

September 2023

Legacy Ridge at Sandy Plains

LEGACY RIDGE SANDY PLAINS 3039 SANDY PLAINS ROAD, MARIETTA GA 30066 | 770-973-7303 |



Celebrating September

World Alzheimer's Month

Nutrition Week

September 1-7

Labor Day (U.S.)

September 4

National Assisted Living Week

September 10-16

Grandparents Day

September 10

Rosh Hashanah

September 15-17

Legacy Ridge at Sandy Plains

Family Night

September 20

6:15 p.m.

Yom Kippur

September 24-25

From the Executive Director

Happy September to all!

I'll take a moment to talk to all the residents, families, and friends of this wonderful community. As we welcome September and celebrate Labor Day, how about we take a minute to honor those who do the amazing work of caring for our seniors! Each and every employee who works at Sandy Plains is valued, respected and 100% appreciated! A huge thank you to them for all they do daily, and Happy Labor Day to all!

I want to personally invite our Sandy Plains families to join us on September 20th at 6:15 p.m. for Family Night. Our 3rd party vendors Cornerstone Hospice, Fox Therapy, and Heartly Health and Wellness will be here too.

Michelle Bradley
Executive Director

September Resident of the Month

Nancy Fisher



Congratulations to Nancy Fisher, our resident of the month for September. Nancy has called Legacy Ridge at Sandy Plains home for four years. She moved to Georgia 13 years ago from Ohio to be close to her daughter and grandsons. She loves her fellow residents and says the care staff is very nice to her. Nancy commented on how hard our new Dining Director, Joe, is working to please all the residents with his new menus. She gave our recent Labor Day Lunch celebration a thumbs up.

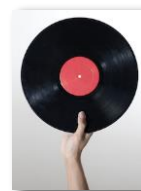
Nancy was a standout athlete excelling in swimming and softball. She was a right-handed pitcher. Nancy also enjoyed playing golf for many years. This month she is celebrating a special birthday and we look forward to honoring her at our community September birthday party on September 15th at 5:00 p.m. Thank you Nancy for calling Legacy Ridge at Sandy Plains home.

Begging the Question

Ask a Stupid Question Day on September 28 prompts us to wonder what happens if you ask a stupid question. Will you get a stupid answer? Or, as the other saying goes, is there really no such thing as a stupid question? This holiday was invented by teachers in the 1980s as a way to get children to be fearless when it comes to asking questions. The notion is that if students feel comfortable asking stupid questions, they will feel more confident asking questions in general.

Questions are the cornerstone of learning. This was understood by Socrates back in ancient Greece when he developed his own questioning methods. Over the millennia, questioning has allowed us to explore complex ideas, clarify meanings, provide evidence, explore consequences, and challenge assumptions. Without questions, there is no learning! So yes, ask questions even if they are stupid! Even if they reveal obvious truths, truths in the open are better than truths hidden.

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.

September Employee of the Month

Yvette Brazil



Congratulations to Yvette Brazil for her well-deserved honor of being named Employee of the Month for September. Recently she celebrated her five years of service at Legacy Ridge at Sandy Plains as a cherished member

of our care team.

Yvette holds a B.S. degree from Phoenix University in Health Administration. "It's been a pleasure working with the residents at Legacy Ridge at Sandy Plains. I'm real sincere about my job," she even gave up her full-time job five years ago because according to Yvette "this was the place for me." We could not agree more! Her residents describe her as caring, a wow person, smart and funny; and her colleagues call her excellent and a mentor.

She has four children, three amazing sons and a successful daughter. One son and daughter live in Georgia and two sons live in Michigan.

Thank you Yvette for your valued service and for making Legacy Ridge at Sandy Plains a premier senior living community.

Podcast Popularity

Podcasts, those instantly accessible online audio series, are among the most popular forms of modern entertainment. They are so popular, in fact, that they enjoy their own holiday on September 30, International Podcast Day.

The allure of podcasts lies in their variety and availability. You can listen to stories about just about anything: cooking, home renovation, celebrities, hard news stories, pop culture, and more. And thanks to smartphones, you can listen whenever and wherever you want: on a walk, at the gym, at home, in the car. While many podcasts are deeply researched and professionally produced, even hosted by established radio and television personalities, it is still possible to record your own podcast about whatever topic you like in your basement. In many ways, the medium is surprisingly free, both in terms of cost to stream and in terms of creativity. Neither internet nor media companies control content. If you love listening to the radio, podcasts are its modern extension. Why not try them?

Project Stormfury



From 1962 to 1983, the United States government engaged in an ambitious scientific project known as Project Stormfury, the manipulation of hurricanes. Aircraft would fly into hurricanes and drop silver iodide, turning supercooled water inside the storm to ice, a process known as "seeding." This would, theoretically, disrupt the storm structure and cause the hurricane to weaken. Over the years, Project Stormfury identified hurricanes to target and attempted to seed them, often with inconclusive results. On September 30, 1971, an attempt was made to seed Hurricane Ginger as it lashed the North Carolina coast. It was not successful. Although "seeding" was never proven effective, invaluable hurricane research was conducted.

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.

September Birthdays

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.

Keanu Reeves (actor) – September 2, 1964

Beyonce (singer) – September 4, 1981

Idris Elba (actor) – September 6, 1972

Otis Redding (singer) – September 9, 1941

Tyler Perry (filmmaker) – September 13, 1969

Lauren Bacall (actress) – September 16, 1924

Frankie Avalon (singer) – September 18, 1940

Dorothy Vaughan (programmer) – September 20, 1910

Mark Hamill (actor) – September 25, 1951

Serena Williams (athlete) – September 26, 1981

Gene Autry (cowboy) – September 29, 1907

Management Team:

Michelle Bradley
Executive Director

Andrea Connor
Business Office Manager

Ashley Lassiter
Wellness Director

Christina Bennett
Sales & Marketing Director

Penney Williams
Lifestyle Director

Johnny Weems
Maintenance & Environmental Director