

LIBERTY HEIGHTS

Gracious Retirement Living



963 West Yellow Jacket Lane • Rockwall, TX 75087 • Phone (972) 722-5129 • www.seniorlivinginstyle.com

OCTOBER 2020

LIBERTY HEIGHTS STAFF

Manager..... TOM & MELISSA HUTTO
Assistant Managers .. LARRY & MARY TERRELL
Executive Chef HUGO ARDON
Sous Chef JOHN SCARNA
Activity Coordinator JULIE HART
Maintenance ED MCCARTHY
Transportation GARY TATUM

TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping
Tuesday, 9 a.m.-2:30 p.m.: Appointments
Wednesday, 10 a.m.: Outing
Thursday, 9 a.m.-2:30 p.m.: Appointments
Friday, 9 a.m.-Noon: Shopping

HAWTHORN
SENIOR LIVING

Showing Our Gratitude to the Rockwall Police Department

Rockwall is a wonderful and safe place to live and one of the reasons why is because of the Rockwall Police Department!

To show our gratitude, we made a wreath for them. We thought it was very appropriate to deliver it on 9/11, as we will never forget what happened 19 years ago on that day.

We can only imagine how difficult their jobs are and we definitely appreciate each and every one of them for protecting our beautiful Rockwall.

Here's a little information on the police department:

The Rockwall Police Department is made up of 85 sworn officers and 25 civilians. They are a "Recognized Agency" in the Texas Police Chiefs Association's Best Practices Program which means our policies and procedures adhere to the highest standards in law enforcement today.

Their motto is "Success Through Community Partnerships." The department has a very active citizen volunteer program which includes our Citizens on Patrol (COPs) and our Citizen Police Academy Alumni Association.



The officers were thrilled to receive the wreath.

(Continued inside.)



Showing Our Gratitude to the Rockwall Police Department

(Continued)

The Rockwall Police Department is an innovative, proactive and progressive organization that utilizes state-of-the-art equipment and technology. Officers in the department have an opportunity to work in various types of assignments such as: Patrol, Criminal Investigations, Traffic, K-9, SWAT, Community Services, Narcotics, Deployment and/or School Resource Officers.

Thank you, RPD! We love y'all!



The wreath is ready for delivery!



Ellen has family members who are police officers!



The ladies are working their magic!

Don't Worry, Be Happy!

In the quest of looking for comforts in life, we often overlook the importance of being happy in the life we lead. We are busy throughout the week and then think we will get the happiness we deserve in those two days over the weekend. However, what we fail to understand that life is so much beyond the comforts of the lively Saturdays and Sundays we have limited out our lives in. Choosing to be happy all through the week, in fact each day of life is certainly imperative and essential, without a doubt.

We all think at times, if life could be easier, smooth and comfortable for us to live each day as it comes and not strive hard to attain meager things in life, instead of being happily living in all that we had, cherishing the company of our loved ones, family and friends, just like our grandparents tell us about their life.

We certainly can't rewind life back to those incredible eras; however what we can do is find out the little things that could make us happy. Carve out the best path that leads to happiness, in spite of all the worries and challenges life throws upon us, yes we certainly can!

It is almost impossible to describe a remedy for happiness, but here are suggestions that will help us to live a happier and more fulfilling life:

1. Move that body for happiness

You might have heard several health and fitness gurus, talking about exercise for a toned and a balanced, healthier body. But the hidden fact behind exercising remains to be able to stay happy! You can overcome your depression, achieve a better mental health and maintain an overall wellness that boost the happy hormones in the body, making you much more relaxed, reduce the stress levels and of course feel happier.



2. Get that beauty sleep to stay happy

After you wake from an adequate sleep, you tend to be relaxed, feel positive and overcome any difficulty in life. You tend to perform better in life after a good night's sleep, be more productive at work and therefore when things fall in the right direction, you certainly enjoy that and of course, stay happy!

3. Cherish your loved ones

No one is truly happy when they're constantly alone. Write a letter, make a phone call or Skype your family! Ensure to give them the due credit of being around and loving you.

4. Take a walk – happiness is everywhere

Go outside and enjoy the bright sunshine, the wind, air, greenery, natural habitat, birds and plants to make you feel better. Nature surrounding boosts your memory, helps in a better concentration, uplifts your mood and thus makes you happier.

5. Become helpful

It is indeed true to quote that we all are here fighting our battles, however if it is within your abilities, volunteer to help others. You would love the smile of satisfaction on their faces and they will certainly enlighten your day, no matter how simple the help was. Helping others would make you believe in yourself and lowers your stress levels.

6. A little getaway

This is scientifically proven to say that a vacation is always an ultimate answer towards happiness. When you're just sick and tired of the monotony of life, just pack your bags and leave with your family or friends or even solo. Do this often when nothing else works!

7. Meditation

A relaxed and a balanced mind would always make you realize the importance of smaller aspects in life. It soothes your brain, calms your nerves, enhances your true self and hence, you feel happier than ever before. You become even more compassionate, love being in a happy state, learn to fight the odds with courage and patience!

8. Have me-time

Manage to take some time out to enjoy the company of the stunning yourself. Do all that makes you happy, like waking up early and going for a walk, pampering yourself to beauty treatments at home or at the spa, read a book, do some shopping, watch a movie – the list is long, but pick all that makes you relax in your own company to be happy!

9. Stop judging others

Yes, you read that right! We often spend a good amount of time comparing ourselves to them. This usually makes us see a glass half empty, and this is exactly where happiness starts leaving us. Instead, we must focus on ourselves and rely upon our own strengths in order to be happy, successful and feel good about ourselves!

With most of it said above, there is no other thought when we say, true happiness is never available anywhere, until it remains to be in our minds and comes within us. YOU have the potential to make things work and achieve happiness, no matter what!

Guess Who?

The answer for August guess who: If you guessed Linnie Hartman, you are correct!



Can you guess who this is?



Liberty Heights University

We had a “whale of a time” learning about a variety of topics. We studied the formation of diamonds and pearls, learned all about whales and we found out that we are, indeed, smarter than a 5th grader!

We were also introduced to the art of paper folding called “origami” and Sherie taught us sign language!

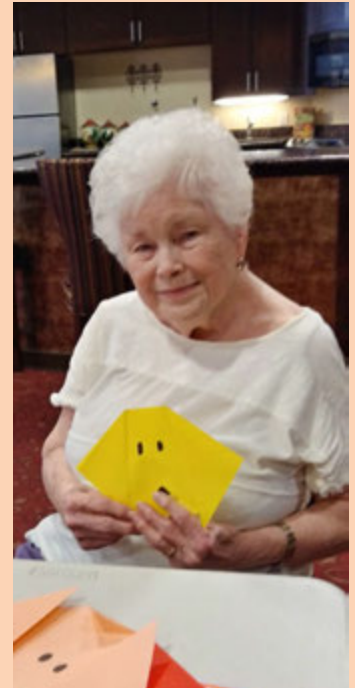
The biggest takeaway from this was that we’re never too old to learn new things.



Jean is learning sign language!



Margaret’s origami is a cat!



Cookie made a dog!

Gout

What is gout?

If you are suddenly experiencing severe pain that is accompanied by swelling in your big toe, especially after you have been sick or sustained an injury, it could be a sign of gout.

A type of inflammatory arthritis, gout is a general term that is used to describe a buildup of uric acid in the blood. Uric acid is a chemical that is naturally produced to help the body break down foods that contain organic compounds known as purines. Under normal conditions, the body produces uric acid to assist with the breakdown of purines, and the kidneys cleanse it out of the blood and it is passed out of the body with urine. However, if there are high levels of uric acid, it can accumulate in the body. Eventually, the acid will turn into urate crystals, which can collect around the soft tissues and joints, causing inflammation, or gout.

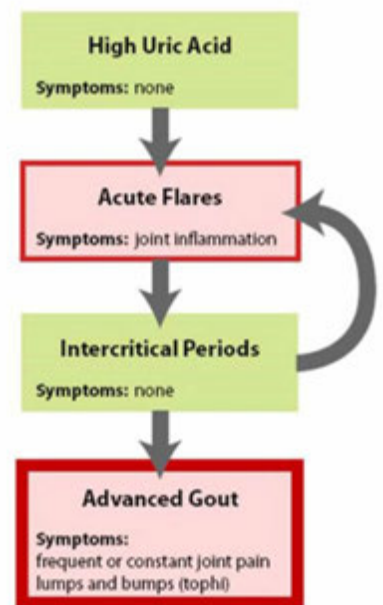
Gout affects approximately 4 percent of adults in the United States, which may seem like a small number, but it equates to about 8 million people. Men are more likely to develop the condition, as are those who have a family history of gout. Those who eat foods that are high in purines are also prone to developing gout.

If you think that you are prone to developing gout and you want to prevent the condition from actually setting in, you’re going to want to avoid foods that are high in purine, as eating high amounts of them can significantly increase your risk of developing this condition.

Try avoiding these foods:

Scallops, Herring, beer, red meat, sugary drinks, asparagus, dates, prunes, cherries, pears, limit dairy such as cheese, milk, yogurt and cottage cheese.

Make sure to stay hydrated because dehydration can also bring on gout attacks.



Gout stages



Right on the Money!

The History of Money:

By definition, it's something of value. But over the last 10,000 years, the material form that money has taken has changed considerably, from cattle and cowrie shells to today's electronic currency. Here's a quick overview of the history of money.

In the Beginning: Barter

Barter is the exchange of resources or services for mutual advantage, and the practice likely dates back tens of thousands of years, perhaps even to the dawn of modern humans. Some would even argue that it's not purely a human activity; plants and animals have been bartering in symbiotic relationships for millions of years. In any case, barter among humans certainly pre-dates the use of money.

9000-6000 B.C.:

Cattle, which throughout history and across the globe have included not only cows but also sheep, camels, and other livestock, are the first and oldest form of money. With the advent of agriculture also came the use of grain and other vegetable or plant products as a standard form of barter in many cultures.

1200 B.C.: Cowrie Shells

The first use of cowries, the shells of a mollusc that was widely available in the shallow waters of the Pacific and Indian Oceans, was in China. Historically, many societies have used cowries as money, and even as recently as the middle of this century, cowries have been used in some parts of Africa. The cowrie is the most widely and longest used currency in history.

1000 B.C.: First Metal Money and Coins

Bronze and Copper cowrie imitations were manufactured by China at the end of the Stone Age and could be considered some of the earliest forms of metal coins. Metal tool money, such as knife and spade monies, was also first used in China. These early metal monies developed into primitive versions of round coins. Chinese coins were made out of base metals, often containing holes so they could be put together like a chain.

500 B.C.: Modern Coinage

Outside of China, the first coins developed out of lumps of silver. They soon took the familiar round form of today, and were stamped with various gods and emperors to mark their authenticity. These early coins first appeared in Lydia, which is part of present-day Turkey, but the techniques

were quickly copied and further refined by the Greek, Persian, Macedonian, and later the Roman empires.

118 B.C.: Leather Money

Leather money was used in China in the form of one-foot-square pieces of white deerskin with colorful borders. This could be considered the first documented type of banknote.

A.D. 800-900: The Nose

The phrase "To pay through the nose" comes from Danes in Ireland, who slit the noses of those who were remiss in paying the Danish poll tax.

806: Paper Currency

The first known paper banknotes appeared in China. In all, China experienced over 500 years of early paper money, spanning from the ninth through the fifteenth century. Over this period, paper notes grew in production to the point that their value rapidly depreciated and inflation soared. Then beginning in 1455, the use of paper money in China disappeared for several hundred years.

1500: Potlach

"Potlach" comes from a Chinook Indian custom that existed in many North American Indian cultures. It is a ceremony where not only were gifts exchanged, but dances, feasts, and other public rituals were performed. In some instances potlach was a form of initiation into secret tribal societies. Because the exchange of gifts was so important in establishing a leader's social rank, potlach often spiraled out of control as the gifts became progressively more lavish and tribes put on larger and grander feasts and celebrations in an attempt to out-do each other.

1535: Wampum

The earliest known use of wampum, which are strings of beads made from clam shells, was by North American Indians in 1535. Most likely, this monetary medium existed well before this date. The Indian word "wampum" means white, which was the color of the beads.

1816: The Gold Standard

Gold was officially made the standard of value in England in 1816. At this time, guidelines were made to allow for a non-inflationary production of standard banknotes which represented a certain amount of gold. Banknotes had been used in England and Europe for several hundred years before this time, but their worth had never been tied directly to gold. In the United States, the Gold Standard Act was officially enacted in 1900, which helped lead to the establishment of a central bank.

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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.

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972-722-5129