



# COTTONWOOD — ESTATES — Gracious Retirement Living

255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## SEPTEMBER 2020

### COTTONWOOD ESTATES STAFF

Managers..... CHRIS & SALLY BLANCHARD  
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

## Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

**Ease stress:** Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

**Solve problems:** When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

**Improve relationships:** It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

**Set goals:** By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.



## Keeping Our Long Distance Relationship With the Grandkids Alive

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and of course, unconditional love.



*Grandmothers know best*

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow — without the responsibility of primary parenting — grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.

Then we often wonder about the well-being of our grandchildren. As much as we want to see them or pick up the phone to call them, we hesitate. Learning to give our kids space to be the best parents they can be is hard. Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Although, thoughts of the grandbabies ponders our minds and becomes overwhelming. You ask, "What to do?"

Here are some ideas that help you ...

If you have grandkids under 10 years old, it's most likely that they do not receive any mail because they don't pay bills. Well, try to become your grandkids' penpal. They will love to open the mailbox and find a letter from Nana and Pops. Just imagine the smile on their faces when they open a care package from you — a box filled with their favorite goodies, a homemade card, stickers, pictures, musical mixtape from your childhood, and inspirational poems. "Not only does it draw them closer to you but it also encourages them to write you back."

Secondly, you have the opportunity to communicate through technology. Make a short video of you playing on the guitar, reading a bedtime story, singing a song, give a history lesson, a video of DIY projects, Bible study, homework helper, encouragement speech, etc.

We know that schools are back in session and we want to make sure that the little ones are being safe during this pandemic. Why not make a safety checklist for the little ones to follow? In response, the kids can send you a video to reply to the list.

There are many ways to keep in touch and see those sweet faces, so don't just sit there and wonder. Get up and get active in their lives.



## Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

**Apricots** — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

**Dates** — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

**Prunes** — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

**Figs** — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

**Raisins** — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

## The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

## Ravenna Clock

The encouragement project is very important to me. I started going to the meetings years ago when I moved to the Mansions in Alpharetta, Georgia. I joined a group of women who were knitting and crocheting for needy people. Stephanie provided the yarn and the needles so I could get started again. It gave me a sense of purpose, fellowship with my neighbors and most of all, it is my therapy.

My husband was ill and passed away two years ago. I have appreciated the fellowship and the sense of purpose being part of a group. We meet here at Cottonwood on Mondays, at 10:30 a.m. Please join the Knitting and Crocheting. We would love to have you.



SEPT 2020

Birthdays

Bonnie Oxley, 5th  
Mary Frances Walsh, 5th  
Barbara Hinkle, 16th  
Sandy Mule', 16th  
Sybil Jones, 18th  
Faye Straw, 23rd  
Shirley Norton, 24th

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

Dear Chris and Sally Blanchard,  
  
On behalf of Hawthorn, we would like to welcome you to Cottonwood Estates. We know you are going to be a great asset to our family and can't wait for the good times ahead. There is a lot to learn about us, so please don't hesitate to ask questions. We thank you for coming aboard with a big welcome.  
  
Sincerely,  
Activity Coordinator  
Yohanna Storey

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>10:35 <b>Daily Chronicle, FP</b> <sup>1</sup></div> <div>11:00 <b>Cooking Healthy, AC</b></div> <div>1:45 Bridge Club, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 Rummikub, DR</div> <div>3:30 <b>Spa Meditation, AC</b></div> <div>4:00 Dominoes, DR</div>	<div>Wednesday Outing <sup>2</sup></div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Documentary, MT</b></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Brain Trivia, AC</b></div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Exercise, AC <sup>3</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:00 <b>Blood Pressure with Adoun</b></div> <div>3:30 <b>History Trivia, AT</b></div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>10:00 <b>Exercise with Jeanne Thomson, AC</b> <sup>4</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Hearts, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Name That Song, AT</b></div> <div>7:00 Bingo, AC</div>	<div>National Tailgating Day <sup>5</sup></div> <div>10:00 <b>Resident Coffee &amp; Donut Chat, AC</b></div> <div>11:00 Chatting with Endia, AC</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 <b>Great Course/ Lectures, MT</b></div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:30 Bingo, AC</div> <div></div>
	<div>National Read a Book Day <sup>6</sup></div> <div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 <b>Sunday Ice Cream on Sundays</b></div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div>	<div><b>LABOR DAY</b> <sup>7</sup></div> <div>Happy Labor Day</div> <div>10:00 <b>Strength Training with Legacy, AC</b></div> <div>10:30 Knitting &amp; Crocheting, DR</div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Morning Tea Time, AC</b></div> <div>2:00 Woodward Pkwy. Shopping, Lobby</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Art &amp; Crafts, AC</b></div> <div>7:00 Bingo, AC</div>	<div>10:35 <b>Daily Chronicle, FP</b> <sup>8</sup></div> <div>11:00 <b>Cooking Healthy, AC</b></div> <div>11:30 St. Aidan's Talk, L</div> <div>1:45 Bridge Club, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 Rummikub, DR</div> <div>3:30 <b>Spa Meditation, AC</b></div> <div>4:00 Dominoes, DR</div>	<div>Wednesday Outing <sup>9</sup></div> <div>Teddy Bear Day</div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Documentary, MT</b></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Make a Teddy Bear, AC</b></div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Exercise, AC <sup>10</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:00 <b>Blood Pressure with Adoun</b></div> <div>3:30 <b>History Trivia, AT</b></div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div><b>PATRIOT DAY</b> <sup>11</sup></div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Hearts, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Remembrance of 9/11, MT</b></div> <div>4:00 <b>Happy Hour, AC</b></div> <div>7:00 Bingo, AC</div>
<div>National Grandparents Day <sup>13</sup></div> <div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 <b>Sunday Ice Cream on Sundays</b></div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div>	<div>10:00 <b>Strength Training with Legacy, AC</b> <sup>14</sup></div> <div>10:30 Knitting &amp; Crocheting, DR</div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Morning Tea Time, AC</b></div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:00 Woodward Pkwy. Shopping, Lobby</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Art &amp; Crafts, AC</b></div> <div>7:00 Bingo, AC</div>	<div><sup>15</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 <b>Cooking Healthy, AC</b></div> <div>1:45 Bridge Club, BR</div> <div>2:00 <b>Resident/Management Meeting, AC</b></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 Rummikub, DR</div> <div>3:30 <b>Spa Meditation, AC</b></div> <div>4:00 Dominoes, DR</div>	<div>Wednesday Outing <sup>16</sup></div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Documentary, MT</b></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Brain Trivia, AC</b></div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div></div>	<div>10:00 Exercise, AC <sup>17</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:00 <b>Blood Pressure with Adoun</b></div> <div>3:30 <b>History Trivia, AT</b></div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div><b>ROSH HASHANAH BEGINS AT SUNSET</b> <sup>18</sup></div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Hearts, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Name That Song, AT</b></div> <div>7:00 Bingo, AC</div> <div></div>	<div>10:00 <b>Resident Coffee &amp; Donut Chat, AC</b> <sup>19</sup></div> <div>11:00 Chatting with Endia, AC</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 <b>Great Course/ Lectures, MT</b></div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:30 Bingo, AC</div>
<div>9:00 Televised Church Service: Lakewood Church, MT <sup>20</sup></div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 <b>Sunday Ice Cream on Sundays</b></div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div>	<div>International Peace Day <sup>21</sup></div> <div>10:00 <b>Strength Training with Legacy, AC</b></div> <div>10:30 Knitting &amp; Crocheting, DR</div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Morning Tea Time, AC</b></div> <div>2:00 Woodward Pkwy. Shopping, Lobby</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Art &amp; Crafts, AC</b></div> <div>7:00 Bingo, AC</div>	<div><b>AUTUMN BEGINS</b> <sup>22</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 <b>Cooking Healthy, AC</b></div> <div>11:30 St. Aidan's Talk, L</div> <div>1:45 Bridge Club, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 Rummikub, DR</div> <div>3:30 <b>Spa Meditation, AC</b></div> <div>4:00 Dominoes, DR</div>	<div>Wednesday Outing <sup>23</sup></div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Documentary, MT</b></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Brain Trivia, AC</b></div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div></div>	<div>9:00 Lab Corp Flu Shots <sup>24</sup></div> <div>10:00 Exercise, AC</div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:00 <b>Blood Pressure with Adoun</b></div> <div>3:30 <b>History Trivia, AT</b></div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div> <div></div>	<div>10:00 <b>Exercise with Jeanne Thomson, AC</b> <sup>25</sup></div> <div>10:35 <b>Daily Chronicle, FP</b></div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Hearts, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Name That Song, AT</b></div> <div>4:00 <b>Happy Hour, AC</b></div> <div>7:00 Bingo, AC</div>	<div>10:00 <b>Resident Coffee &amp; Donut Chat, AC</b> <sup>26</sup></div> <div>11:00 Chatting with Endia, AC</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 <b>Great Course/ Lectures, MT</b></div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:30 Bingo, AC</div>
<div><b>YOM KIPPUR BEGINS AT SUNSET</b> <sup>27</sup></div> <div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 <b>Sunday Ice Cream on Sundays</b></div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div>	<div>10:00 <b>Strength Training with Legacy, AC</b> <sup>28</sup></div> <div>10:30 Knitting &amp; Crocheting, DR</div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Morning Tea Time, AC</b></div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:00 Woodward Pkwy. Shopping, Lobby</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Art &amp; Crafts, AC</b></div> <div>7:00 Bingo, AC</div>	<div>10:35 <b>Daily Chronicle, FP</b> <sup>29</sup></div> <div>11:00 <b>Cooking Healthy, AC</b></div> <div>1:45 Bridge Club, BR</div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 Rummikub, DR</div> <div>3:30 <b>Spa Meditation, AC</b></div> <div>4:00 Dominoes, DR</div>	<div>Wednesday Outing <sup>30</sup></div> <div>10:00 <b>Exercise with Jeanne Thomson, AC</b></div> <div>10:30 <b>Daily Chronicle, AT</b></div> <div>11:00 <b>Documentary, MT</b></div> <div>2:30 <b>Bingo &amp; Movie</b></div> <div>3:30 <b>Brain Trivia, AC</b></div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>			





## Bird Watching Season

Here are five different types of birds to listen to and watch out for in your own backyard. So, get your binoculars ready and find a comfy seat in your garden.

### 1. Anhinga

The Anhinga is a fairly large (35-inch) diving bird that looks a little like a skinny Cormorant. It is long and slender, with a long, sharp bill it uses to spear fish underwater. Another name for this bird is “snake bird,” because it frequently swims with just its head above water, looking like a snake. Males are mostly dark, with white feathers on the upper wings and females are dark below, with brown heads and necks. They can often be seen spreading their wings to dry in the sun prior to making another dive for fish. This species can be found at most wetlands below the fall line. Easy places to see Anhingas include Harris Neck and Eufaula NWRs, and the Altamaha WMA.

### 2. Common Gallinule (Common Moorhen)

The Common Gallinule is a small duck-like bird, about 14 inches long, found in many marshes and swamp habitats throughout the southern half of Georgia. They are most numerous in summer but occur year-round, especially along the coast. The most obvious feature is the bright red bill with a yellow tip, on a bird that is mostly gray with a white line along its sides. Common Gallinules are usually found in groups, paddling in and out of reeds and marsh grasses while squabbling among themselves. If you ever see one on land or sitting upon a log, notice their huge yellow legs and feet.

Areas with ponds or marsh habitat along the coast or in the coastal plain host many of these birds all summer, and some of the easiest places to see them include Phinizy Swamp, the Bradley Unit of Eufaula NWR, Harris Neck NWR, and the Altamaha WMA.

### 3. Red-headed Woodpecker

If you live near any kind of woods, you might find them in your yard at least part of the year. With a bright all-red head, black body, and large white patches on the wings, they are not likely to be

confused with any other species, although the red-bellied woodpecker can have red on the back half of the head, but not the black and white colors on the body. Both woodpeckers are just under 10 inches long and both come to feeders readily. The red-headed woodpecker can sometimes be seen fly catching from the tops of trees.

Red-headed woodpeckers are fairly common throughout the state all year except in the mountains, and they are especially common in thinned woods or partial clear cuts. They also favor beaver swamps with a few isolated trees. They can be found just about anywhere with dead or dying standing trees.

### 4. Red-cockaded Woodpecker

This rare woodpecker is found only in the south, year-round, and in Georgia is found only in large pine-wiregrass forests. It is just slightly smaller than the hairy woodpecker, with a similar pattern of black and white barring, but it also has a large white cheek patch that covers almost the whole side of its head. The “cockade” for which they are named is nearly impossible to see. They live in family groups called clusters and require mature pines with red heart disease to make their nest and roosting cavities. These holes are easy to recognize because they make them in living trees and there is usually a large obvious flow of sap from the hole down the front of the tree.

Red-cockaded woodpeckers are restricted now to areas that have populations of the large pines they require and periodic burning to maintain the correct wiregrass habitat. The only public areas with good numbers in Georgia are Piedmont NWR and the Okefenokee NWR, but all the large Army bases in Georgia also have decent populations.



## 5. Brown-headed Nuthatch

This tiny bird with a large personality is another favorite of bird watchers everywhere in the South, and if you live or travel anywhere near mature pines, you are likely to run into a group of these inquisitive little birds. They are less than 5 inches long and often stay high up in pine trees, so you frequently must locate them by their chatter and squeaky “bathtub toy” noises. When you see them, notice their grayish backs, white bellies, and brown heads with a stubby bill for prying food out of pinecones and bark. They are often seen hitching their way down pine trunks in search of insects and seeds.

This is one of the easiest species on this list to find — just look anywhere with large pines! In many cases, this may be your yard, because this is another species that often are found at seed and suet feeders. They live in Georgia year-round.

## 6. Cerulean Warbler

The Cerulean is a beautiful little blue warbler, less than 5 inches long, and one of the migrant species that seems to be declining at the greatest rate. The color of the male is a gorgeous light blue (yes, it’s cerulean blue!) with a bright white underside broken only by a thin blue “necklace.” The females are similar but more blue-green and often have a yellowish tinge below. Both sexes have the typical short, thin warbler bill and are also quite short-tailed even for warblers.

In Georgia, Cerulean Warblers breed only in a couple of spots up in the Blue Ridge, with most numbers along Ivy Log Gap. They may be difficult to find there because they tend to stay in the treetops and are present only in small numbers. However, most members of this species migrate right through the western half of Georgia, and probably the best single spot to see this bird in the east is at Kennesaw Mountain in late April or in August during the peak of their seasonal migration.

## 7. Rose-Breasted Grosbeak

The Rose-Breasted Grosbeak is another striking species that can sometimes be seen at feeders, although usually only during spring migration in late April and early May. The spring male is unmistakable, with his black head and back, white belly and marks on the wings, and a splash of rose on the breast. The female looks similar to a huge purple finch, with a brown back, streaked underparts, a white line above the eye, and, like the male, a large seed-eating bill. In fall, the males may look more like the female, with sometimes just a hint of the rose on the breast. They are about 8 inches long.

Rose-Breasted Grosbeaks can be seen during spring or fall migration, either in your backyard at feeders or at other migration bird-watching spots. They can also be found in their small breeding range in Georgia during the summer. Brasstown Bald and the other highest peaks in Georgia make up their breeding range from May to August. One way to find them is by listening for their distinctive call note, which has been likened by David Sibley to the squeak of gym shoes on a wooden gym floor.

## 8. Painted Bunting

It’s hard to describe the sheer gorgeousness of this songbird. As a start, the old name for this species was the French word *nonpareil*, for its singular beauty. The males are amazing, with blue heads, red underparts, and greenish backs. And it’s not just blue and red! The female is a greenish-yellow. Both sexes are the same size — just under 6 inches long — with a stubby finch bill. They sound similar to their inland and equally striking relative to the indigo bunting.

Painted buntings are most common along the coast, on any barrier island, or along the immediate coast in maritime scrub habitat. Good places to look include Harris Neck NWR, all the islands, and the Altamaha WMA. They also breed in small numbers right along some of the major rivers like the Savannah and the Altamaha (including the feeder rivers the Ocmulgee and Oconee) all the way up to Augusta and Macon.

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