

September 2023

Legacy Ridge at Peachtree Newsletter

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Executive Director's Corner

September has arrived which means we say Goodbye Summer and Hello Fall! Our monthly themed happy hours have been a huge hit and we are excited about this month's theme: Swinging into Fall!

Last month we hosted our first Town Hall meeting, which was a huge success. Thank you to all the families who were able to join us. We will be hosting these open forums once a quarter and look forward to seeing you at the next one.

On Labor Day we will be having an indoor cookout with live music provided by one of our favorites, the saxophonist Karl Cage. Keep an eye out on our Facebook page for some fun pictures and videos of the festivities.

We are so excited for Assisted Living Week, which is right around the corner, September 10-16. Please check out the Special Events listed on page three for some of the events we have planned for you and our residents.

As always, my door is always open. Please do not hesitate to reach out to me with any questions, concerns, or general feedback you may have.

Sincerely,

Nathalie White

Executive Director



Resident of the Month

Darlene Wallace is our September Resident of the Month! Darlene was born in Ohio but lived in Indiana for most of her life. She grew up with four brothers, which she says had a huge impact on her childhood. Darlene married her high school sweetheart, Bill, at the age of 17 and had all three of her children, Kim, Chris, and Shane, by the time she was 20. Darlene and Bill spent much of their time traveling, even living in Guam for about 4 years total. They both enjoyed riding motorcycles – in fact, Darlene had four different bikes that she rode from age 30-65! Darlene also used to love to sew, knit, and crochet. Now, some of her favorite activities here at Legacy Ridge are the social events like Ice Cream Social, Happy Hour, and Wine Down Wednesday, in addition to exercise classes and golf cart rides. Her favorite part about living at Legacy Ridge at Peachtree City is how kind and friendly everyone is. She remarks “It’s just like family”. Darlene’s greatest advice is “Don’t forget the Lord – He runs everything”. She marvels that trusting Him gets easier as you get older because of the track record he has in your life. We’re so thankful to have this kind-spirited and fun-loving soul as part of our community!



September Special Events

Resident Birthdays

<i>Joan Horner</i>	<i>September 1</i>
<i>Marion Mann</i>	<i>September 6</i>
<i>Richard Ellison</i>	<i>September 11</i>
<i>Barabra White</i>	<i>September 22</i>
<i>Kathy Clay</i>	<i>September 27</i>

Staff Birthdays

<i>Olga Flores</i>	<i>September 9</i>
<i>Yvonne Yeboah</i>	<i>September 24</i>

Staff Work Anniversaries

<i>Abbey Varner</i>	<i>September 2, 2020</i>
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In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented. Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.

Hit Parade



If you had only one chance for greatness, would you really make it count? September 25, One-Hit Wonder Day, honors those artists who took their one chance and made a lasting musical impression on popular culture. In 1957, Dale Hawkins wrote the rockabilly hit “Suzy Q,” a one-hit wonder that was remade into a hit by Creedence Clearwater Revival in 1968. In 1969, Norman Greenbaum was inspired to write a gospel song, so he penned “Spirit in the Sky” in 15 minutes. The ode to Jesus became a massive hit despite Greenbaum being Jewish. The single went gold, selling two million copies. It wasn’t the first one-hit wonder to go gold. In 1966, “96 Tears” by ? [Question Mark] and the Mysterians hit No. 1 on the pop charts and went gold. Frontman Rudy “Question Mark” Martinez never questioned the song’s mysterious popularity.

Employee of the Month



Meet Tracy Davis, our September Employee of the Month! Originally from Cleveland Ohio, Tracy now lives in Jonesboro with her husband and 4 children and has lived in Georgia for 9 years. Tracy grew up taking care of people, so it's no wonder why she followed into the senior living career path. Tracy has been a caregiver for 25 years, working in both facilities as well as home health. In addition to geriatrics, she enjoys working with individuals with developmental disabilities. After much hard work, Tracy has obtained her license as a Med Tech and serves us here at Legacy ridge both in that role and as a CNA. While she enjoys working in healthcare, the reason she loves this job specifically is because she loves our residents. In her free time, Tracy enjoys singing, dancing, listening to music, and watching movies. She is an all-around joyful and exciting person to be around. We love having Tracy as part of our Legacy Ridge at Peachtree family!

September Special Events

Labor Day. September 4

- Indoor Cookout with Saxophonist Karl Cage performing during lunch 11:45-12:45

Legacy Lessons, Fridays at 3:30

- September 1 – Guest Speaker: Abby Kennedy from Truffles Vein Specialists
- September 8 – Guest Speaker: Dr. Preston Davis, Chiropractor: What's Cracking?
- September 15 – The Science of Gratitude Documentary
- September 22 – 1st day of Fall, Documentary on How Plants Communicate
- September 29 – Trilith Sozo Yoga Studio: The Benefits of Chair Yoga & Instruction

Grandparents Day, September 10

- Goats & Grands Petting Zoo! 1:30- 2:30 in the courtyard sponsored by Wonder Hooves Dairy Farm. Bring the whole family to visit with some goats and chickens!

Assisted Living Week, September 10-16

- Gratitude Chain throughout the week! Starting on Sunday, our puzzle table will be transformed into a space where you can jot down notes on everything you are thankful for. Everyone is welcome to participate. We will string the notes together to create a beautiful gratitude chain and read off the results during our happy hour on Friday!
- Make-It-Monday: Frames with the Fam! Come in to decorate frames with your family members and feel free to send in pictures to be printed to Kcornnell@legacyridgepeachtree.com. Please RSVP by September 6.
- Bingo Bash with Billy and Rueben on Tuesday/ What could be better than bingo and Ice Cream? Bring the family!
- Wheelchair & Walker Wash on Sunday at 10:00 am.

The Space Race



On September 12, 1962, President John F. Kennedy was at Rice University in Houston, Texas, and his mission was clear: deliver a speech that would get the nation excited about sending a man to the moon. This speech stands as a seminal moment in the Space Race between the United States and the Soviet Union.

The Soviet Union struck first in the Space Race, launching the world's first satellite, Sputnik 1, in October 1957. Then, in April 1961, Russian cosmonaut Yuri Gagarin became the first person in space. By the time Kennedy became president, the United States' space efforts seemed woefully behind the Soviets. And after the Bay of Pigs disaster in April of 1961, America's reputation as a world power was severely tarnished.

Kennedy needed a win, an achievement that would demonstrate American superiority over the Soviets. Could the Americans beat the Russians in launching a space station? Orbiting a man around the moon? Landing a man on the moon? NASA administrator James E. Webb identified landing a man on the moon as the most feasible—but also the most expensive—option.

In May of 1961, Kennedy asked Congress for billions in funding for a space program called Apollo that would land a man on the moon. Not everyone was impressed. Polls showed that 58 percent of Americans were opposed to the idea. But Kennedy moved forward, spending billions to build a new Manned Spacecraft Center in Houston, Texas.

In September 1962, Kennedy toured the new facility. He met astronaut John Glenn and reviewed models of the Apollo spacecraft. Then, before a crowd of 40,000 at Rice University, he delivered his speech, famously saying: "We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard." The speech was a great success, and Kennedy finally had the public support he needed for his ambitious and history-making initiative.

Volunteer Spotlight: Craig & Sandy Bowen!

The Bowens have been volunteering at Legacy Ridge at Peachtree since February 2022. Every Tuesday at 10:30 am they show up with a guitar or keyboard as well as their beautiful voices to sing hymns and share God's Word. On a mission to spread joy, the Bowens prayed to connect with the perfect location for their ministry for quite some time. They came up with a list of possible locations to visit and one day Sandy picked up the list, called our number, and the rest is history. Married in January of 2022, they spend their retired lives volunteering and serving those around them. They also frequent the Midwest Foodbank as well as the Real-Life Center to help wherever needed. When they are not freely giving their time to improve the lives of others, they enjoy going for early morning walks together, playing ping pong, and traveling. Every Tuesday when the Bowens visit, they bring with them a schedule of songs with the title listed at the top of the page: "Spreading Joy" – which is exactly what they do for us. Two selflessly loving people, the Bowens, are surely an answered prayer for us, and we are thankful that they dedicate so much of their free time to us.

