

201 Overland Drive  
Greenwood, SC 29646

Postage  
Information

AUGUST 2017

# Emerald Gardens

201 Overland Drive Greenwood, SC 29646 • (864) 953-2174 • <http://premierseiorliving.com/>



## What's Happening this Month:

**Ice Cream Sandwich Day**  
Aug. 2<sup>nd</sup>

**Watermelon Day**  
Aug. 3<sup>rd</sup>

**A&W Root Beer Float Day**  
Aug. 6<sup>th</sup>

**Book Lovers Day**  
Aug. 9<sup>th</sup>

**Blue Jean Day**  
Aug. 14<sup>th</sup>

**Relaxation Day**  
Aug. 15<sup>th</sup>

**Peach Pie Day**  
Aug. 24<sup>th</sup>

**Lemon Month**  
Aug. 29<sup>th</sup>

## Big Family Summer Event Photos



## August Birthdays

*Perryne Williamson* 8/10

*Helen Wood* 8/28

*Dot Cowan* 8/30



**Emerald Gardens of Greenwood Assisted Living  
& Alzheimer's Care**

**Emerald Gardens Friends &  
Family Referral Program**

Refer someone you know, and if they move-in,  
you will receive \$500 off one month's rent.

**Twitter@EmeraldGardPSL**

## Residents of the Month!!!



Ms. Maggie Gilbert is one of August's Residents of the month! She really likes Emerald Gardens. Emerald Gardens has been her home for awhile. She has made good friends since she has been here. She also enjoys the activities that Emerald Gardens offers, especially bingo.



Ms. Mildred Madden is also one of the August Residents of the Month. She loves Emerald Gardens. She says the staff take good care of her, and she stays busy here with all the activities that Emerald Gardens offers. She has made good friends since she has been here. She said that everyone is friendly and nice.

### A Car Is Born



Toyota didn't become the world's most successful car company overnight. Its history began on August 28, 1937, when the Toyota

Motor Company split from its parent company, the Toyoda Automatic Loom Works. Toyoda was founded in 1926 in Japan by Sakichi Toyoda, the inventor of a series of manual and machine-powered looms. Today, Toyota is still in the textile business and manufactures sewing machines and looms. However, in 1929, Sakichi encouraged his son Kiichiro to travel to America to investigate the auto industry. The Japanese government strongly encouraged the Toyoda company to begin domestic auto production due to their war with China. The venture proved so successful that the Toyota Motor Co. was spun off, eventually to become the world's leading car manufacturer.

### Employee of the Month

Alexis Jackson



"If you ever felt, "This is where I belong and I feel that I am serving my purpose here", then you know it brings upon a sense of fulfillment. Emerald Gardens has allowed me that opportunity to feel that I am living my purpose. I admire the Christian based atmosphere. It is amazing to see how God truly works through the residents. The connections and bonds I have made here are truly a blessing and I am forever grateful. Thank you Emerald Gardens for an opportunity that's truly unforgettable." - Alexis

## Volunteer Appreciation Celebration!!!

The Volunteer Appcretion Celebration was a success! We all had a great time and it was great to be able to meet and see some of the volunteers who give their time to our residents! Thank you to Laura Fortson, Midred Madden, Betty Scott, and Dennis Crittendon for giving beautiufl speeches to our volunteers!

**"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them."**

Hebrews 6:10



## Rest and Relaxation

August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine. Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

## Residents in Action!!

