

MEDICAL NOTES

DIABETES

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel. The underlying cause of diabetes varies by type. But, no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes and gestational diabetes. Prediabetes occurs when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes. And prediabetes is often the precursor of diabetes unless appropriate measures are taken to prevent progression. Gestational diabetes occurs during pregnancy but may resolve after the baby is delivered.

RESIDENT SPOTLIGHT



Resident of the month goes to Ginny "Gigi" Jarrard. She is a beloved resident of legacy ridge by her quick wit and her sassiness. Her outfits are always head turners for any occasion and is a very outspoken person. She loves soup and salad and her weekly outings with her family. We are so happy to have her here at Sweetwater Creek.

EMPLOYEE OF THE MONTH



Amara Onyebigwa

My name is Amara Onyebigwa. I was born and raised in West Africa by my grandparents. I have lived in Georgia for four years. I love providing quality care for our residents here at Sweetwater Creek. During my free time, I enjoy reading and listening to Burna Boy.

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

BIRTHDAYS

- Sangnye Biedinger 11/9*
- Elizabeth Jackson 11/28*

Thankful for Sweetwater!

November is a month that allows us to reflect on our many blessings and what we are truly thankful for: family, friends, health, etc... One thing that has been a blessing to me this year was the addition of my Sweetwater Family.

In my time here, I have gotten to know each one of you and your families and that is something I am truly grateful for. Each member of our Sweetwater Family has been a blessing to me I am very thankful to call this special community home. I look forward to celebrating with everyone and for the future blessings we have in store. Happy Thanksgiving everyone!

*Aaron Broyles,
Executive Director
Legacy Ridge at
Sweetwater Creek*

SPECIAL DAYS FOR NOVEMBER

- American Diabetes Month*
- Home Care Month*
- National Hospice Month*
- Election Day 11/3*
- Perioperative Nurse Week*
- Veteran's Day 11/11*
- American Education Week 11/15-11/19*

NOVEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LOCATION KEY

BT BUS TRIP
DR DINING ROOM
L LOBBY
OS OUTSIDE
CS COFFEE SHOP
AR ACTIVITY ROOM
HS Hair Salon

7
10:00 Get Fit L
10:30 **Book Club W/Coffee** L
2:00 BINGO DR
3:00 Church Worship (TV) L
4:00 Football W/Friends L
6:00 News Chat W/Friends CS

1
10:00 Get Fit L
10:30 **Book Club W/Coffee** L
2:00 BINGO DR
3:00 Church Worship(TV) L
4:00 Football W/ Friends L
6:00 News Chat W/Friends CS

2
10:00 Get Fit L
10:30 **Book Club W/Coffee** L
2:00 BINGO DR
3:00 Church Worship(TV) L
4:00 Football W/ Friends L
6:00 News Chat W/Friends CS

28
10:00 Get Fit L
10:30 **Book Club W/Coffee** L
2:00 BINGO DR
3:00 Church Worship(TV) L
4:00 Football W/ Friends L
6:00 News Chat W/Friends CS

1
9:30 Word Search L
10:30 Let's Workout AR
11:00 Hangman AR
2:00 **BINGO W/Stephanie** DR
4:00 Pling Pong AR
6:00 Evening News L

8
9:30 Word Search L
10:30 Let's Workout!! AR
11:00 Hangman AR
2:00 Resident Council AR
4:15 Jenga L
6:00 Evening News L

1
9:30 Word Search L
10:00 **Stretch & Flex W/Judy** AR
11:15 Buzz Words L
2:00 **BINGO W/Stephanie**

2
9:30 Word Search L
10:30 Let's Workout!! AR
11:00 Hangman AR
2:00 Pling Pong W/NuNu AR
4:15 Jenga L
6:00 Evening News L

29
9:30 Word Search L
10:00 **Stretch & Flex W/Judy** AR
2:00 **BINGO W/Stephanie** DR
3:30 Ice Cream Social L
4:15 Who's Line Is It? L
6:00 Evening News L

2
9:30 Word Search L
10:30 Workout AR
11:00 Fill In The Blank L
2:00 BINGO DR
4:00 Board Games L
6:00 Football Sheet Social L

9
9:30 Word Search L
10:30 Workout L
12:00 **Lunch @ Senior Center** BT
2:00 BINGO DR
4:00 Cooking Club Social AR
6:00 Football Sheet Social L

1
9:30 Word Search L
10:30 Workout L
10:45 Speed Bingo AR
2:00 BINGO DR
3:00 Crafts AR
4:15 Buzz Words L
6:00 Football Sheet Social L

2
9:30 Word Search L
10:30 Workout L
10:45 Nailcare AR
12:00 **Thanksgiving Luncheon** DR
2:00 BINGO DR
3:30 Let's Dip Fruits!!! AR
6:00 Football Sheet Social L

3
9:30 Word Search L
10:30 Workout AR
2:00 EOM BINGO AUCTION AR
4:00 Wine,Cheese,&Fruit Social L
6:00 Football Sheet Social L

3
8:00 Beauty/Barber Shop HS
9:30 **Bible Study W/ Pastor Barry Gillis** L
10:30 Stretch & Flex AR
2:00 Board Games L
3:30 Hangman L
6:00 Jenga W/Friends L

1
8:00 Beauty/Barber Shop HS
9:30 **Bible Study W/ Pastor Barry Gillis** L
10:30 Stretch & Flex AR
2:00 **Demo W/ Marnette** DR
3:30 Buzz Words L
4:15 Who's Line Is It? L

1
8:00 Beauty/Barber Shop HS
9:30 **Bible Study W/ Pastor Barry Gillis** L
10:30 Stretch & Flex AR
2:00 BINGO DR
3:30 Hangman L
6:00 Jenga W/Friends L

2
8:00 Beauty/Barber Shop HS
9:30 **Bible Study W/ Pastor Barry Gillis** L
10:30 Stretch & Flex AR
2:00 BINGO DR
3:30 Buzz Words L
6:00 Jenga W/Friends L

4
9:30 Word Search L
10:30 Exercise AR
11:00 Buzz Words AR
2:00 BINGO DR
4:00 Guess & Win AR
6:00 Evening News W/Friends L

1
9:30 Word Search L
10:30 Exercise AR
11:00 Trivia AR
2:00 **Veteran's Day Celebrations**
4:00 **Get To Know Us!!!!** L
6:00 **Evening News W/Friends L**

1
9:30 Word Search L
10:30 Exercise AR
11:00 Buzz Words L
2-3:00 **Birthday @ Senior Center**
BT
6:00 **Evening News W/Friends**

2 **Happy Thanksgiving**
9:30 Word Search L
10:15 Horoscope Reading L
10:30 Exercise L
11:00 Buzz Words L
2:00 Fill In The Blanks L
3:00 Board Games W/Friends L
6:00 Walking In The Sun OS

5
9:30 Word Search L
10:30 Let's Stretch AR
10:45 Hangman AR
11:30 **Out To Lunch** BT
2:00 Happy Hour W/ Drinks L
4:00 Let's Sip & Paint AR

1
9:30 Word Search L
10:15 Horoscope Reading L
10:30 Let's Stretch L
11:30 **Out To Lunch** BT
2:00 Happy Hour W/Drinks L
4:00 Music & Wine L
6:00 Movie & Popcorn L

1
9:30 Word Search L
10:30 Let's Stretch L
11:00 Buzz Words L
11:30 **Out To Lunch** BT
2:00 Happy Hour W/Drinks L
4:00 November's Birthday Party

2
9:30 Word Search L
10:30 Let's Stretch L
11:00 Hangman AR
2:00 BINGO/Happy Hour DR
4:00 Music W/Friends L
6:00 Movie & Popcorn AR

6
10:00 *Workout* L
10:15 Coffee Chat CS
10:30 *Early Bingo* DR
2:00 *Bingo* DR
3:15 Hangman L
4:15 Hot Tea Social L
6:00 News Chat W/Friends L

1
10:00 *Workout* L
10:15 Coffee Chat CS
10:30 *Early Bingo* DR
2:00 *Bingo* DR
3:30 Trivia L
6:00 News Chat W/Friends L

2
10:00 **Dog Therapy W/Meicy** L
10:15 Coffee Chat CS
10:30 *Early Bingo* DR
2:00 *Bingo* DR
3:30 Hangman L
4:15 Hot Tea Social L
6:00 News Chat W/Friends L

2
10:00 *Workout* L
10:15 Coffee Chat CS
10:30 *Early Bingo* DR
2:00 *Bingo* DR
3:30 Trivia L

LOCATION KEY

BT BUS TRIP
DR DINING ROOM
L LOBBY
OS OUTSIDE
CS COFFEE SHOP
AR ACTIVITY ROOM
HS Hair Salon