

Williams Place

Gracious Retirement Living

825 Peninsula Drive • Davidson, NC 28036 • Phone (704) 896-3278 • www.seniorlivinginstyle.com

SEPTEMBER 2020

WILLIAMS PLACE STAFF

Managers..... DAN & DEBBIE MCENTIRE
Assistant Managers CHUCK & LIZ BAECHEL
Executive Chef CODY WALKER
Bus Driver STEVE PARRY

TRANSPORTATION

Monday, 9:30 a.m.: Walmart

Monday, 11 a.m.: Walmart

Monday, 2 p.m.: Harris Teeter

**Tuesday, Early morning/Last appointment
at 2 p.m.:** Doctor Appointments

Wednesday, 10:30 a.m.: Bus Site Seeing

**Thursday, Early morning/Last appointment
at 2 p.m.:** Doctor Appointments

HAWTHORN
SENIOR LIVING

A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.



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.

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.



Walking Towards Better Health

What's not to love about walking? Walking is free, easy to start, and easy on our joints! Plus, there are numerous other benefits to this versatile form of exercise — both physical and mental. Below are just a few of these benefits to help motivate you to get up and get walking today!

Five Reasons Why Walking Works:

1. **Walking Is Easier to Stick With.** People tend to give up on high-intensity exercise routines quickly. In fact, 67% of people with gym memberships never use them. Moderate exercise like walking, on the other hand, is much easier to continue long-term.
2. **Walking Improves Cardiovascular Health.** The biggest health benefits to walking are in terms of cardiovascular health. Countless studies have linked regular walking with heart-health benefits. Walking has been linked in men and women with lower risks of high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cardiac arrest. Even small amounts of walking each week have been shown to reduce these risks around 15% to 20%.
3. **Walking Fights Weight Problems.** Walking will burn calories and help the person exercising manage their weight. Multiple studies have also found that walking reduces cravings for sugary foods, even in stressful situations.
4. **Walking Prevents and Reduces Pain from Arthritis.** If you have arthritis, you might think that walking will be too painful for you to do regularly. Multiple studies, however, have found that walking actually reduces arthritis pain. Walking lubricates knee and hip joints and strengthens surrounding muscles, reducing the strain placed on the joint itself.
5. **Walking improves cognitive function.** Walking helps to improve oxygen flow to the brain. More oxygen to our brains is a good thing! Our brains use up 20% of our body's total oxygen supply, so if we do not receive enough, we can feel foggy and unfocused. Increased blood flow is also a benefit to walking. Increased blood flow to the brain is linked to better cognitive function, improved memory, and protection against overall cognitive decline.

Keeping Positive!

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health. The positive thinking that usually comes with optimism is a key part of effective stress management. If you tend to be more pessimistic than optimistic, don't worry! You can learn positive thinking skills. Give the below positive thinking exercises a try today!

1. Begin your day with a smile:

Develop the habit of greeting the world with a smile on your face. Set a positive intention at the beginning of your day and focus on it throughout the day to help you to achieve a purpose.

2. Turn a negative into a positive:

- First, think of something that you are not grateful for. It can be anything that you react towards with anger, frustration, or rejection.
- Then, take two minutes to list all the possible “silver linings” or “hidden lessons” within this thing for which you are ungrateful. The idea is to shed light on ways to be resourceful that you never realized before.

3. Ditch negative words and start using positive ones:

When you are talking to others and even yourself, try and stick to using positive words only, and refrain from any negative words.

You should try and stop using words such as ‘no’, ‘can’t’, ‘won’t’, and ‘don’t’ and replace them with more positive words. This way you are changing your physical words and your brain can start getting used to a more positive language.

4. Fill your mind with positivity:

Try and find things in your life to be positive about. Remind yourself of them and maybe write them down. If you can do this each day, and find things that happened which were great that day or something you were proud of, it can really help you to start feeling more optimistic about life. This can make it a lot easier to start thinking more positively.



Take a Deep Breath!

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax. So, take a moment to practice taking some deep breaths by following the exercise below.

1. Sit upright in a comfortable chair with your feet placed side by side on the floor. Close your eyes.
2. Place one hand on your belly with your pinky finger just above your belly button.
3. Start to pay attention to the rise and fall of your belly. What you are feeling is your diaphragm, working to draw air in and out of your lungs.
4. Notice that as you breathe in it feels like a balloon filling with air. As you breathe out, it should feel like the balloon is deflating.
5. Place your other hand on your chest. You will want to keep this hand as still as possible and to just let the diaphragm do all of the work of breathing. While you are at it, make sure you are keeping those shoulders relaxed! You don't need them to do any of the breathing!
6. Place your other hand on your chest. You will want to keep this hand as still as possible and to just let the diaphragm do all of the work of breathing. While you are at it, make sure you are keeping those shoulders relaxed! You don't need them to do any of the breathing!
7. Inhale slowly to the count of three.
8. Then, exhale slowly to the count of three thinking the word "relax" as you do so.
9. Stay focused on the action of your diaphragm. Your bottom hand should move outward as you fill your lungs with air and inward as you exhale.



Complete the Analogy Challenge!

An analogy is a comparison of two things. Below are five incomplete analogies. Choose the option a, b, or c which best completes the analogy. Answers can be found at the bottom. No Peeking!

- | | |
|---|---|
| 1. 1. Boot: Foot as _____: Wheel
a. Car b. Tire c. Axle | 4. Web: Spider as _____: Weaver
a. Wool b. House c. Carpet |
| 2. Orange: Citrus as _____: Grain
a. Crop b. Cereal c. Wheat | 5. Cowboy: Ranch as _____: Courtroom
a. Judge b. Cop c. Jury |
| 3. Lamp: Room as _____: Field
a. Sun b. Flashlight c. Star | |

Answers: 1. B, 2. C, 3. B, 4. C, 5. A

SEPT 2020










Birthdays

Bonnie Johnson, 7th
Marie Salerno, 12th
Liz Baechel, 13th (Employee)
Jan McDermet, 15th
Evelyn Nordin, 16th
Jane Wood, 20th
Terri Fisher, 29th

Locations

Activity Room, ACT
Atrium, AT
Back Patio, BP
Billiards Room, BIL
Chapel, C
Dining Room, DR
Fitness Room, FIT
Library, LIB
Lobby, LBY
Movie Theatre, MT
TV Room, TV
Upper Deck, UD

“We need to remember across generations that there is as much to learn as there is to teach.”
—Gloria Steinem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Morning Exercise, ACT 1 2:00 Ambassadors Meeting, ACT 2:00 <i>Monthly Ambassadors' Meeting, ACT</i> 2:00 Bridge, BIL 3:30 Light and Easy Exercise with Ann, ACT 3:30 Light Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	2 9:30 Morning Exercise, ACT 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Dime Bingo with Jan, ACT 3:30 Sittercise, ACT	3 9:30 Morning Exercise, ACT 10:00 Chat with Managers (Limit 10), ACT 10:00 Rummikub, BIL 10:30 Rosary, C 2:00 Bingo with Jan, ACT 4:00 Light and Easy Exercise with Ann, ACT	4 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 3:00 Audio Reading of the Bible, C 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	5 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Walking with Bonnie, LBY 11:00 Skip-Bo, ACT 2:00 Light Exercise with Ann, ACT 3:30 Bingo with Jan, ACT
6 9:30 Walking Club, BP 3:00 Movies on Sundays, MT	LABOR DAY 7 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Adult Coloring Class, ACT 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT 	8 9:30 Morning Exercise, ACT 2:00 Bridge, BIL 3:00 Stretching with Legacy, ACT 3:00 Book Club, LIB 3:30 Light Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	9 9:30 Morning Exercise, ACT 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Dime Bingo with Jan, ACT 3:30 Sittercise, ACT 4:00 Prayer Group, C	10 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Rosary, C 12:00 Resident Meeting, DR 2:00 Bingo with Jan, ACT 4:00 Light and Easy Exercise with Ann, ACT	PATRIOT DAY 11 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Blood Pressure Check with Home Careolina, TV 3:00 Audio Reading of the Bible, C 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	12 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Walking with Bonnie, LBY 11:00 Uno, ACT 2:00 Light Exercise with Ann, ACT 3:00 Skip-Bo, ACT 3:30 Bingo with Jan, ACT 
13 9:30 Walking Club, BP 3:00 Movies on Sundays, MT 	14 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Adult Coloring Class, ACT 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	15 9:30 Morning Exercise, ACT 2:00 Bridge, BIL 3:30 Light and Easy Exercise with Ann, ACT 3:30 Light Exercise with Ann, ACT 7:00 Bingo with Jan, ACT 	16 9:30 Morning Exercise, ACT 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Dime Bingo with Jan, ACT 3:30 Sittercise, ACT 	17 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Rosary, C 2:00 Bingo with Jan, ACT 3:00 Health Talk About Hydration with Legacy, ACT 4:00 Light and Easy Exercise with Ann, ACT	ROSH HASHANAH BEGINS AT SUNSET 18 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:00 Flu Shot Clinic with Cvs, ACT 10:30 Daily Devotion & Coffee Chat, ACT 11:00 Garden Club, LIB 3:00 Audio Reading of the Bible, C 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	19 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Walking with Bonnie, LBY 11:00 Skip-Bo, ACT 2:00 Light Exercise with Ann, ACT 3:30 Bingo with Jan, ACT
20 9:30 Walking Club, BP 2:00 Church Service with Pastor David Judge (Outside), BP 3:00 Movies on Sundays, MT 	21 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Adult Coloring Class, ACT 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	AUTUMN BEGINS 22 9:30 Morning Exercise, ACT 2:00 Bridge, BIL 3:30 Light Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	23 9:30 Morning Exercise, ACT 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Dime Bingo with Jan, ACT 3:30 Sittercise, ACT 4:00 Prayer Group, C	24 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Residents Meet with Chef Cody, ACT 10:30 Rosary, C 2:00 Bingo with Jan, ACT 4:00 Light and Easy Exercise with Ann, ACT	25 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 3:00 Audio Reading of the Bible, C 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	26 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Walking with Bonnie, LBY 11:00 Uno, ACT 2:00 Light Exercise with Ann, ACT 3:00 Skip-Bo, ACT 3:30 Bingo with Jan, ACT
YOM KIPPUR BEGINS AT SUNSET 27 9:30 Walking Club, BP 3:00 Movies on Sundays, MT	28 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Daily Devotion & Coffee Chat, ACT 12:30 Blood Pressure Checks with Legacy (Londa), TV 2:00 Adult Coloring Class, ACT 3:30 Sittercise, ACT 7:00 Bingo with Jan, ACT	29 9:30 Morning Exercise, ACT 2:00 Bridge, BIL 3:30 Light Exercise with Ann, ACT 7:00 Bingo with Jan, ACT 	30 9:30 Morning Exercise, ACT 10:30 Daily Devotion & Coffee Chat, ACT 2:00 Dime Bingo with Jan, ACT 3:30 Sittercise, ACT			



Keeping a Grateful Journal

Thoughts are powerful! A person thinks approximately 50,000 thoughts a day. That is a lot of thinking going on! Keeping a grateful journal is one way to help train your brain to make more positive memories than negative. Positive thoughts help to lower the stress hormone cortisol which then leads to positive brain and body health. Below are just a few tips for how to start a grateful journal.

A grateful journal can be personalized in any way. It may have three key focuses a day, like stating:

- I am grateful for _____

- I am good at _____

- One thing I did for someone else today was _____

Positive thoughts lead to happiness, productivity, strong problem-solving skills, and better brain function. A grateful journal is an opportunity to focus on the good things in life. The journal can identify good things that happened during the day, list something a person is grateful for in their day or their life, and include good things done for others to raise awareness while increasing acts of service and kindness.

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.





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.



Inspirational Sayings Corner

Below are three inspirational sayings to brighten your day!

"Difficult roads
often lead to
beautiful destinations."

"There's
something
good in
every day."

"There's a great big
beautiful
tomorrow
shining
at the end of
every day."

Williams Place
Gracious Retirement Living

825 Peninsula Drive
Davidson, NC 28036

A still life photograph featuring several pumpkins in orange and white, ears of corn, and gourds on a dark, textured surface.

Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

Williams Place
Gracious Retirement Living

704-896-3278