

MEDICAL NOTES

Atrial fibrillation (A-fib) is an irregular and often very rapid heart rhythm (arrhythmia) that can lead to blood clots in the heart. Afib increases the risk of stroke, heart failure and other heart-related complications.

During atrial fibrillation, the hearts upper chambers (the atria) beat chaotically and irregularly- out of syn with the lower chambers (the ventricles) of the heart. For many people, A-fib may have no symptoms. However, A-fib may cause a fast, pounding heartbeat (palpitations), shortness of breath or weakness.

Symptoms

Some people with atrial fibrillation (A-fib) don't notice any symptoms. Those who do have atrial fibrillation symptoms may have signs and symptoms such as:
Sensations of a fast, fluttering or pounding heartbeat (palpitations)

- *Chest pain
- *Dizziness
- *Fatigue
- *Lightheadedness
- *Reduced ability to exercise
- *Shortness of breath
- *Weakness

RESIDENT SPOTLIGHT



Bertha Vaughn

Resident of the month goes to Bertha Vaughn! Bertha is from Concord Ga, where she attended Fairfield Christian Methodist Episcopal Church and was the choir president for 50 years. She enjoys playing bingo and sitting outside in the sun.



EMPLOYEE OF THE MONTH

Debie John

Employee of the month goes to Debie John, who works in the memory care neighborhood. She enjoys working with every resident in that unit and cares for everybody including staff. She loves sewing, dancing, crafting, and cooking. She enjoys her time with us here at Legacy Ridge at Sweetwater Creek. Congratulations to Debie!



LEGACY RIDGE
AT SWEETWATER CREEK

THE JOURNAL

The Monthly Newsletter of the Legacy Ridge Sweetwater Creek Community

STAFF

- Executive Director**
Aaron Broyles
- Health & Wellness Director**
Deen Arnold
- Resident Care Coordinator**
Denisha Smith
- Sales & Marketing**
Tracee Guilford
- Business Office Coordinator**
Gerry Stokes
- Dining Services Director**
Marnette Sumner
- Maintenance Director**
Jason Gunter
- Lifestyles Director**
Nukisha Parker

FALL IS HERE!!!!

Trick or Treat!

Happy spook month to everyone! As we say goodbye to the warm summer weather, I think we all can say we are happy to see the fall rolling in. We will soon have darker nights and colder temperatures and get to see all the beautiful colors change and enjoy all the fall and autumn activities. If you have time, try to go outside and enjoy nature before the winter weather rolls in.

Aaron Broyles,
Executive Director
Legacy Ridge at Sweetwater
Creek

BIRTHDAY'S

- Diane Russo 10/7
- Verna Smith 10/9
- Betty Blackstock 10/13
- Thurman Bolen 10/21
- Deborah Cook 10/23

FUN FOOD FACTS OCTOBER

- Bake & Decorate Month
- Apple Appreciation Month
- Candy Corn Month
- Pizza Month
- Seafood Month
- Pretzel Month

DATES TO REMEMBER

Healthcare Foodservice Workers
10/3-10/9

Licensed Practical Nurses' Week
10/3-10/9



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 Daily Chronicle 10:00 Snacktivity 10:30 Body Movements 11:30 Balloon Volleyball 2:00 Snacktivity 4:00 B & W Movie 6:00 Puzzles	2 9:30 Daily Chronicle 10:00 Snacktivity 10:30 Folding and Sorting 11:30 Hymn Sing- Along 2:00 Snacktivity 3:30 Social Hour 6:00 TV Time
3 9:30 Coffee and News 10:00 Snacktivity 10:30 Arm Excerises 11:30 Brain Games 1:00 Memory Sharing 2:00 Snacktivity 3:30 Art Thearpy 6:00 Inside Walk	4 9:30 Coffee and News 10:00 Snacktivity 10:30 Arm Excerises 11:30 Brain Games 1:00 Memory Sharing 2:00 Snacktivity 3:30 Art Thearpy 6:00 Inside Walk	5 9:30 Radio and Coffee 10:00 Snacktivity 10:30 Leg Excerise 11:30 Whats in the bag 1:00 Catch the ball 2:00 Snacktivity 3:30 Sing-Along 6:00 Book Time	6 9:30 Hot Chocolate Social 10:00 Snacktivity 10:30 Sit down dancing 11:30 Hand Massages 2:00 Snacktivity 3:30 Remancing 6:00 Movie Night	7 9:30 Tea Social 10:00 Snacktivity 10:30 Morning Stretch 11:30 Men's Social 1:30 Table Ball 2:00 Snacktivity 3:30 Coloring Sheets 6:00 Gospel Singing	8 9:30 Daily Chronicle 10:00 Snacktivity 10:30 Body Movements 11:30 Balloon Volleyball 2:00 Snacktivity 4:00 B & W Movie 6:00 Puzzles	9 9:30 Daily Chronicle 10:00 Snacktivity 10:30 Folding and Sorting 11:30 Hymn Sing- Along 2:00 Snacktivity 3:30 Social Hour 6:00 TV Time
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24/31 9:30 Coffee Chat 10:00 Snacktivity 10:30 Chair Excerise 11:30 Joel Osteen 2:00 Snacktivity 3:30 Balloon Toss 5:00 Western Movie 6:00 Remember When	2 9:30 Coffee and News 10:00 Snacktivity 10:30 Arm Excerises 11:30 Brain Games 1:00 Memory Sharing 2:00 Snacktivity 3:30 Art Thearpy 6:00 Inside Walk	2 9:30 Radio and Coffee 10:00 Snacktivity 10:30 Leg Excerise 11:30 Whats in the bag 1:30 Catch the ball 2:00 Snacktivity 3:30 Sing-Along 6:00 Book Time	27 9:30 Hot Chocolate Social 10:00 Snacktivity 10:30 Sit down dancing 11:30 Hand Massages 1:30 Cheese Cracker Social 2:00 Snacktivity 3:30 Remancing 6:00 Movie Night	28 9:30 Tea Social 10:00 Snacktivity 10:30 Morning Stretch 11:30 Men's Social 1:30 Table Ball 2:00 Snacktivity 3:30 Coloring Sheets 6:00 Gospel Singing	29 9:30 Donunts and Coffee 10:00 Snacktivity 10:30 Body Movements 11:30 Balloon Volleyball 2:00 Snacktivity 4:00 B & W Movie 6:00 Puzzles	30 9:30 Daily Chronicle 10:00 Snacktivity 10:30 Folding and Sorting 11:30 Hymn Sing- Along 2:00 Snacktivity 3:30 Social Hour 6:00 TV Time