



Lorien Bel Air
September 2019

Ode To Retirement

How do I know my youth is all spent?
My get up and go has got up and went,
But in spite of it all, I am able to grin,
When I think where my get up and go has been.

Old age is golden, I've heard it said,
But sometimes I wonder as I get into bed,
With my ears in a drawer, my teeth in a cup,
My eyes on the table until I get up.

When sleep dims my eyes, I say to myself,
"Is there anything else I should lay on the shelf?
And I'm happy to say, as I close my door,
"My friends are the same, perhaps even more."

When I was young, my slippers were red,
I could kick my heels right over my head.
When I grew older, my slippers were blue,
But still I could dance the whole night through.
Now I am old, my slippers are black,
I walk to the store and puff my way back.

The reason I know my youth is all spent,
My get up and go has got up and went.
But I really don't mind when I think with a grin,
Of all the grand places my get up has been.

Since I have retired from life's competition,
I busy myself with complete repetition.
I get up each morning and dust off my wits,
Pick up the paper and read the "Obits."
If my name is missing, I know I'm not dead,
So I eat a good breakfast and go back to bed.

HEALTHY AGING: PREVENTION FOR BRAIN AND BODY HEALTH

WHAT IS COGNITIVE DECLINE?

Cognitive decline is when your brain doesn't work as well as it used to. For example, a person who is experiencing cognitive decline may have trouble learning, using language or remembering things. Some cognitive decline is a normal part of growing older. Cognitive decline that happens quickly or that affects day-to-day activities is called dementia. Dementia may be a symptom of a more serious condition, such as stroke, Alzheimer's disease or head injury.

CAN I PREVENT COGNITIVE DECLINE?

As your body ages, so does your brain. You can't stop or prevent it, just as you can't prevent other signs of normal aging. However, you can maintain your health and prevent disease by making healthy choices about your lifestyle, diet and exercise.

WHY ARE PREVENTIVE SERVICES IMPORTANT FOR OLDER ADULTS?

Preventive services are important for everyone, especially for older adults. This is because your risk for health problems increases as you age. By preventing problems, or identifying them at an early stage, you are more likely to live a longer, healthier, and more satisfying life.



PREVENTIVE SERVICES

Many older adults do not get the vaccinations, screenings, and other preventive services that experts recommend. The following preventive services are especially important for older adults:

Influenza vaccine: This yearly vaccine helps prevent influenza (the flu). Older adults should get this vaccine every year. About 85 percent of the deaths from influenza are in people 65 years of age or older.

Pneumococcal vaccine: The pneumococcal polysaccharide vaccine helps prevent pneumonia. For people who have pneumonia, it helps prevent life-threatening complications. This is especially important for older adults who are more likely to get pneumonia and develop complications.

Breast cancer screening: Nearly half of all new breast cancer cases are in women 65 years of age and older. Between the ages of 50 and 74, women should have a mammogram every two years to screen for breast cancer. Talk to your family doctor about whether you should have a breast exam.

Colorectal cancer screening: Two out of every three new colorectal cancer cases are in adults



BALTIMORE
RAVENS

Schedule

9/8 Ravens
vs Dolphins
9/15 Ravens
vs Cardinals
9/22 Ravens
vs Chiefs
9/29 Ravens
vs Browns

Highlights

9/1 Labor Day Party
9/2 Skyscraper Day
9/6 Tailgate Party
9/8 Grandparent Day Caricatures
9/8~9/14 Assisted Living Week
9/11 Patriot Day
9/12 Expansion Celebration
9/13 Art Gallery Display
9/16 Cinnamon Raisin Bread Day
9/17 Apple Dumpling Day
9/18 Memorial Service
9/20 Flowers Morning
9/21 Peace Day
9/22 White Chocolate Day
9/23 Autumn Begins
9/26 Love Note Day
9/30 Stupid Question Day

Passed Survey
information is
available going back
three years. The
survey binders are
located at the front
desk, mail room, and
3rd floor activity
room.

GET YOUR FLU SHOT



And Others

If you are sick, please stay home and rest

PLEASE READ:
IMPORTANT
MESSAGE

To prevent any food borne illnesses,
please label all food items that go in
the refrigerator with the date. Discard
after 3 days to ensure the safety of our
loved residents. Thank you!



Labor Day is a national holiday that is observed on the first Monday in September. Its purpose is to honor the American men and women that work hard every day and contribute to the prosperity of the U.S. economy. Many people consider Labor Day to be the end of summer, although the season actually ends at the September Equinox. The equinox is the day when the sun rises directly to the east and sets directly to the west.

Inspired by the Canadian annual labour festival, Oregon was the first state to officially celebrate Labor Day. More and more states joined in honoring the workforce each year. By 1894 it had become a national holiday signed into law by President Grover Cleveland, and is still widely celebrated all throughout North America.

Labor Day is commonly celebrated with parades, backyard barbeques, parties, outdoor activities, and of course taking a day off of work. Many fall sports begin around the first Monday of September. The NFL usually has its first game of the season on Thursday of that week. Department stores and retailers often offer discounts or sales to shoppers over the holiday, and some people believe the color white should not be worn after Labor Day. Many schools start around the beginning of September, thus making Labor Day the first holiday celebrated during the school year. Students are not considered laborers, but still get to take a day off of school. Even teachers deserve a break!



We take a day to remember,
We take a moment to reflect.
We mourn the people that we lost,
We give them our respect.
We remember what did happen,
With sorrow and with pride.
Our country came together,
The American spirit never died.
By: Alissa Manning-Telisak



Grandparent Day Celebration Sunday, September 8th at 10am

Grandparents are a delightful
blend of laughter, caring
deeds, wonderful stories and
love. Let us celebrate YOU!



INTERNATIONAL PEACE DAY

Each year the
International Day of
Peace is observed
around the world on
21 September. The
General Assembly has
declared this as a day
devoted to
strengthening the
ideals of peace, both
within and among all
nations and peoples.

The theme for 2019 is
"Climate Action for
Peace".

The United Nations
calls upon all to take
action to tackle
climate change. Every
human is part of the
solution.

TIPS FOR ROSH HASHANAH

By Alyssa Rachel Gross

How to get closer to your best self this New Year.

1 If not now, when?

It's never the perfect time to change an ingrained habit. Don't wait for a magical moment or to hit rock bottom. Start today.

3 Write down your goals

Write it down, type it out, or text yourself your goals for the month or the year. Not only will you have a daily anchor to review but you will also have a benchmark for success.

5 Break it down

If you want to supercharge an area of your life, break it down into an actionable set of steps. Instead of saying "I'd like to get healthy", write down "no sugar in my coffee" or "1 hour at the gym on Monday and Wednesdays."

2 Gradual steps

Stop trying to change everything all at once. Make an ironclad commitment to one action.

4 Tell someone

Let someone (or a few) know that you're making a change. You'll gain support and accountability. And once you see them rooting you on, you won't want to let them down.

6 Focus on the rose

Keep your eye on what you're working towards rather than on what you are giving up. Every rose has its thorns. Focus on the rose.

7

Be kind to yourself

Forgive yourself when you slip up. Talk to yourself as you would a good friend or your child, expressing compassion, understanding and inspiration to jump back on the horse.



FALL

Directions: The words are hidden vertically and horizontally.

C	O	L	E	A	V	E	S	C	A	R	P	L	E
S	R	A	K	I	N	G	P	U	M	P	K	I	N
C	A	Y	T	R	E	Y	A	S	C	H	O	O	L
A	C	E	B	R	O	W	N	T	A	U	T	C	I
R	O	L	C	E	P	H	A	R	V	E	S	T	X
E	R	L	O	R	A	N	G	E	O	C	W	O	K
C	N	O	R	L	E	P	U	E	N	G	P	B	A
R	Y	W	N	C	O	S	Q	U	I	R	R	E	L
O	A	U	T	U	M	N	V	E	K	M	O	R	
W	N	V	E	C	A	R	N	I	V	A	L		
A	P	P	L	E	B	R	O	W	R	E	D		



Word Box:

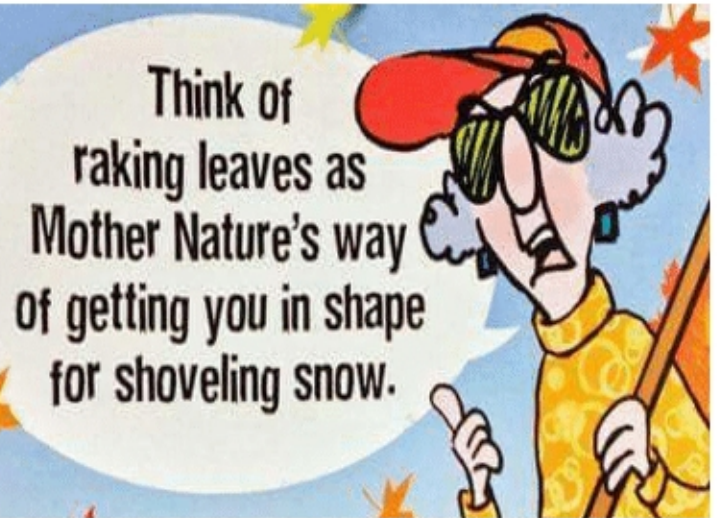
October	leaves	acorn
autumn	tree	raking
scarecrow	red	school
harvest	yellow	apple
pumpkin	brown	corn
squirrel	orange	carnival



Maxine
Crabby Road

10-3-13

Fall's a great time to take a hike. Especially if you're annoying me.



Spot The 6 Differences





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					