

Sanford Estates

Gracious Retirement Living

500 Walton Way • Roswell, GA 30076 • Phone (770) 649-7452 • www.seniorlivinginstyle.com

OCTOBER 2020

SANFORD ESTATES STAFF

Managers.....LONNIE & TONI SPEARS
Executive Chef.....MARY BETH MACY
Community SalesMARY BROOKS GREEN
Activity CoordinatorMELISSA MCDONALD
Maintenance Coordinator.....KEVIN GERALD
Bus DriverJULES MUGNIER

TRANSPORTATION

Monday, 9:45 a.m.: Shopping In
Roswell and Alpharetta Area

Tuesday, 9 a.m.-3 p.m.: Medical Appointments

Wednesday, TBD: Outing Day

Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Friday, 9:45 a.m.: Shopping In
Roswell and Alpharetta Area

HAWTHORN
SENIOR LIVING

Trip to Pettit Creek Farms

We recently took a small group of residents to see some exotic animals at Pettit Creek Farm in Cartersville, Georgia. It was mostly a drive-through adventure where we could feed the animals through the bus windows. Teresa G. has a giraffe collection and used to teach her students about giraffes when she was an elementary schoolteacher. She taught them that the giraffe is the only animal that doesn't make a noise. Then when her students got noisy all she had to say was "I'm thinking about a giraffe," and they would get quiet again. She had wanted to get up close to a giraffe all her life and thought she would never be able to. She teared up when she got to feed and pet "George" the giraffe. The farm gave us special permission to drive right up to the giraffe so she could be up close and personal without having to walk a ways. What a wonderful day!



Camels beside our bus

(Photos continued inside.)



Trip to Pettit Creek Farms (Continued)



Joyce dressed to match the safari theme.



The camels were tall enough to reach through the top of the bus windows for food!



Teresa petting her favorite animal



Thomas taking pictures



"George" enjoying the attention and graham crackers

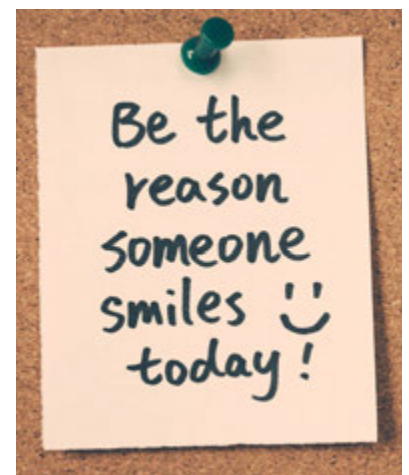
Simple Ways To Make Someone Smile

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.





Great Entertainment

We enjoyed some great entertainment by Craig Gleason. For many years Craig toured throughout the United States and Europe, Africa and South America and was a former coordinator for the Nashville Songwriters Association International. He has had many songs published with major Nashville publishers and California publishing companies. He is also a member of ASCAP.

Craig is the former guitarist for touring bands ELI in Tallahassee, Florida, and Blackjack in Atlanta, Georgia. He has a wonderful repertoire of songs for everybody. We are looking forward to having him back again soon!



Craig Gleason



Enjoying the music

Smile — It's Good for You!

Whether you call it a grin, smirk, beam or smile, there's no denying the feel-good power of this happy facial expression. We are born with the ability to smile, yet as we age, we smile less often.

Research shows that children smile an average of 400 times per day, compared to the average happy adult who smiles 40-50 times per day and the typical adult who smiles only 20 times per day.

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced blood pressure
- Reduced stress
- Improved mood

Try a Smile Challenge:

World Smile Day is celebrated on October 2nd. The holiday was created by Harvey Ball who developed the iconic yellow smiley face. This artist believed that you could improve the world one smile at a time.

To start flexing your smile muscles more often, try one of these fun smile challenges!

Post-It-Note Challenge — Gather 10-20 colorful post-it notes and write down people, places or things that make you smile. Stick the post-it notes someplace you'll see them every morning to start your day.

Waiting Challenge — Catch yourself in a moment where you are waiting — whether it's in traffic or at the grocery store. Stop and smile. See if others smile back!

19 Challenge — Did you know that scientists have calculated that there are 19 types of smiles? How many do you have? Stand in front of a mirror and try out different smiles. This is a fun challenge to do in a small group. See how many smiles you can come up with together!



OCT 2020

Birthdays

Aretha Benson, 10th
Ruth Cleveland, 15th
Vicki Green, 23rd
Joyce Key, 29th
Shirley Smith, 31st

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Beauty Salon, BS
Bistro Room, BR
Chapel, CH
Dining Room, DR
Fitness Center, FC
Library, LIB
Lobby, LB
Movie Theater, MT
Off Property, OP
Patio, PT
Pool Room, PR
Television Room
2nd Floor, TR

Sherry’s Salon

Mondays &
Wednesdays
10 a.m.-4 p.m.
721-470-5744
(Walk-ins welcome)

PLEASE NOTE:
Calendar events may
change or be added
during the month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				10:00 Tai Chi with Augustine, AR ¹ 11:00 Mind & Body Class, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:15 Funny Money Bingo, AR 4:15 Billiards Competition, PR 6:30 Sanford Cinema, MT	² Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let's Make It (Crafts), AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT	³	
	⁴	Sherry's Salon Open ⁵ 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	⁶	Sherry's Salon Open ⁷ 10 a.m. to 4 p.m. 9:45 Scenic Drive/Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	⁸	⁹ Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let's Make It (Crafts), AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT	¹⁰ 
	¹¹	COLUMBUS DAY ¹² Sherry's Salon Open 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	¹³	Sherry's Salon Open ¹⁴ 10 a.m. to 4 p.m. 9:45 Scenic Drive/Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	¹⁵ 10:00 Tai Chi with Augustine, AR 11:00 Mind & Body Class, AR 11:30 Residents/Chef Meeting, DR 1:45 Movie Matinee, MT 2:00 "Fiddler on the Roof" Concert, AT 3:15 Funny Money Bingo, AR 4:15 Billiards Competition, PR 6:30 Sanford Cinema, MT 	¹⁶ Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let's Make It (Crafts), AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT	¹⁷
	¹⁸	Sherry's Salon Open ¹⁹ 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	²⁰	Sherry's Salon Open ²¹ 10 a.m. to 4 p.m. 9:45 Scenic Drive/Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	²²	²³ Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Mini Pumpkin Painting, AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT 	²⁴
	²⁵	Sherry's Salon Open ²⁶ 10 a.m. to 4 p.m. 9:45 Local Shopping, OP 10:30 Donuts & Conversation, AR 11:30 Exercise, AR 1:45 Movie Matinee, MT 2:00 Trivia, AR 3:00 Funny \$ Bingo, AR 6:30 Sanford Cinema, MT	²⁷	Sherry's Salon Open ²⁸ 10 a.m. to 4 p.m. 9:45 Scenic Drive/Outing, OP 11:00 Word in a Word, AR 1:45 Movie Matinee, MT 2:30 Balloon Volleyball, AR 4:15 Tech Support, AR 6:30 Sanford Cinema, MT	²⁹	³⁰ Wear Red for Our Troops 9:45 Local Shopping, OP 10:30 Yarn Craft Club, DR 11:30 Stretch & Flex, AR 1:45 Movie Matinee, MT 2:00 Let's Make It (Crafts), AR 3:00 Halloween Party, AR 4:00 Happy Hour!, AR 6:30 Sanford Cinema, MT 	HALLOWEEN ³¹ 



October Birthdays

A big Happy Birthday to all our October birthdays!

Aretha Benson — October 10th

Ruth Cleveland — October 15th

Vicki Green — October 23rd

Joyce Key — October 29th

Shirley Smith — October 31st

What Exactly Is a Pumpkin?

As you spend hours in the coming weeks carving pumpkins and preparing pumpkin pies, you may start to wonder: What exactly is a pumpkin? Is it a vegetable? But it has seeds, so is pumpkin a fruit? And is a pumpkin different than a gourd, or a squash? Read below to get to the bottom of the pumpkin mystery!

What Exactly Are Pumpkins?

Pumpkins, squash, and gourds are all part of the Cucurbitaceae family. This large plant family includes more than 900 species, including everything from orange pumpkins, to watermelons, to cucumbers. The genus *Cucurbita* (aka “squash”) falls under this family, so yes, your traditional orange pumpkin is also a winter squash. Ready for the surprise? In the United States, any round, orange squash may be called a pumpkin, but the term “pumpkin” actually has no botanical meaning. Similarly, “gourd” is the conventional term used for plants in the genera *Cucurbita* (“squash”) and *Lagenaria*, so a pumpkin is also technically a gourd.

Why Pumpkins Are Fruit, Not Vegetables:

Pumpkins are squash, and also gourds, but are they fruit? According to the Farmer’s Almanac, they are. And if we look at Merriam-Webster’s definition of “fruit,” we can see why. A fruit is “the usually edible reproductive body of a seed plant.” Pumpkins are edible, and if you’ve ever cut one open, you know it’s full of seeds, so the pumpkin is the fruit of the pumpkin vine.





A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.



Welcome Fall!

This month we are ushering in fall and all its beauty. Trees are turning to beautiful shades of red, gold and orange. Birds are migrating. Squirrels are gathering nuts. Bright orange pumpkins and colorful gourds are popping up everywhere. This month we are focusing on pumpkins. We will be decorating them, carving them, learning about their nutrition and baking with them.

Happy Fall, Y'all!!



Gathering nuts



Leaves in all colors



Colorful gourds and pumpkins



Fall foliage

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A close-up photograph of various autumn-themed items including several pumpkins in orange and white, ears of corn, and gourds, arranged 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.

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