

October 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 Cornnell
Lifestyle Director

**Margaret
Washington**
Dining Service
Director

Richard Blake
Maintenance Director

Executive Director's Corner

A very Happy September to all our residents, friends, and families! It is hard to believe that Fall is officially here, and we are gearing up to have an exciting time at Legacy Ridge.

Our residents have been very busy making beautiful wreaths for their doors and decorating the building for all the fun activities that will take place this month. We will be going to Cedar Hill Flower Farm for a Pumpkin Painting Outing. We are excited about our Halloween party and will be offering gift cards for the best-dressed staff member and resident. We will also be hosting a trick-or-treat activity on Halloween so be sure to join us for that fun event!

We continue to enjoy this lovely weather on our golf cart. We are also excited to have Rich our maintenance director, back full-time at the community starting on 10/9.

Sincerely,

Nathalie White

Executive Director



Resident of the Month

Congratulations to our October Resident of the Month: Louise Orr! Louise was born in Vinemont, AL, but became a Georgia girl at the ripe age of 3 months old. She has since lived all around the Atlanta area but is happy to now call Peachtree City home. Louise has one sister, Edna, who also lives in the area. While in high school, Louise studied business courses and got a job with the phone company upon graduation. While still in school though, she worked at a local drug store which is where she met her husband, George. Louise and George married in 1961 and had two children, Alisa and George, who live in the area. Louise retired from the phone company when she had children but began to work for the IRS when her children got older. Starting as a part-time keypunch, Louise made her way up to a full-time job as a senior worker, responding to letters often dealing with refunds. In her free time, Louise loved to sew and quilt. She sewed most of her children's clothes as they were growing up. Today, Louise enjoys coming out to the activities at Legacy and taking some R&R while watching Netflix in her room. One of her favorite parts about Legacy Ridge is that "there is never a dull moment, there is always something to do". Louise comes out to almost every activity here, from live entertainment to crafts, to bingo; she is always out and about, sharing her beautiful smile and spirit. Louise's best piece of advice is "Be kind to everyone and love God". Speaking from experience, we know here at Legacy Ridge that

Louise practices what she preaches. We are blessed to have such a kind woman brightening our days!



Birthdays & Anniversaries

Resident Birthdays

Jeanine Dunlap	October 6
Nita Stevens	October 7
Joann Irvine	October 9
Joann Parker	October 19
Olene White	October 21
Ann Grimes	October 28

Staff Birthdays

Dawn Farril	October 2
Stefany Williams	October 7
Kevin Joseph	October 15
Nathalie White	October 17
Margaret Washington	October 29

Staff Work Anniversaries

Soosha Gourrier	October 26, 2022
Rachel Cousins	October 7, 2021
Marilyn Nixon	October 8, 2001

In astrology, those born from October 1–22 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. Those born from October 23-31 are Scorpio's scorpions. Scorpions seek deep connections and nurture deep empathy and commitment.

Giving Thanks



Thanksgiving may fall on the fourth Thursday of November in America, but for Canadians, the second Monday in October will always be Thanksgiving. Canada's holiday commemorates Sir Martin

Frobisher, who sailed from England to Canada in 1578 in search of the Northwest Passage. When Frobisher reached Nunavut in the eastern Arctic, he gave a "thanksgiving" for their safe arrival, eating a meal of salty beef, biscuits, and mushy peas. Luckily, most Canadians don't repeat this meager meal on Thanksgiving. As in America, most Canadians opt for turkey. Stuffing and pumpkin pie also grace the Thanksgiving table, but the stuffing is made of rice and bread crumbs, and the pie is chock full of ginger and other spices, like cloves, nutmeg, and cinnamon. As the holiday's name implies, it is still a day to give thanks for family and the fall harvest.

Employee of the Month

Congratulations, Ann-Marie Williams, our October Employee of the Month! Originally from Jamaica, Ann-Marie moved to London at the age of 13 and then to the US in 1994. She met her husband through family friends when she was 25. Ann-Marie has two sons and one daughter. Growing up, Ann-Marie's primary caretaker was her grandmother. When she passed away, Ann-Marie could not make it to the funeral. Devastated, she knew she had to find somewhere new to send all the love and compassion she had for her grandmother. That is how Ann-Marie fell into this field of work, which she has now been in for 24 years. She worked for a while part-time for various agencies but has been working in Assisted Living for 13 years. Her favorite part about working here at Legacy is that she is always learning something new. She loves how compassionate and understanding our residents are and she cherishes working with them. In her free time, Ann-Marie enjoys reading, watching movies, traveling, and being in nature. Her favorite place to travel is back to her home country, Jamaica, and her favorite genre of both movies and books is action/sci-fi. If you've met Ann-Marie, you know she always has the sweetest smile on her face and that she is always willing to help. We are so thankful for her!



Wellness Director's Corner!

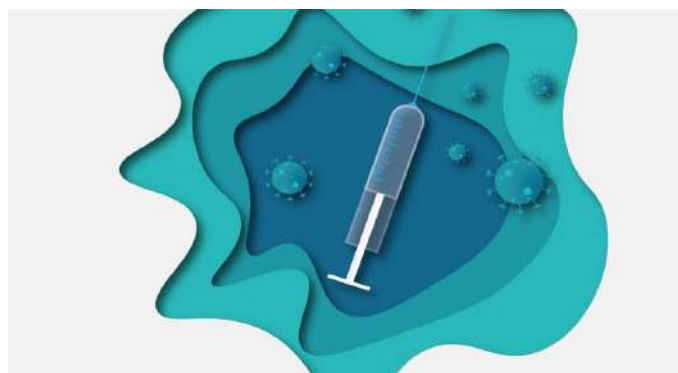
This is your friendly reminder that on **Monday, October 9th** we will be hosting a **vaccination clinic from 2:00 pm – 4:00 pm.**

Vaccines that will be available include Flu, Covid Booster, Pneumococcal, Shingles.

Please contact the front desk for more information and to sign up at 770-631-3461.

When your parent has a doctor's appointment, please bring a copy of the visit summary to the front desk.

This summary is important because it will inform our care staff of important medication changes for your parent including dosage, the time the medication is to be given, and if new medication has been added or taken away. This summary will also provide us with any diagnosis change or if the Pharmacy has been changed. All this information is vital for us to be able to give your parents the best care possible. Thank you.



October Special Events

- New Activity (sprinkled throughout the calendar) – Cider & Search! We will enjoy the gorgeous weather while it lasts, sipping on Apple Cider and playing Eye Spy on the Patio!
- October 5th - New Activity: *Fun Discussions with Nathalie!* The first Thursday of every month, during our ice cream social, our wonderful executive director, will come out to have thoughtful conversations with our residents! We'll chat about subjects such as "What was your first job?", "what was your favorite subject in school?" and many more!
- October 6th – Awkward Brewery Sponsoring an Octoberfest Activity!
- October 6th – Guest speaker during Legacy Lessons, Piedmont Diabetic Educator
- Columbus Day, October 9th, we will be creating scrapbook ships during Make It Monday at 3:30!
- October 9th – Vaccine Clinic from 2:00 pm – 4:00 pm
- October 10th & 12th – Cedar Hill Flower Farm & Studio Pumpkin Painting Outing!
- October 13th - Guest Speaker Tupua AINU'u during Legacy Lessons on Friday speaking on Hawaiian Culture
- October 20th – World Osteoporosis Day – Johns Hopkins University presents a virtual lesson: Bone=Up Osteoporosis during Legacy Lessons at 3:30
- October 25th – Wine Down Wednesday & October birthday party!
- October 27th – Heebie Jeebie Halloween Happy Hour Party at 2:30! We will be making decorations for the event throughout the month such as ghosts, bats, and ping-pong eyeballs!
- October 31st – Trick or Treat! We are inviting local kids to come trick-or-treat with our residents!

The Lady with the Lamp

Would the "Florence Nightingale effect" exist if Florence Nightingale never left for Crimea on October 21, 1854? Nightingale and her nurses arrived at the Crimean War hospital in Scutari to find that conditions were so unsanitary that soldiers were dying ten times faster than they should have. Nightingale nearly single-handedly turned the hospital around, cleaning the rooms, providing laundered clothes and linens to patients, bringing fresher food, flushing out the sewers, and ventilating the rooms. She made her nightly rounds with a handheld light, earning her the nickname the "Lady with the Lamp." Some wonder, did Florence Nightingale fall in love with any of the patients under her care? Records show that Nightingale never married out of fear that it would interrupt her duties as a nurse. Perhaps we should be thankful for that decision, as Nightingale's efforts have earned her renown as the "Founder of Modern Nursing."

