

# COTTONWOOD — ESTATES — Gracious Retirement Living



255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • www.seniorlivinginstyle.com



## AUGUST 2019

### COTTONWOOD ESTATES STAFF

Managers.....JIM & LAURIE KUCKUCK  
Assistant Managers ..... GEORGE & JOYCE BENDALL  
Executive Chef ..... JONATHAN ELAM  
Marketing..... MATTHEW SIPERA  
Maintenance ..... MARK SIMMS  
Transportation ..... THOMAS BABER

### TRANSPORTATION

**Monday, 9:30 a.m. and 2 p.m.:**  
Windward Pkwy Shopping

**Tuesday, 9 a.m.-2 p.m.:** Doctor Appointments

**Wednesday, TBD:** Outing

**Thursday, 9 a.m.-2 p.m.:** Doctor Appointments

**Friday, 9:30 a.m.:** Northpoint Pkwy Shopping

**HAWTHORN**  
SENIOR LIVING



## It Was a Topsy Thursday at Cottonwood Estates!

The Cottonwood Estates Ambassadors hosted a wonderful Topsy Thursday Luncheon! Each ambassador and each manager hosted a table in the dining room during dinner. Every table was decked out in a fun and unique theme chosen by its host. Everyone who participated drew names to determine which residents would be eating at which tables. It was a great way to shake up the regular seating and the perfect opportunity for everyone to make new friends. Thank you to all of our Ambassadors! It was a fantastic time enjoyed by all.



*Roberts Herr showing off her beautiful sea turtle themed table*



*Georgette putting the finishing touches on her table for the luncheon*



## State Fair Trivia Challenge!

August is State Fair Month! More state fairs are held in August than any other month in the year. So, to celebrate, test your knowledge of state fairs with some trivia! Answers can be found at the end of the newsletter.

1. What brightly colored spun-sugar delicacy comes on a thin, paper cone at the state fair?
2. Forks, knives, and plates are cumbersome at the fair, so what do many food items come on so they can be eaten with one hand?
3. What state has the longest-running state fair?
4. What color ribbon is awarded to first-place winners at the state fair?
5. What fried-dough treat is one of the top state fair foods?

## Aloha Cottonwood Estates!

Get your hula skirts ready! Cottonwood Estates' annual Luau is taking place on August 22nd! We can't wait to see you all there. Aloha!



*Carolyn getting ready for the Luau*

## Water Infusion

Staying hydrated is incredibly important year-round, but it is especially important to make sure you are drinking enough fluids during these hot summer days. Drinking water is definitely the best way to ensure that you are staying hydrated, but it is not always the tastiest way. Water can be boring, but luckily there are ways you can spice things up! Water infusion is simply adding fruits and vegetables to your water to add a bit of flavor. It is a lot of fun to try out different recipes and a great way to make drinking water more enjoyable.

Here are a few water infusion recipes to consider the next time you reach for your pitcher.

1. **Ginger Rush:**  
Ingredients: lemon, mint, ginger, cucumber
2. **Melon-Berry Bliss:**  
Ingredients: Watermelon, strawberries, blueberries
3. **Fresh Rain Water:**  
Ingredients: Lemon, cucumber, celery
4. **Summer Squeeze:**  
Ingredients: Strawberries, lemon, mint







## Remembering Woodstock

In August 1969, thousands of people crowded into a hayfield in rural New York for Woodstock, a music festival that became a cultural phenomenon.

Four young men organized the August 15th-17th event to raise money to build a recording studio and retreat for musicians. Billed as “An Aquarian Exposition: Three Days of Peace and Music,” the festival was planned to be held in Woodstock, New York, but problems forced a change in location to a farmer’s field 50 miles away in Bethel, New York, in the Catskill Mountains.

About 50,000 attendees were expected. When crowds began arriving two days early before ticket booths were set up, organizers decided to make the concert free, and nearly half a million people swarmed to the venue.

Some of the biggest names in music performed at Woodstock. Among the 32 acts were the Grateful Dead, Janis Joplin, Arlo Guthrie, Sly and the Family Stone, Joan Baez, Ravi Shankar, Santana, and The Who. Rain delays pushed the festival into a fourth day, and Jimi Hendrix closed it out, playing an iconic version of “The Star-Spangled Banner” on his electric guitar.

Woodstock is often praised for its peaceful expression of the musical and cultural idealism of the 1960s. The festival site is now home to a museum and a music pavilion, where some of the original Woodstock performers have returned to play.



## Why Our Bodies Need Water

It’s important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body’s organs and functions.

**Heart:** Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

**Brain:** Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

**Digestion:** Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

**Kidneys:** Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

**Muscles and joints:** Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.



# AUGUST 2019

## Birthdays











Karin Feddersen, 1st  
 Harvey Stewart, 6th  
 Bob Hogan, 11th  
 Cliff Johnson, 15th  
 Ruby Workman, 16th  
 Carolyn Strange, 19th  
 Don Langham, 23rd  
 Jeff Bunn, 24th  
 Roberta Herr, 29th

## Locations

Activity Center, AC  
 Atrium, AT  
 Billiards Room, BR  
 Chapel, CH  
 Computer Center, CC  
 Dining Room, DR  
 Exercise Room, EX  
 Firepit, FP  
 Front Lobby, Lobby  
 Library, L  
 Movie Theater, MT  
 TV Room, TV

“Summer means happy times and good sunshine.”

—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
						10:00 Legacy's Balance & Strengthen, AC <b>1</b> 10:30 Bible Study, CH 12:30 <i>National Day of Laughter, DR</i> 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Cottonwood Movies, MT 	9:30 North Point Pkwy. Shopping, Lobby <b>2</b> 10:00 Exercise with Jeanne, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Bingo, AC	10:30 Donuts in the Round, AC <b>3</b> 11:00 Gardening 2:00 A Tribute to Tony Bennett, MT 2:00 Bananagram, DR 2:00 Cottonwood Movies, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP
			Sunday Puzzle Available, AC <b>4</b> 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 <i>Sisters Are Special Social, DR</i>	9:30 Alpharetta Adult Activity Center, Lobby <b>5</b> 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 3:00 Four Aces Poker Club, DR 4:00 Celebrating "Lucy," MT 7:00 Bingo, AC	10:00 Pilates/Yoga, AC <b>6</b> 10:00 Legacy's Balance & Strengthen, AC 11:00 Garden Club 11:30 St. Aidan's Communion, CH 1:45 Bridge Club, BR 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC 7:00 Cottonwood Movies, MT 	9:00 Cottonwood Walkers, Lobby <b>7</b> 10:00 Exercise with Jeanne, AC 10:30 Brain Busters, AC 12:25 Trivia, DR 3:00 Reciprocal Reminiscing, AC 4:00 Book Club, L 7:00 Kings Corner, DR	10:00 Legacy's Balance & Strengthen, AC <b>8</b> 10:30 Bible Study, CH 10:30 New Resident Coffee, DR 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Cottonwood Movies, MT	9:30 North Point Pkwy. Shopping, Lobby <b>9</b> 10:00 Exercise with Jeanne, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour with Adoun, AC 7:00 Bingo, AC
Sunday Puzzle Available, AC <b>11</b> 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR 	9:30 Alpharetta Adult Activity Center, Lobby <b>12</b> 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 3:00 Four Aces Poker Club, DR 7:00 Bingo, AC	10:00 Pilates/Yoga, AC <b>13</b> 10:00 Legacy's Balance & Strengthen, AC 11:00 Garden Club 11:30 St. Aidan's Talk, L 1:45 Bridge Club, BR 2:00 Electronic Trivia, TV 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC 7:00 Cottonwood Movies, MT	9:00 Cottonwood Walkers, Lobby <b>14</b> 10:00 Exercise with Jeanne, AC 10:30 Brain Busters, AC 12:25 Trivia, DR 3:00 Reciprocal Reminiscing, AC 7:00 Kings Corner, DR	10:00 Legacy's Balance & Strengthen, AC <b>15</b> 10:30 Bible Study, CH 10:30 <b>Chef/Resident Meeting, AC</b> 12:00 <b>Garden Club Banquet, DR</b> 2:00 Blood Pressure Check, AC 2:00 Mahjong, BR 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Cottonwood Movies, MT 	9:30 North Point Pkwy. Shopping, Lobby <b>16</b> 10:00 Exercise with Jeanne, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour, AC  7:00 Bingo, AC	10:30 Donuts in the Round, AC <b>17</b> 11:00 Gardening 2:00 Afternoon Matinee, MT 2:00 Bananagram, DR 2:00 Cottonwood Movies, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP		
Sunday Puzzle Available, AC <b>18</b> 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR	9:30 Alpharetta Adult Activity Center, Lobby <b>19</b> 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 3:00 Four Aces Poker Club, DR 7:00 Bingo, AC 	10:00 Pilates/Yoga, AC <b>20</b> 10:00 Legacy's Balance & Strengthen, AC 11:00 Garden Club 11:30 St. Aidan's Communion, CH 1:45 Bridge Club, BR 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC 7:00 Cottonwood Movies, MT	9:00 Cottonwood Walkers, Lobby <b>21</b> 10:00 Exercise with Jeanne, AC 10:30 Brain Busters, AC 12:25 Trivia, DR 3:00 Reciprocal Reminiscing, AC 4:00 Book Club, L 7:00 Kings Corner, DR	10:00 Legacy's Balance & Strengthen, AC <b>22</b> 10:30 Bible Study, CH 12:00 Hawaiian Luau, AC 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Cottonwood Movies, MT	9:30 North Point Pkwy. Shopping, Lobby <b>23</b> 10:00 Exercise with Jeanne, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour, AC  7:00 Bingo, AC	10:30 Donuts in the Round, AC <b>24</b> 11:00 Gardening 2:00 Afternoon Matinee, MT 2:00 Bananagram, DR 2:00 Cottonwood Movies, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP 		
Sunday Puzzle Available, AC <b>25</b> 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR	9:30 Alpharetta Adult Activity Center, Lobby <b>26</b> 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 3:00 Four Aces Poker Club, DR 7:00 Bingo, AC	10:00 Pilates/Yoga, AC <b>27</b> 10:00 Legacy's Balance & Strengthen, AC 11:00 Garden Club 11:30 St. Aidan's Talk, L 1:45 Bridge Club, BR 2:00 Electronic Trivia, TV 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC 7:00 Cottonwood Movies, MT	9:00 Cottonwood Walkers, Lobby <b>28</b> 10:00 Exercise with Jeanne, AC 10:30 Brain Busters, AC 12:25 Trivia, DR 2:00 <b>Resident/Management Mtg., AC</b> 3:00 Reciprocal Reminiscing, AC 7:00 Kings Corner, DR	10:00 Legacy's Balance & Strengthen, AC <b>29</b> 10:30 Bible Study, CH 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Cottonwood Movies, MT 	9:30 North Point Pkwy. Shopping, Lobby <b>30</b> 10:00 Exercise with Jeanne, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Bingo, AC	10:30 Donuts in the Round, AC <b>31</b> 11:00 Gardening 2:00 Afternoon Matinee, MT 2:00 Bananagram, DR 2:00 Cottonwood Movies, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP		





## Tropical Treat

They're golden, tropical and oh-so-sweet. Pineapples have long been prized for their refreshing taste and regal image.

Pineapples originated in South America and were brought to the Caribbean islands, where Christopher Columbus encountered the strange-looking fruit on one of his voyages. He introduced the pineapple to Europe, and it became a status symbol among royalty.

During Colonial times, only the wealthy could afford the few pineapples that were shipped to America. Dinner parties in affluent homes showcased the exotic fruit as a decoration in elaborate food displays. The pineapple grew into a symbol of hospitality and was often depicted in home décor, art and architecture.

Around the turn of the 20th century, Massachusetts native James Dole moved to the island of Oahu, Hawaii, and started a pineapple plantation and canning operation, which later became Dole Food Co. Ad campaigns and recipes promoting canned pineapple led to booming sales, and the fruit became more widely available and an affordable treat.

Hawaii is the only U.S. state that grows pineapples.



## State Fair Trivia Answers

See how you did! Below are the answers to the State Fair Trivia challenge.

1. Cotton Candy.
2. Sticks.
3. Texas. Their first state fair was held in 1886!
4. Blue.
5. Funnel Cake.

## Exercise With Jeanne

Our very own Jeanne Thomason leads exercise class every Friday at 10 a.m. in the Activity Room. It is a great workout and a great time! We hope to see you there!





## Get to Know Graceland

Elvis Presley's sprawling Graceland estate in Memphis, Tennessee, opened to the public in 1982. Get all shook up with these facts about the King of Rock 'n' Roll's home.



- The original owners named the property Graceland, after a female relative.
- In 1957, at age 22, Presley bought the home and surrounding land for \$102,500, which would be about \$920,000 today.
- The mansion's legendary music-themed iron gates were installed soon after the home's purchase. The singer often signed autographs for fans gathered outside the gates.
- The Jungle Room was a favorite hangout for Presley, who wanted the room to remind him of Hawaii. The tropical décor includes an indoor waterfall and green shag carpet on the floor and ceiling.
- A painting of an 18th-century game room inspired the King to cover the walls and ceiling of his billiards room with more than 300 yards of pleated fabric.
- Presley's beloved pink Cadillac, the red MG convertible he drove in the film "Blue Hawaii" and a John Deere tractor are among his many showcased vehicles.
- Two custom-designed private jets are on display: the Lisa Marie, named after his daughter, and the Hound Dog II.
- Drawing more than 600,000 visitors each year, Graceland is the second most-visited home in the U.S., after the White House.
- Graceland was added to the National Register of Historic Places in 1991.

## Juicy Facts About Citrus Fruits!

You already know that citrus (think: oranges, lemons, tangerines, limes, and grapefruit) is an excellent source of immune-boosting vitamin C – which is why so many people reach for these fruits during cold and flu season – but did you also know that grapefruits (one of the most popular citrus fruits) are 92% water? Or that most of the citrus fruits that you see in the grocery store are hybrid fruits?

Here are five more juicy facts about citrus fruits:

1. Citrus fruits are so named because they contain large amounts of citric acid, the thing that gives them their distinct, sharp flavor that is sometimes bitter and sometimes sweet.
2. Citrus fruits grow naturally in tropical climates. In fact, citrus fruits only develop their bright, often orangey color when they are introduced to cold weather.
3. Lemon juice can also act as a natural hair lightener. Simply squeeze lemon juice into your strands if you are going to spend some time out in the sun for some easy, natural-looking highlights.
4. Tangerines used to be nicknamed "Christmas Oranges" because they were often left in children's Christmas stockings
5. You can use a lemon to make a battery! Just attach some electrodes to a lemon and voila! Several lemon batteries can power a small digital watch. To power a flashlight bulb, it would take 500 lemons!





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Alpharetta, GA 30009



## 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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