowers — from their environment. Once inside the beehive, they repeatedly consume, digest and regurgitate the nectar. The end product is honey, a liquid that serves as stored food for bees. The smell, color and taste depend on the types of flowers visited.

Since ancient times, honey has been used as both a food and a medicine. It's very high in beneficial plant compounds and offers several health benefits. Honey is particularly healthy when used instead of refined sugar, which is 100% empty calories. Here are just a few benefits of consuming honey.

### **#1. Honey is filled with antioxidants.**

One of the most important benefits of honey lies in its antioxidants. They include phenols and flavonoids, which can reduce oxidative stress and inflammation in your body while protecting you against stroke, heart disease, and cancer.

### **#2. Honey's healthy for your heart.**

We've already mentioned that honey is antioxidant-rich, which can protect you from heart disease, but it also can also improve your cholesterol levels.

### **#3. It can help heal burns, wounds, and other skin conditions.**

In addition to being rich in antioxidants, honey also has antibacterial and antiseptic qualities that accelerate wound and burn healing by providing a moist environment and increasing the flow of nutrients to the affected site. Honey's also effective at killing pathogens such as E. coli and methicillin-resistant Staphylococcus aureus (MRSA), which can both cause skin infections. Honey can also be used to treat and prevent acne, dandruff, and itchy skin.



*Honey, please!*

### **#4. Honey can curb your cough.**

There's a reason why honey is often a main ingredient in cough drops and syrups. Because of its anti-inflammatory properties, honey has been medically proven to reduce cough frequency and improve quality of sleep in children with the common cold.

### **#5. It can boost athletic performance.**

Multiple studies conducted at the University of Memphis Exercise and Sport Nutrition Laboratory found that honey allowed 39 weight-trained athletes to sustain their blood sugar levels for over two hours following exercise.

### **#6. Honey can ease digestive problems.**

According to research published in the Indian Journal of Medical Research, the antioxidants in honey may prevent free radicals from damaging the cells that line the digestive tract, which can cause acid reflux. Honey may also be able to reduce inflammation in the esophagus and provide a coating for its mucous membrane.

### **#7. It's healthier for diabetics than sugar — sort of.**

Here's the good news: studies show that honey can improve heart disease risk factors in diabetics and it doesn't raise your blood sugar as quickly as refined sugar can. The bad news is that it's still not considered to be “diabetic friendly” because of its carb content, so it should be consumed with caution.

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Gracious Retirement Living

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Lawrenceville, GA 30043



## Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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