

108 DIECKS DRIVE
ELIZABETHTOWN, KY

WILLOW CREEK
Senior Living

PHONE: (270) 765-4414
WILLOWCREEKRETIREMENT.COM



Willow Creek Management Team

Demetria Johnson
Manager

June Whitlock
Healthcare Coordinator

Rick Betz
Maintenance Coordinator

Tara Webb
Culinary Assistant

Carol Sue Galloway
Community Relations Coordinator

Debbie Smith
Life Enrichment Coordinator



Keeping Our Cool

The so-called “dog days” of summer stretch from mid-July into mid-August. Today, many people believe that we call these the dog days because we all feel as hot as a dog, or that the heat of the day is enough to make a dog go crazy. But to discover the real explanation behind the dog days, look to the night sky. This period earned its canine moniker during the age of ancient Greece. Mid-July coincided with the rise of the constellation Canis Major, the Greater Dog, which features the brightest star in the night sky, Sirius, also known as the Dog Star. During this time, Sirius rises just before the sun. No wonder the word *sirius* means “scorching” in Greek. The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck. Lucky for us, modern technologies have given us plenty of ways to beat the heat. Perhaps the Greeks and Romans would have thought differently about Sirius if they had air conditioning?

It is no coincidence that Air Conditioning Appreciation Days overlap with the dog days of summer, because for many this invention is the greatest source of relief from the oppressive heat. It was during the dog days of 1902 that Willis Carrier invented the first air conditioner. He did not set out to create artificial cooling but rather a machine that could lower humidity. A printing company came to Carrier with a problem. During summer, high humidity would wreak havoc with their color printing. Carrier designed a system of chilled coils, fans, ducts, heaters, and temperature controls that not only lowered the humidity inside the printing plant but created cool artificial breezes! Carrier's new industry changed the world.

Air conditioners did not become widely available to the public until the 1960s, but once they became common in homes, heat-related deaths decreased by 80%. Talk about life-changing! Air-conditioning cools more than air; it cools our tempers, too. Research shows that heat increases aggression, while air-conditioning actually helps calm us down. It may be much easier to enjoy Relaxation Day on August 15 with the air-conditioning on!

Staying Active



Barbara S. gathering vegetables



Sara getting a working out



Jim D. out for a walk



Social Distance Group Exercising

(Left to right) Ginny, Ottis, Charlotte, Mel, and Janie



We are still working to make resident's dreams come true at Willow Creek through our Dare to Dream program!

We would love to hear from you if you have a dream idea for any of our residents! Please contact any management team member with your ideas!

Staying Active



Ernestine just got a new hairdo



Evelyn enjoys an afternoon of Scrabble



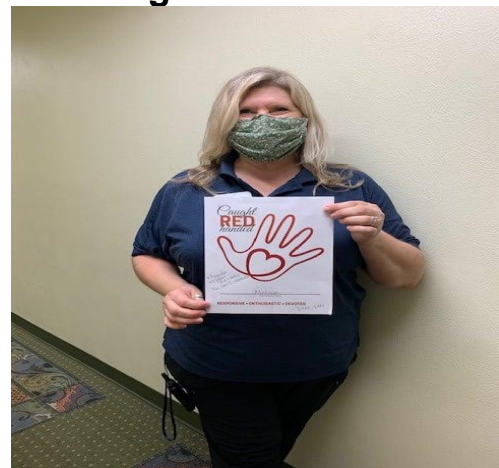
Rita playing One on One Uno

Don't forget if you have a friend you would like to be your neighbor at Willow Creek, we do have a referral program that pays a nice chunk of change. Contact either Dee or me for more information.

Carol Sue Galloway, Community Relations Coordinator



Caught Red Handed



Melissa was caught red handed doing what she does best which is giving exceptional care, being dedicated, and being dependable for our residents.

Willow Creek Senior Living
108 Diecks Drive
Elizabethtown, KY. 42701

Postage
Information



To Our Newest Residents
Barbara S.
Earl G.
Nell



To our residents:
Barbara So. 08-04
Lois Jean 08-06
Howard 08-16
Mary P. 08-17
To our associates:
Felicia 08-17
Tara T. 08-27