

COTTONWOOD — ESTATES — Gracious Retirement Living

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

MARCH 2020

COTTONWOOD ESTATES STAFF

Managers..... JIM & LAURIE KUCKUCK
Assistant Managers.. MICHAEL & ENDIA SIMMS
Executive Chef..... JONATHAN ELAM
Marketing..... SEÂN JOHNSON
Activity Coordinator YOHANNA L.J. STOREY
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

Saint Patrick

Who Was Saint Patrick?

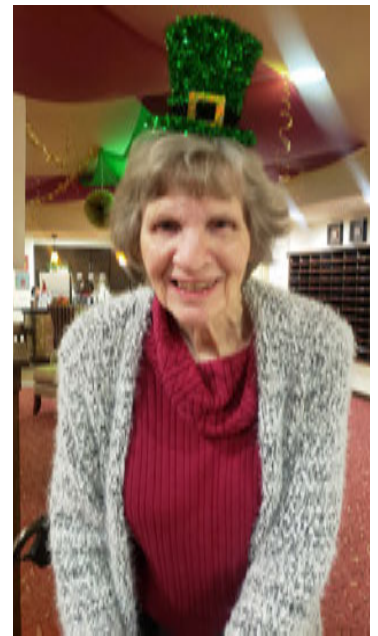
St. Patrick was patron saint and national apostle of Ireland who is credited with successfully bringing Christianity to Ireland.

March 17th is widely accepted as the date of St. Patrick's death in 461 AD.

Was there really a St. Patrick? Definitely. Did he really drive the snakes out of Ireland? Probably not, since snakes weren't native to Ireland.

St. Patrick was born in Britain as Maewyn Succat. At age 16 (around 400 AD), he was kidnapped from his home on the west coast and carried off to Ireland to become a slave who worked as a shepherd. After six years, he escaped; upon returning home, he received his call (in a dream) to preach the Gospel. He spent the next 15 or so years in a monastery, preparing for his missionary work. When he became a priest, his name was changed to Patricius and eventually, Patrick. Although some Christians lived in Ireland at the time, it was Patrick who spread Christianity throughout the land and brought an organized church into existence.

(Continued on page 3)





Fun Things to Do in March

- The 10th Annual Cardboard*Con invites you to make and wear a science fiction or fantasy cardboard costume and then roam among downtown hotels and bars. March 2nd.
- The 20th Annual Art Papers Art Auction features works by 200 artists from around the world, a silent auction and complimentary hors d'oeuvres. March 2nd.
- The Pub Crawl on the BeltLine offers you a free drink at five venues, plus food discounts. March 2nd.
- Americana in the Park brings four bands playing country, rockabilly and rock to Park Tavern in Piedmont Park. March 3rd.
- The Superhero Pub Crawl invites you to dress as a criminal or a crime fighter at four pubs in Virginia Highland. March 9th.
- Professional Bull Riders compete to see who can last the longest atop a bucking bull at Infinite Energy Arena. March 9th-10th.
- Celebrate St. Patrick's Day in style with events like Lucky Fest at Park Tavern (March 9th); St. Paw-trick's Day Rescue Dog Olympics (March 10th); Lucky Hour (March 15th); St. Patrick's Green Mile Block Party (March 15th); Atlanta St. Patrick's Parade (March 16th); Downtown Atlanta St. Patrick's Day Bar Crawl (March 16th); Lucky Leprechaun in Buckhead (March 16); Irish Lights Festival (March 16th); Paddy Fest (March 16th); Shamrock 'N Roll Road Race (March 16th); St. Patrick's Day Festival (March 16th); St. Patrick's Day Outdoor Festival (March 16th-17th); Irish Stroll in Midtown (March 17th); and Kegs and Eggs in Virginia Highland (March 17th).
- The Atlanta Science Festival features hands-on activities, performances, presentations and facility tours at 30 venues to celebrate local science and technology. March 9th-23rd.
- The 6th Annual Doggie Dash invites participants (with and without dogs) to experience Piedmont Park alongside four-legged friends to benefit the Piedmont Park Dog Parks. March 10th.
- TEDx Atlanta brings brilliant speakers to the Rialto Center for the Arts to discuss progress and innovation. March 15th.
- The Chocolate and Art Show features artists, live body painting, live music, face-painting and free chocolate at The B Complex. March 15th-16th.
- The Atlanta Marathon, Half-Marathon and 5K invites you to run past Atlanta's most iconic sites, beginning and ending in Centennial Olympic Park. March 17th.
- The Atlanta International Auto Show brings hundreds of new cars, light trucks, vans and sports utility vehicles to Georgia World Congress Center. March 20th-24th.
- The Tony award-winning musical "Jersey Boys" tells the rags-to-riches story of young Frankie Valli and The Four Seasons live at the Fox Theatre. March 22nd-24th.
- Tour of Kitchens is a self-guided visit to several residential kitchens created by celebrated kitchen designers. March 23rd and 24th.
- Inman Park Restaurant Week offers special deals on three-course fixed-price meals at 15 restaurants in that neighborhood. March 25th-31st.
- The Atlanta Pancakes and Booze Art Show features a traveling exhibition of 100 artists, pancakes, live music, body painting and multimedia displays at Georgia Freight Depot. March 29th.
- Indie Craft Experience Spring Market is an artist's market, selling vintage clothing, jewelry, furniture, decor and home goods at Yaarab Shrine. March 31st.



- Train on the Turf at Chick-fil-A College Football Hall of Fame offers an hour-long drill-inspired workout, led by Bryan Jean-Pierre, Atlanta fitness trainer and owner of MiscFit in Buckhead. Bryan was voted the 2018 Best Personal Trainer in Atlanta by Jezebel Magazine. March 31st.
- Atlanta Botanical Garden
- Hiking trails at Cascade Springs Nature Preserve, Freedom Park Trail, Proctor Creek Greenway and even Doll's Head Trail

March is the beginning of festival season in Atlanta. Here are a few to get you started, but there are plenty more throughout the month:

- The Beer, Bourbon and BBQ Festival brings 60 beers and 40 bourbon samples to Atlantic Station, plus barbecue and live music. March 2nd.
- The Atlanta Jewish Music Festival includes jazz, sacred, folk, orchestral and rock-'n'-roll music. March 7th-16th.
- The Atlanta Brunch Festival brings tasty bites and beverages from dozens of restaurants, plus music from a pop tribute band, to Atlantic Station. March 9th.
- Brookhaven Cherry Blossom Festival has arts and crafts vendors, family activities, live music, a Saturday car show and a Sunday pet parade and costume contest at Blackburn Park. March 30th and 31st.



Saint Patrick (Continued)

The Shamrock

We wear a shamrock on St. Patrick's Day because, legend says, St. Patrick used its three leaves to explain the Holy Trinity. (The Trinity is the Father, the Son, and the Spirit as three divine persons who are one divine being (God.)) The truth of the St. Patrick legend, however, is in question, as there is no direct record that the saint actually used the shamrock as a teaching tool.

Note: The symbol of St. Patrick is a three-leaf shamrock, not a four-leaf clover. However, long before the shamrock became associated with St. Patrick's Day, the four-leaf clover was regarded by ancient Celts as a charm against evil spirits. In the early 1900s, O. H. Benson, an Iowa school superintendent, came up with the idea of using a clover as the emblem for a newly founded agricultural club for children in his area. In 1911, the four-leaf clover was chosen as the emblem for the national club program, later named 4-H.

St. Patrick's Day Facts, Fun, and Folklore

- Blue was the color originally associated with St. Patrick, but green is now favored.
- The first St. Patrick's Day parade in the American colonies was held in New York City on this day in 1762.
- St. Patrick's Day is the traditional day for planting peas, even in the snow!
- Cabbage seeds are often planted today, too, and old-time farmers believed that to make them grow well, you needed to plant them while wearing your nightclothes!




And the leprechaun is not real!



Birthdays

Mildred Smith, 4th
Pat Grimbley, 4th
Gillian Paterson, 4th
George Jones, 5th
Camilla Myers, 7th
Joe Piekutowski, 10th
Kay Cromack, 10th
Melva Fry, 11th
Mim Prohl, 13th
Margaret Rayburn, 13th
Bob Venable, 15th
Rita Simmons, 15th
Grace Cavalli, 17th
Shirley Mazer, 19th
Sondra Magin, 25th
Reba Shackelford, 28th
SuiSui Kinoshita, 31st

**“Great art
picks up where
nature ends.”
—Marc Chagall**

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY								
9:00	Televised Church Service: Lakewood Church, MT	1	9:30	Alpharetta Adult Activity Center, Lobby	2	10:00	Strength Training with Legacy, AC	3	Wonderful Wednesday Outing! Details TBA		4	10:00	Exercise, AC	5	9:30	North Point Pkwy. Shopping, Lobby	6	10:30	Donuts in the Round, AC	7
10:30	Alpharetta First United Methodist, Lobby		10:00	Drumming Exercise, AC		11:00	Balloon Volleyball, AC		10:00	Exercise, AC		10:30	Bible Study, CH		10:00	Exercise with Jeanne, AC		11:30	Chatting with Mr. and Mrs. Simms	
2:00	Pokeno, AC		10:30	Knitting & Crocheting, DR		11:30	St. Aidan's Communion, CH		11:00	Morning Meditation, AC		2:00	Mahjong, BR		11:00	Bible Sharing with Ravenna, MT		2:00	Saturday Matinee Movie, MT	
2:00	Kings in the Corner, DR		2:00	Windward Pkwy. Shopping, Lobby		1:45	Bridge Club, BR		4:00	Book Club, L		2:00	Blood Pressure Check, AC		2:00	Hearts, BR		6:45	St. Thomas Aquinas Eucharist, CH	
3:00	Klondikes with the Kuckucks, DR		2:00	Notary Public Service, AC		3:30	Rummikub, DR		7:00	Dominoes, TV		4:00	Art Relaxation, DR		4:00	Happy Hour, AC		7:00	Movie Madness with Linda, MT	
7:00	Rummikub, TV		3:00	Penny Poker, DR		4:00	Dominoes, DR		7:00	Wednesday Night Movie, MT		7:00	Euchre, BR		7:00	Bingo, AC		7:00	Movie Madness with Linda, MT	
7:00	Sunday Night Movie, MT		7:00	Bingo, AC		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:30	Bingo, AC	
DAYLIGHT SAVING TIME BEGINS		8	9:30	Alpharetta Adult Activity Center, Lobby	9	10:00	Strength Training with Legacy, AC	10	10:00	Exercise, AC	11	10:00	Exercise, AC	12	9:30	North Point Pkwy. Shopping, Lobby	13	10:30	Donuts in the Round, AC	14
9:00	Televised Church Service: Lakewood Church, MT		10:00	Drumming Exercise, AC		11:00	Balloon Volleyball, AC		11:00	Casino Trip to Victoryland		10:30	Bible Study, CH		10:00	Exercise with Jeanne, AC		11:30	Chatting with Mr. and Mrs. Simms	
10:30	Alpharetta First United Methodist, Lobby		10:30	Knitting & Crocheting, DR		11:30	St. Aidan's Talk, L		11:00	Morning Meditation, AC		11:00	Morning Tea		11:00	Bible Sharing with Ravenna, MT		2:00	Saturday Matinee Movie, MT	
2:00	Pokeno, AC		2:00	Windward Pkwy. Shopping, Lobby		1:45	Bridge Club, BR		7:00	Kings Corner, DR		2:00	Blood Pressure Check, AC		2:00	Hearts, BR		6:45	St. Thomas Aquinas Eucharist, CH	
2:00	Kings in the Corner, DR		2:00	Notary Public Service, AC		2:00	Electronic Trivia, TV		7:00	Dominoes, TV		2:00	Mahjong, BR		7:00	Bingo, AC		7:00	Movie Madness with Linda, MT	
3:00	Klondikes with the Kuckucks, DR		3:00	Penny Poker, DR		3:30	Rummikub, DR		7:00	Wednesday Night Movie, MT		4:00	Art Relaxation, DR		7:00	Movie Madness with Linda, MT		7:30	Bingo, AC	
7:00	Rummikub, TV		7:00	Bingo, AC		4:00	Dominoes, DR		7:00	Movie Madness with Linda, MT		7:00	Euchre, BR		7:00	Movie Madness with Linda, MT				
7:00	Sunday Night Movie, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT				
9:00	Televised Church Service: Lakewood Church, MT	15	9:30	Alpharetta Adult Activity Center, Lobby	16	ST. PATRICK'S DAY		17	Wonderful Wednesday Outing! Details TBA		18	FIRST DAY OF SPRING		19	9:30	North Point Pkwy. Shopping, Lobby	20	10:30	Donuts in the Round, AC	21
10:30	Alpharetta First United Methodist, Lobby		10:00	Drumming Exercise, AC		10:00	Strength Training with Legacy, AC		10:00	Exercise, AC		10:00	Exercise, AC		10:00	Exercise with Jeanne, AC		11:30	Chatting with Mr. and Mrs. Simms	
2:00	Pokeno, AC		10:30	Knitting & Crocheting, DR		11:00	St. Patrick's Fun, AC		11:00	Morning Meditation, AC		11:00	Morning Tea		11:00	Bible Sharing with Ravenna, MT		2:00	Saturday Matinee Movie, MT	
2:00	Kings in the Corner, DR		2:00	Ambassadors Assembly, CH		11:30	St. Aidan's Communion, CH		4:00	Book Club, L		2:00	Blood Pressure Check, AC		2:00	Hearts, BR		6:45	St. Thomas Aquinas Eucharist, CH	
2:00	Kings in the Corner, DR		2:00	Windward Pkwy. Shopping, Lobby		1:45	Bridge Club, BR		7:00	Kings Corner, DR		4:00	Art Relaxation, DR		4:00	Happy Hour, AC		7:00	Movie Madness with Linda, MT	
3:00	Klondikes with the Kuckucks, DR		2:00	Notary Public Service, AC		2:00	Resident/Management Meeting, AC		7:00	Dominoes, TV		7:00	Euchre, BR		7:00	Bingo, AC		7:00	Movie Madness with Linda, MT	
7:00	Rummikub, TV		3:00	Penny Poker, DR		3:30	Rummikub, DR		7:00	Wednesday Night Movie, MT		7:00	Bridging Generations, AC		7:00	Movie Madness with Linda, MT		7:30	Bingo, AC	
7:00	Sunday Night Movie, MT		7:00	Bingo, AC		4:00	Dominoes, DR		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT				
7:00	Sunday Night Movie, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT				
9:00	Televised Church Service: Lakewood Church, MT	22	9:30	Alpharetta Adult Activity Center, Lobby	23	10:00	Strength Training with Legacy, AC	24	Wonderful Wednesday Outing! Details TBA		25	10:00	Exercise, AC	26	9:30	North Point Pkwy. Shopping, Lobby	27	10:30	Donuts in the Round, AC	28
10:30	Alpharetta First United Methodist, Lobby		10:00	Drumming Exercise, AC		11:00	Balloon Volleyball, AC		10:00	Exercise, AC		10:30	Bible Study, CH		10:00	Exercise with Jeanne, AC		11:30	Chatting with Mr. and Mrs. Simms	
2:00	Pokeno, AC		10:30	Knitting & Crocheting, DR		11:30	St. Aidan's Talk, L		11:00	Morning Meditation, AC		2:00	Mahjong, BR		11:00	Bible Sharing with Ravenna, MT		2:00	Saturday Matinee Movie, MT	
2:00	Kings in the Corner, DR		2:00	Ambassadors Assembly, CH		1:45	Bridge Club, BR		7:00	Kings Corner, DR		2:00	Blood Pressure Check, AC		2:00	Hearts, BR		6:45	St. Thomas Aquinas Eucharist, CH	
2:00	Kings in the Corner, DR		2:00	Windward Pkwy. Shopping, Lobby		2:00	Electronic Trivia, TV		7:00	Dominoes, TV		4:00	Art Relaxation, DR		4:00	Happy Hour, AC		7:00	Movie Madness with Linda, MT	
3:00	Klondikes with the Kuckucks, DR		2:00	Notary Public Service, AC		3:30	Rummikub, DR		7:00	Wednesday Night Movie, MT		7:00	Euchre, BR		7:00	Bingo, AC		7:00	Movie Madness with Linda, MT	
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7:00	Sunday Night Movie, MT		7:00	Bingo, AC		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT				
7:00	Sunday Night Movie, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT		7:00	Movie Madness with Linda, MT				
9:00	Televised Church Service: Lakewood Church, MT	29	9:30	Alpharetta Adult Activity Center, Lobby	30	10:00	Strength Training with Legacy, AC	31												
10:30	Alpharetta First United Methodist, Lobby		10:00	Drumming Exercise, AC		11:00	Balloon Volleyball, AC													
2:00	Pokeno, AC		10:30	Knitting & Crocheting, DR		1:45	Bridge Club, BR													
2:00	Kings in the Corner, DR		2:00	Ambassadors Assembly, CH		3:30	Rummikub, DR													
3:00	Klondikes with the Kuckucks, DR		2:00	Windward Pkwy. Shopping, Lobby		4:00	Dominoes, DR													
7:00	Rummikub, TV		2:00	Notary Public Service, AC		7:00	Movie Madness with Linda, MT													
7:00	Sunday Night Movie, MT		3:00	Penny Poker, DR																
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Kidney Awareness Month

Kidney Awareness Month and World Kidney Day

Spread the word! March is National Kidney Month and World Kidney Day on March 14th and it's the perfect time to think about your kidney health and get a checkup. If you're at risk for kidney disease, talk to your doctor and get screened.

There are several health conditions that can cause kidney disease.

Diabetes is the leading causes of CKD, followed by high blood pressure. Together, these conditions account for 73% of CKD diagnoses. Other causes of CKD include glomerular disease and polycystic kidney disease. If you have diabetes or high blood pressure, it is important to talk to your doctor about CKD and get screened.



Are you at risk?

- Family history, age and family members with kidney disease or an age of over 50
- Health problems such as diagnosis of diabetes, high blood pressure, cardiovascular disease, obesity or other kidney or immune conditions
- Lifestyle habits like overuse of ibuprofen, acetaminophen or naproxen, or chronic use of street drugs

CKD Testing and Diagnosis

The earlier CKD is diagnosed, the sooner you can take steps to slow progression and delay the need for transplant or dialysis. Kidney disease is diagnosed with a simple blood test ordered by your doctor to determine your estimated glomerular filtration rate (eGFR), which is a measurement of how well your kidneys are functioning. You may also have other tests before a kidney disease diagnosis can be confirmed. Your eGFR determines which of the five stages of kidney disease you're in and your doctor will make recommendations for taking care of your health, based on your stage.

Treatment

Dialysis is a treatment for kidney failure that filters your blood to remove toxins, waste and excess fluid using special equipment taking the place of natural kidney function. There are several different options for dialysis including home peritoneal dialysis, home hemodialysis and in-center hemodialysis. Your nephrologist can help you choose which option is right for you. Going on dialysis requires commitment to your treatment schedule, attention to eating well and taking certain medications exactly as directed. When following their treatment plan as prescribed, people can live healthy, active, fulfilling lives on dialysis and keep up with the lifestyle they love.

Fun Facts About March?

March has many wonderful things to notice, admire and try. Let's dig into the different many foods, flowers and activities that are in season.

The March flower is the daffodil. It's all too appropriate that cheerful yellow flowers represent the first month of spring. These little buds of sunshine symbolize unparalleled love and serve as a reminder that the sun is always shining when loved ones are in your life. Varieties of daffodils, also known as jonquil, vary in color featuring white, orange and pale yellow blooms.

Fruits and vegetables are best eaten when they are in season. Let's see what is ready for good eating ...!

Beetroot, broccoli, artichoke, cardoon, catalogna chicory, carrot, cauliflower, white cabbage, Savoy cabbage, Brussels sprout, chicory, turnip top, spring onion, sauerkraut, watercress, beet top, fennel, endive, lettuce, hops, leek, red radicchi, turnip, radish, scorzonera, scorzobianca, spinach, and dandelion.

MARCH ACTIVITIES

Go Fly a Kite: March is a very windy month and kite flying is such a fun activity that the whole family can enjoy, just remember it can still be very cold so bundle up!

Start Planning Your Backyard Garden:

Before you know it, it will be time to start planting flowers, vegetables, and fruits; right now is the perfect time to coordinate what would be perfect to grow for your region and space availability.

Have a Pancake: March 5th is Shrove Tuesday or Carnival, it is the last day before a fast for those who observe Lent. Looking for a yummy pancake recipe?



Dance: Dancing is such a great way to shake off winter blues, it is as simple as putting some music on and going for it! It's also much easier nowadays to put on a YouTube video and learn a new dance routine or style!

Celebrate International Women's Day: Tell the women in your life they are amazing, have an IWD party at work, attend a women's networking event, donate to your local women's shelter — there are so many great ways to celebrate this day.

Change Your Clocks: Daylight Saving Time starts on March 10th so remember that clocks move forward by an hour!

So get up, get out and get started with love!

(Yohanna L. J. Storey)



How to Make Spring Cleaning Easier

As the temperatures begin to rise, now's the perfect time to pull back the curtains, open up the windows and let the fresh air in while taking care of the tedious tasks that you neglected all winter. Check out these helpful tips below:

1. Ask your loved ones for help

Cleaning an entire home on your own can be overwhelming. Don't tackle the chores by yourself — instead, reach out to some of your family members for assistance. You can dig up old family photo books to look through, and find toys and trinkets from your kids' childhood to pass on to your grandchildren.

An extra helping hand can also take care of the chores that are difficult for you to complete on your own, such as dusting in hard-to-reach places, or rearranging large, bulky pieces of furniture.

2. Make a spring cleaning checklist

Once your loved ones have arrived for the day, sit down and create a checklist of all of the tasks you'd like to complete. Spring cleaning generally consists of sanitizing and organizing rooms, but there a dozen other chores that are typically overlooked. Aside from mopping and vacuuming the floors, cleaning the windows, dusting and reorganizing, this can release stress and anxiety.

Taking care of these additional tasks can reduce physical health threats in your living space.

3. Eliminate the clutter

It may be difficult to part with the items you've accumulated over the years, but hoarding the things that you rarely use takes up space, and has the potential to negatively impact your physical and mental health. Talk to your family members about helping

you tackle the room with the most clutter first. Make three separate piles: yes, no and maybe. Place all of the items you use often in the yes pile, and turn items that are just taking up space in your home to the no pile. For items you're unsure of parting with, place them in the maybe pile. For all of the things that you're willing to part with, determine the condition and either throw them in the trash, or donate them to charity.

4. Reorganize before you cleanse

Once you've eliminated the clutter in your home, you'll have a fresh slate for cleansing and organizing. For your first task, gather all of your important financial, health and legal documents and organize them in one space. This will save you time, money and stress in the event of an emergency. After gathering these critical documents, continue organizing. Make the items you use regularly easily accessible, and place items you rarely use tucked out of your way. Once your living space is arranged, you can start taking care of the traditional spring cleaning tasks: sanitizing, mopping, vacuuming and dusting.

5. Evaluate your current living conditions

If you've uncovered any issues in your home that make living conditions less safe, have one of your family members take care of it immediately. If your loved ones find the issue too problematic for fixing, it may be time to consider a new living arrangement. By relocating to a senior living community, you'll live in the safest, most well-kept environment available to you. This is the perfect option for older adults who are ready to say goodbye to spring cleaning and hello to relaxed retirement living.

COTTONWOOD
— ESTATES —
Gracious Retirement Living

255 Vaughan Drive
Alpharetta, GA 30009



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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