

November 2023

Legacy Ridge at Sandy Plains

LEGACY RIDGE SANDY PLAINS 3039 SANDY PLAINS ROAD, MARIETTA GA 30066



Celebrating November

**American Indian Heritage
Month**

International Games Month

Adopt-a-Turkey Month

Día de los Muertos
November 1

Nachos Day
November 6

World Freedom Day
November 9

Veterans Day (U.S.)
November 11

Diwali
November 12

**Family Thanksgiving at
Legacy Ridge Sandy Plains**
November 16

International Men's Day
November 19

Thanksgiving (U.S.)
November 23

Square Dancing Day
November 29

A Message from Atlas Senior Living

Hello Sandy Plains Family!

Happy Fall, I have enjoyed working with you all through this transition. I want to thank you all for being patient with the Sandy Plains team as we progress within our daily operations. I will begin sending weekly community email updates to families, so please ensure the front desk staff has your email address when you visit your loved one. As always, if you have any concerns, please don't hesitate to give me or nurse Jocelyn a call.

Happy Halloween 😊

**Keith Martin
Regional Director of Operations**

Resident of the Month



Congratulations to our November Resident of the Month, Norma Gail Sawyer. Norma is originally from Union City, Tennessee. She moved to Kentucky when she was in First Grade. She married Charles Frederick Sawyer her high school sweetheart. They met as neighbors as Charles lived across the street from Norma and her family. They were married for 65 years and have two sons, Steve and Scott. Norma is the proud grandmother of four grandchildren and two great grandchildren.

Norma and her husband moved around while her husband finished college and over his career. They lived in Johnson City, Tennessee for 17 years and she was the church secretary for five years while they lived there. Another move brought them to Cary, North Carolina where she worked in the church pre-school. From there they moved to Nashville, Tennessee for ten years until they decided to move to Kennesaw, Georgia to be near family and Norma could babysit and enjoy spending time with her youngest grandson.

She is very happy to be here at Legacy Ridge at Sandy Plains. Norma and her sons are big fans of our Chef, Joe's food. Norma we are so glad that after all your wonderful travels that you have chosen to call Legacy Ridge Sandy Plains home.

Scorpios

November 18 is Married to a Scorpio Support Day, but what is it about Scorpios, those born between October 23 and November 21, that makes marriage to them so difficult?

Every astrological sign has personality traits and characteristics associated with it, but Scorpios have gotten a bad rap for their intensity. Not only is Scorpio's astrological sign a dangerous scorpion, representing the scorpion that stung Orion to death, but the sign is ruled by both Mars and Pluto, the two most powerful planets of the zodiac. Astrologers believe that under these ruling planets, Scorpios' life experiences are more intense.

No wonder Scorpio spouses might need a little extra help! Blake Lively is married to Scorpio Ryan Reynolds. Kurt Russell is the partner of Scorpio Goldie Hawn. Bill Clinton is married to Scorpio Hillary Clinton. It takes a lot of energy to match these Scorpio personality powerhouses!

Sandbox Artistry



The Siesta Key Crystal Classic, America's premier sand sculpting competition, will be held from November 11–13 on the island of Siesta Key, near Sarasota, Florida. This is no regular day at the beach.

The sand sculptors are magnificent artists able to sculpt sand like the Renaissance artists of old. Just how do they do it? Professionals often have access to tools that common beachgoers do not. This starts with massive wooden forms used to create giant bricks of wet, compacted sand. More water often means better sand for carving. Next, professionals get creative with their tools. A margin trowel, the kind used to set mortar or lay tile, is common, but some pros resort to forks, knives, credit cards, horse combs, or straws—anything that will work. The final and most important ingredient is creativity!

Employee of the Month



Congratulations to our Employee of the Month for November at Legacy Ridge at Sandy Plains Emad George Barsoum, whom we all call George.

George is our community Housekeeper, and he works tirelessly to keep our community sparkling for our residents, staff, and guests. His can-do attitude and wonderful work ethic is a model for all of us. In addition to his housekeeping duties, you will see George help a resident who needs a little assistance with their wheelchair or give a resident a hug when they need one. He is referred to as a “wonderful gentleman” by all that know him. During a recent event at Sandy Plains, he worked day and night to give our community a camera-ready glow. He helped with the set up and assisted our guests in and out of the community.

He has two sons, ages 20 and 22. His favorite vacation spot is Florida, and his favorite food is fish.

George, we appreciate you and your vast contributions to Legacy Ridge at Sandy Plains. Congratulations on a well-deserved honor!

Ladies' Choice

Sadie Hawkins Day on November 13 gets its origins from Al Capp's comic strip *L'il Abner*. In the comic strip, Sadie Hawkins was the daughter of Hekzebiah Hawkins, one of the founders of Dogpatch, the comic's fictional setting. Sadie was unlucky in love and was destined to become a spinster. On November 15, 1937, the comic depicted Hekzebiah declaring a “Sadie Hawkins Day,” a day when all the eligible bachelors of Dogpatch would participate in a footrace against Sadie. Whichever man Sadie caught would have to marry her.

In November of 1938, Capp revived the storyline. Soon, college campuses across the country began celebrating Sadie Hawkins Days of their own, with young women chasing men across campuses. Over the years, Sadie Hawkins Day has become a day of role reversals, where women ask men on dates, or at Sadie Hawkins Dances, girls ask boys to dance. While the unofficial holiday often falls on November 13, Capp himself used his last *L'il Abner* comic on November 5, 1977, to set November 26 as the “official” holiday.

Offering an Olive Branch



In 2019, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) declared November 26 World Olive Tree Day. Why does the olive tree deserve such special treatment? The olive tree's symbolism dates back to ancient Greece. Poseidon, the god of the sea, and Athena, goddess of wisdom, both vied for possession of Athens. Poseidon struck the Acropolis and water ran out. Athena planted an olive tree. The gods granted Athens to Athena due to her superior gift, one that would sustain the people. Ever since, the olive tree—and especially its branches and leaves—have been considered dignified symbols of peace, fidelity, and strength.

Lighting the Darkness

Diwali, India's fabulous "festival of lights," occurs on the night of the new moon during the Hindu month of Kartik, and this year falls on November 12. Diwali is the most important holiday of the Indian calendar. It is primarily a religious celebration for Hindus, Jains, and Sikhs, but it has become so popular that many other South Asian countries treat it as a national holiday.



Across India, Diwali is celebrated over five days, but the darkest night, the night of the new moon, is the main day of the festival. Families light small, clay lamps known as *diyas* to ward away evils associated with the darkness. Diyas, candles, and lanterns are arranged throughout the home, in the streets, in places of worship, and even floated on lakes and rivers. Some places set off bright explosions of fireworks in the night sky. Once the lamps are lit, families gather for fabulous feasts and prayers to Lakshmi, the Mother Goddess of good fortune and prosperity. To celebrate Diwali is to celebrate the triumph of light over darkness and good over evil.

Throughout India, there are many legends associated with Diwali. In the north, Diwali commemorates the return of King Rama to his kingdom of Ayodhya after 14 years of exile. To celebrate the king's return, his subjects lit lamps and decorated Ayodhya with rows of diyas, a practice reflected in modern Diwali celebrations.

In southern India, the story is told of Lord Krishna vanquishing the demon Narakasura with the help of his wife, Satyabhama. The demon had been granted immortality and could be slain only by his mother. Krishna knew this and asked his wife to accompany him to battle. It was Satyabhama, as an incarnation of Narakasura's mother, who felled the demon with an arrow. In western India, as in the south, Diwali is celebrated as the triumph of good over evil. Here, the festival marks the day that Lord Vishnu sent the selfish and vain King Bali to the netherworld. Despite these differences, no matter where you go, Diwali is marked with light and family.

November Birthdays

In astrology, those born from November 1–21 are Scorpio's intense scorpions. Scorpions seek deep connections and nurture deep empathy and commitment. Those born from November 22–30 are Archers of Sagittarius. The Archers have a unique blend of passion, curiosity, and adaptability. Bold travelers, they are unafraid to explore and conquer new terrain.

Will Rogers (cowboy) – Nov. 4, 1879
John Philip Sousa (conductor) – Nov. 6, 1854
Bram Stoker (novelist) – Nov. 8, 1847
Jonathan Winters (comedian) – Nov. 11, 1925
Whoopi Goldberg (comedian) – Nov. 13, 1955
Gloria Foster (actress) – Nov. 15, 1933
RuPaul (drag queen) – Nov. 17, 1960
Allyson Felix (athlete) – Nov. 18, 1985
Robin Roberts (newscaster) – Nov. 23, 1960
Joe DiMaggio (athlete) – Nov. 25, 1914
Tina Turner (singer) – Nov. 26, 1939
Chadwick Boseman (actor) – Nov. 29, 1976

Management Team:

Keith Martin
Regional Director of Operations
Atlas Senior Living

Andrea Connor
Business Office Manager

Christina Bennett
Sales & Marketing Director

Joe Chenot
Dining Director

Penney Williams
Lifestyle Director

Johnny Weems
Maintenance & Environmental
Director