



THE JOURNAL

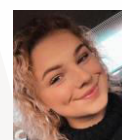
The Monthly Newsletter of the Legacy Ridge at Trussville

November 2020


LEGACY RIDGE

 An Atlas Senior Living Community

Employee of the Month Harleigh Colvin



Harleigh is a Care Associate with us. She has been with Legacy Ridge for the past 4 months and already has made a great impact. Her favorite part of her job is the residents. She loves helping them. In Harleigh's downtime, she enjoys her family, and loves her sweet fur baby, Birdie. Harleigh also enjoys cleaning and shopping. Thank you Harleigh for working at Legacy Ridge! We appreciate you!

E.D.'S HEADLINE



how fortunate we all are. We are so blessed to have our friends and family. We are blessed to have such an amazing community and wonderful staff members. Over all we are very fortunate.

Take some time to write down things that you are thankful for and really let it resonate with you this month.

I hope you all have a great Thanksgiving and a wonderful month!

God Bless!

Sincerely,
Lisa Gann
Executive Director



Hello everyone in the Legacy Ridge Community! I hope you are all going well and enjoyed last month!

We are finally starting to transition into the holiday season! I know this holiday season will be very different for us all but we will find some way to make this very unique situation we are in, very special!

Thanksgiving is a great time to take a step back and look at what all we are blessed with in life. It's easy to forget

We will be hosting a country thanksgiving for our community of November the 19th. There will be some of

your favorite country food there as well as some fall refreshments and a hay ride. We are so excited to see you all there!

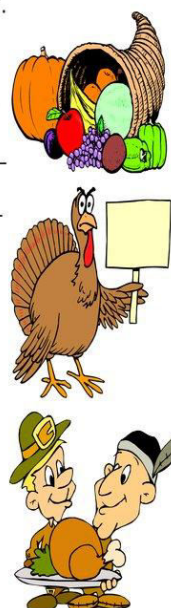
BIRTHDAYS

Barbara Murphree 11/13
Shirley Fullmer 11/15
Patricia Pritchett 11/17
Inez Ware 11/18
Ervin Pope 11/21
Patricia Shankweiler 11/22
Barbara Marcum 11/24
Marie Duncan 11/29

Name: _____
Thanksgiving Word Scramble

Unscramble the Thanksgiving words below.

1. copaiurnoc _____
2. upmpnik _____
3. nskviingghTa _____
4. mNveoreb _____
5. safet _____
6. yahloid _____
7. fMyarowel _____
8. sgirlmpi _____
9. venati _____
10. kyetru _____



©www.HaveFunTeaching.com



We will be hosting a
Canned Food Drive
(November 9th-23rd)
Our donations will go to
Northpark Baptist Church
Food Pantry.
There will be donation box
in the activity room and at
the front lobby. *Your
families are welcome to
donate as well if they wish.



Thanksgiving is on Thursday November 26th! A traditional Thanksgiving lunch will be served.



Derived from the Latin “cornu” meaning horn, and “copia” meaning plenty, the cornucopia has long been used as a common harvest symbol associated with a plentiful bounty. The symbol of the cornucopia was also used, along with rolling fields of grain, to lure new settlers to come to the New World.



Resident Spotlight – Barbara Murphree

Ms. Murphree grew up in Cullman with her two younger brothers and older sister. She was a hard worker at the family home place and won awards as an orator in high school. She also was a wonderful singer in her dad’s church choir. When she was 14, she met the love of her life, Hoyt Murphree. He had already served in WWII, but he came to her house to play the piano for a quartet her sister was singing in. They married after she graduated from high school. Ms. Murphree’s dad was a Baptist preacher and she and Mr. Murphree were even chaperoned on

their wedding day. They lived in several places but chose to raise their two daughters in Graysville, Alabama. Once her girls were in school, she started to work eventually settling in a secretarial position with the Birmingham Board of Education. When her husband retired, she did too. They built a home up on Smith Lake and loved the peaceful solitude of retirement. She and Hoyt were married 65 years. Ms. Murphree’s family means everything to her. We are some happy to have Ms. Murphree apart of the Legacy Ridge Family!

Health and Wellness with Lisa Jones

Memory Loss:
Everyone has moments of forgetfulness from time to time, especially when life gets busy.

While this can be a completely normal occurrence, having a poor memory can be frustrating.

Genetics plays a role in memory loss, especially in neurological conditions like Alzheimer’s disease. However, research has shown that diet and lifestyle have a major impact on memory too.

Here are some ways to improve your memory naturally.

- Get enough sleep.
Lack of proper sleep has been associated with poor memory for quite some time.
- Train your brain.
Exercising your cognitive skills by playing brain games is a fun and effective way to boost your memory. Crosswords, word-recall games, Tetris and even mobile apps dedicated to memory training are excellent ways to strengthen memory.
- Exercise more.
Exercise is important for overall physical and mental health.

Enjoy life and stay healthy!
-Lisa Jones, D.O.N.

SMILES AROUND THE COMMUNITY



Forever Friends

Legacy Ridge believes our community creates longer, happier, and more fulfilling lives when friends come together and support each other. Make this the best community yet by encouraging your friends to move in!

Each time you refer a friend that moves into the community, you will receive a \$1000 rent credit once your friend have lived here for 90 days! You both win by being closer, and our whole community wins by making our community stronger!
For Information please contact Abbey Fowler with Sales and Marketing!

