

July 2023

Legacy Ridge at Peachtree

Newsletter

1967 W Lanier Ave, GA-54 Peachtree City GA 30269 | 770-631-1425



Leadership Team

Nathalie White
Executive Director

LeeAnne Ryan
Sales & Marketing
Director

Olga Flores
Health & Wellness
Director

Rebecca Lee
Business Office
Manager

Kelsey Cornell
Lifestyle Director

**Margaret
Washington**
Dining Service
Director

Richard Blake
Maintenance Director

Executive Director's Corner

Summer has finally arrived, and we are making good use of our new Golf Cart. The Residents have adopted Lake Kedron as their favorite and visit regularly with treats for the ducks.

Olga, our new Wellness Director, has had a very busy month getting to know the residents. We hosted a "Meet and Greet" so families could have a chance to ask her questions and get to know her a little better.

Legacy Ridge at Peachtree has been honored to receive two awards:

Best Senior Living – 2023. We could not have achieved this award without our great staff and management, who are always there for our residents.

Best Activities in Senior Living – 2023. Our residents are always on the go with all kinds of activities and Kelsey is the one that makes sure something is always happening.

Speaking of Activities, please come out on July 4th to see our special themed golf cart in the annual Peachtree City golf cart parade. We are so excited to be able to participate in this special event.

As always, If you have any questions or concerns that need to be addressed, please feel free to email me at nwhite@legacyridgepeachtree.com or on my cell phone at 770-820-8635.

Nathalie White

Executive Director



Resident of the Month

Our July resident of the month is a gentleman who always makes us smile! Mr. Bill Andrews, a Georgia native, was born at the Piedmont Hospital in Atlanta. He grew up in West End, attending Joel Brown High School and Georgia Technical College. He graduated with his degree in industrial engineering and immediately began to work with the US Air Force. Mr. Andrews has a million amazing stories to tell of the places he's seen and all he has experienced. His first Air Force assignment landed him in Los Angeles, California for three years. After that, he was assigned to the Panama Canal Zone where he worked for 18 months. At the time, Mr. Andrews wasn't married so the Air Force knew he could travel a bit easier and assigned him as their in-house traveling industrial engineer. He visited 5 countries in South America and embassies all over Central America all the while using his knowledge to optimize the material, machinery, equipment, and men at each of the locations he visited. When his time overseas ended, Mr. Andrews was stationed at the Wright-Patterson Air Force base in Dayton Ohio where he met his wife, Janice. When his time with the Air Force ended, Mr. Andrews remained in a similar field under government employment working on Advanced Logistic Systems. Upon retirement, he moved to Riverdale with his wife – back to his Georgia roots. Here at Legacy Ridge at Peachtree, Mr. Andrews is known for his quick wit and his generous compliments. He can easily put a smile on your face with his kind words. He enjoys coming to all our live entertainment and social events. We are blessed to have Mr. Andrews also lead our Sunday service every now and then. He is quick to offer a helping hand to staff and fellow residents any way he can. We sure are thankful to have such wonderful residents as Bill Andrews as a part of our Legacy Family.



June Birthdays & Anniversaries

Resident Birthdays

<i>Onita Coker</i>	<i>July 5</i>
<i>Shirley Meyers</i>	<i>July 27</i>

Staff Birthdays

<i>Tareca Griffin</i>	<i>July 3</i>
<i>Elizabeth Charles</i>	<i>July 15</i>
<i>Ann-Marie</i>	<i>July 17</i>
<i>Ayshia Mathis</i>	<i>July 31</i>

Staff Work Anniversaries

<i>Sumathi Highsmith</i>	<i>July 1, 2022</i>
<i>Jadeyn Stevens</i>	<i>July 6, 2022</i>
<i>Dawn Farrill</i>	<i>July 8, 2014</i>

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming. Those born from July 23–31 are Leo's Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren't afraid to take initiative.

Unlucky July



According to folklore, it is unlucky to wed in July. This nuptial inauspiciousness comes from several old rhymes and sayings. One goes: "Marry when June roses blow; Over land and sea you'll go. Those who in July do wed must labour for their daily bread." An American saying from the 1930s says that July weddings lead to marriages that "are apt to be crisscrossed with sun and shadow." One saying even pinpoints weddings held on July 4, warning couples that they "will live a life that is largely homeless." Over the centuries, it seems that people have looked for any reason to predict the fate of a marriage. And the superstition about lucky months doesn't stop at marriage, either. Ancient Romans advised against being born in May. In 15th-century Europe, Christians thought January was unlucky. Of course, these superstitions are largely baseless.

Employee of the Month

Congratulations to our July Employee of the Month, Sheryl Oliver! Sheryl has been working as a chef with us for about a year and a half. She is an extremely talented cook, and we are better off because of her delicious creativity. Sheryl was born and raised in Terrytown, New York near Sing Sing Prison. She moved around New York for a bit until moving to Connecticut where the cost of living was a bit cheaper and then eventually moving to Georgia to follow her parents. Sheryl enjoys watching sports (a huge Yankees fan!), crime TV, and listening to podcasts – Steven A Smith is her favorite. She also is a wiz at Scrabble! Sheryl's favorite part about working here is the freedom to be creative! She does not follow recipes; she follows her heart! Sheryl admits that growing up, she never understood the term "cook with love", but now she does. She says you can taste a difference when you cook with love as opposed to cooking just to eat. Her favorite meal she cooked recently was for our Father's Day event. Sheryl loves to do banquet-style events because she really can put her heart into it. It may surprise you that being the amazing chef that she is today wasn't always her plan. She went to school as an accounting major, then switched to restaurant management, and eventually ended up graduating with a degree in Food for Business and Industry. She attributes her wealth of dining knowledge to all the experience she has gained since her very first job at McDonald's. Sheryl is such a hard worker and culinary mastermind – we are lucky to have her feeding our family here at Legacy Ridge at Peachtree!



July Special Events

- You will see more and more golf cart rides on our calendar! The residents have been loving the outings, especially going to see the geese at Lake Kedron!
- This month's lunch outings we will be going to The Georgia Shrimp Company on the 5th and the Flying Biscuit on the 19th, feel free to join us!
- July 12th – Summertime Watermelon Wine Down Wednesday Social hosted by Bridgeway
- July 14th – Legacy Lessons will once again welcome Sgt, Schaeffer from the PTC Police presenting "Preventing Scams and Fraud" – a lesson we could all hear more than once!
- July 17th – Painting terracotta flowerpots for Make-It Monday!
- July 21st - The Anniversary of the battle at Bull Run – we will be watching a documentary during Legacy Lessons to learn more about it!
- July 28th – Chocolate Milk Day! Legacy Lessons this Friday will be about how Chocolate Milk is made and we will host the ultimate chocolate milk taste test!
- July 31st – Summertime makes us think of fairs and fun, so we are going to try our hand at making some air-fried Oreos during Make-It Monday!

Quilt of Valor Presentation

Last month the Quilts of Valor Foundation presented our resident, Mr. Richard Jarrett, with his very own Quilt of Valor. We are so thankful for Mr. Jarrett's service and the sacrifices he made while serving in the Navy. The mission of this foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor. A big thanks to Kristin, the Quilt of Valor volunteer, who put all of this together for us to recognize Mr. Jarrett amongst his friends and family.



A Walk Through History

On July 1, 1979, the Japanese technology company Sony introduced its Walkman portable cassette player to the world, an innovation that would forever change the way we enjoy music.



Plenty of portable cassette-tape players were available in 1979, but none of them were designed to be used by individuals walking around. The cassette tape, developed in 1963, allowed people to listen to tapes in their cars or on large cassette players. Sony itself sold the bulky TC-D5 cassette player, but company cofounder Masaru Ibuka was not satisfied. He wanted a truly personal and portable system optimized for playback while he was out and about, especially when he was traveling on long business flights.

Norio Ohga, Sony's executive deputy president, got to work with engineer Kozo Ohson. Soon, Ohson had invented both a new cassette player and a pair of lightweight headphones with fantastic sound quality. The invention was better than anything Sony could have hoped for. Sony Chairman Akio Morita declared, "It'll be a hit!" Now, all Sony needed was a name.

At first, the cassette player was called by many names. In the U.S., marketers wanted to call it the Sound-About. In the U.K., it was the Stowaway. Marketers decided that too many names in too many countries would be confusing, so Sony finally decided on the Walkman.

In June of 1979, Sony invited a group of journalists to Yoyogi park in Tokyo, where they were each given a Walkman to wear. The journalists strolled the park while listening to various demonstrations on the device. Needless to say, it was an instant hit. Sony thought it would sell 5,000 Walkmans in the first month. It soon sold 50,000! The device's unique combination of excellent sound quality and privacy (thanks to its headphones) was unprecedented. The Walkman's popularity led to a boost in cassette sales and even exercise, now that people wanted to get outside and listen to music on the go.

Meet our new Wellness Director!

Please join us in welcoming Olga Flores as our new Wellness Director! Olga was born and raised in Russia where she also graduated medical school. Upon moving to the US in 2005 with her family, she learned that her degree would not be transferred. Unphased and determined, Olga went back to medical school and graduated from Griffin Technical College in 2009. We consider her *doubly* knowledgeable! Olga has a plethora of experience as she has worked in nursing homes, assisted living facilities, doctors' offices, and home health. She admits that she absolutely loves what she does, and it is not hard to tell just from a short conversation with her that she is telling the truth! In her free time, Olga enjoys reading, dancing, target practice, cooking, and learning the Japanese martial art: Aikido! Quite an interesting person, please make sure to say hello to our wonderful, passionate, and experienced new Wellness Director. Welcome to the family, Olga!



Olga will be hosting "office hours" every Wednesday from 11 am - 4 pm to update our resident's paperwork with their families. Please make an appointment with the front desk by calling 770-631-3461. Thank you!

