

# the OCTOBER 2021 newsletter

# Be Inspired

ATRIUM VILLAGE | LEGACY COURT | a senior lifestyle community | OWINGS MILLS, MD 21117 | 410-363-0330

## THIS MONTH'S *silver star*

MR. THOMAS

Mr. Thomas, a lovely Memory Care resident, enjoys music, building things, socializing and going out for walks on the Patio. His most pleasurable moment is spending time with his family. Just a simple conversation and Mr. Thomas sharing pictures of his family members fills his heart with so much joy.



## WE'RE LOOKING FORWARD TO *fall extravaganza*

"A FALLEN LEAF IS NOTHING MORE THAN A SUMMER'S WAVE GOODBYE." — UNKNOWN

Oh m,y where did the summer go! Legacy is getting ready for cool nights, brisk breezes, sweet apples, apple cider, beautiful fall leaves, hoodies and sweaters, and Halloween. Fall is here! This October Legacy will celebrate Falling for Fall, Pasta, Arts and Humanities, National Cookbook, Apple Appreciation, National Breast Cancer Awareness, Positive Attitude and Popcorn Poppin' Month.

"Life starts all over again when it gets crisp in the fall." — F. Scott Fitzgerald

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month's HEART Hero is MARY BEWAH. She has worked here at Atrium Village for two and a half years and loves working on all the floors of Assisted Living as a caregiver. Her favorite part of her job is helping all our residents and working together with her fellow staff members. Mary also helps with bringing residents to activities and meals. Mary wanted to let everyone know her motto is to treat all our residents the way she would want to be treated. She wants everyone to know we should all work with our residents like they were a member of our family. This is something Mary lives by and truly believes in. Mary enjoys cooking her traditional African dishes as well as doing laundry in her free time when she is at home. She has one child who lives in Chicago, another child who lives in Cameroon, in her hometown, and three children living in the U.K. Mary also loves singing and dancing here with our residents. Thank you, Mary, for all you do! We appreciate you!



## TRAIN YOUR BRAIN *search for languages*

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

Arabic	English	Greek	Latin	Swahili
Aramaic	Finnish	Italian	Polish	Swedish
Danish	French	Japanese	Russian	Thai
Dutch	German	Korean	Spanish	Turkish



## legacy court

## BE INSPIRED

- CONNECT    ● GROW  
 ● CONTRIBUTE    ● MOVE  
 ● FEEL    ● REFLECT

## LOCATIONS

COUNTRY KITCHEN — *CK*  
 DINING ROOM — *DR*  
 LOBBY — *LY*  
 OUTSIDE — *Out*  
 PATIO — *PT*

## BIRTHDAYS

SONIA — *10th*  
 JOAN — *13th*  
 MARY — *15th*

SENIOR LIFESTYLE  
VALUES

*Hospitality,  
 Excellence,  
 Appreciation,  
 Respect, &  
 Teamwork*

## ADDITIONAL SERVICES

STAMPS/CONCIERGE  
*Monday-Friday*  
*9 a.m.-4 p.m.*

SALON  
*Tuesday-Saturday*  
*9 a.m.-4 p.m.*



<b>10:00</b> ● Gospel Hour <b>10:30</b> ● Bible Trivia <b>11:00</b> ● Fall Art <b>11:30</b> ● The Price is Right <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Toe Tapping Tunes <b>6:00</b> ● Religious Hour	<b>10:00</b> ● Meditation <b>10:30</b> ● Gratitude Wall <b>11:00</b> ● Puzzle Time <b>11:30</b> ● Autumn Walk & to the Blues <b>2:00</b> ● Taste of Fall <b>3:15</b> ● Afternoon Tea Social <b>5:30</b> ● Family Traditions <b>6:00</b> ● Prayer Box	<b>10:00</b> ● Inspiration for the Day <b>10:30</b> ● Pumpkin Painting <b>11:00</b> ● Fun & Funky Coloring <b>11:30</b> ● Matching Sets <b>2:00</b> ● Cinnamon Coffee Cake <b>2:00</b> ● Women's Needle Club <b>3:15</b> ● Bird Watching and Afternoon Walk <b>5:30</b> ● Things You Do in the Fall <b>6:00</b> ● Prayer Box	<b>10:00</b> ● Word Affirmation <b>10:30</b> ● Mosaic Art work <b>11:00</b> ● Apple Tasting <b>11:30</b> ● Fall Coloring Page <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Trivia Challenge <b>5:30</b> ● Finish the Phrase <b>6:00</b> ● Blues Hour	<b>10:00</b> ● Word Expression <b>10:30</b> ● Dominoes <b>11:00</b> ● Scarecrow Craft <b>11:30</b> ● Ribbon Exercise <b>11:30</b> ● Community Outing <b>2:00</b> ● Snack & Chat <b>3:00</b> ● Finish My Phrase <b>5:30</b> ● Sing with Me	<b>10:00</b> ● Fall Bingo Check-off <b>10:30</b> ● Tissue Paper Leaves <b>11:00</b> ● Apple Craft <b>11:30</b> ● Apple Cider Social <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Apple Crisp Snack <b>5:30</b> ● Let's Create a Story <b>6:00</b> ● Sing with Me	<b>10:00</b> ● Words of Joy <b>10:30</b> ● Let's Move to Music <b>11:00</b> ● Hand Massage <b>11:30</b> ● Fall Word Search <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Taste of Autumn <b>5:30</b> ● Joggin your Noggin <b>6:00</b> ● Nightly Jazz
<b>10:00</b> ● Gospel Hour <b>10:30</b> ● Bible Trivia <b>11:00</b> ● Candy Corn Bingo <b>11:30</b> ● The Price is Right <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Toe Tapping Tunes <b>5:30</b> ● Fall Scent Guessing <b>6:00</b> ● Religious Hour	<b>COLUMBUS DAY</b> <b>10:30</b> ● Matching & Peg Art <b>10:30</b> ● Leaf Rubbing <b>11:00</b> ● Water Painting <b>11:30</b> ● Autumn Walk & to the Blues <b>2:00</b> ● Taste of Fall <b>3:15</b> ● Afternoon Tea Social <b>5:30</b> ● Singalong <b>6:00</b> ● Meditation	<b>10:00</b> ● Card Games <b>10:30</b> ● Pamper Me <b>11:00</b> ● Word Search Challenge <b>11:30</b> ● Chair Exercise <b>3:00</b> ● Fall Scene Artwork <b>5:30</b> ● Beach Ball Question <b>6:00</b> ● Prayer Box	<b>10:00</b> ● Words of Encouragement <b>10:30</b> ● word search challenge <b>11:00</b> ● Dominoes <b>11:30</b> ● Trivia Challenge <b>2:00</b> ● Food Network <b>3:00</b> ● Apple Taste Test <b>5:30</b> ● Give Me Three <b>6:00</b> ● Fall Poems	<b>10:00</b> ● Word Expression <b>10:30</b> ● Splash Paint <b>11:00</b> ● Scarecrow Craft <b>11:30</b> ● Hand Massage <b>2:00</b> ● Snack & Chat <b>3:00</b> ● Pamper Me <b>5:30</b> ● Trivia Challenge <b>6:00</b> ● Smooth Music	<b>10:00</b> ● Fall Bingo Check-off <b>10:30</b> ● Tissue Paper Leaves <b>11:00</b> ● Apple Craft <b>11:30</b> ● Apple Cider Social <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Apple Crisp Snack <b>5:30</b> ● Let's Create a Story <b>6:00</b> ● Sing with Me	<b>10:00</b> ● Words of Joy <b>10:30</b> ● Let's Move to Music <b>11:00</b> ● Hand Massage <b>11:30</b> ● Fall Word Search <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Taste of Autumn <b>5:30</b> ● Joggin your Noggin <b>6:00</b> ● Nightly Jazz
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<b>10:00</b> ● Gospel Hour <b>10:30</b> ● Bible Trivia <b>11:00</b> ● Candy Corn Bingo <b>11:30</b> ● The Price is Right <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Toe Tapping Tunes <b>5:30</b> ● Fall Scent Guessing <b>6:00</b> ● Religious Hour	<b>9:30</b> ● Crazy Sock Day <b>10:30</b> ● Matching & Peg Art <b>10:30</b> ● Leaf Rubbing <b>11:00</b> ● Water Painting <b>11:30</b> ● Autumn Walk & to the Blues <b>2:00</b> ● Taste of Fall <b>3:15</b> ● Afternoon Tea Social <b>5:30</b> ● Singalong <b>6:00</b> ● Meditation	<b>9:30</b> ● Hat Day <b>10:00</b> ● Card Games <b>10:30</b> ● Pamper Me <b>11:00</b> ● Word Search Challenge <b>11:30</b> ● Chair Exercise <b>3:00</b> ● Fall Scene Artwork <b>5:30</b> ● Beach Ball Question <b>6:00</b> ● Prayer Box	<b>9:30</b> ● Sports Fan Day <b>10:00</b> ● Words of Encouragement <b>10:30</b> ● word search challenge <b>11:00</b> ● Dominoes <b>11:30</b> ● Trivia Challenge <b>2:00</b> ● Food Network <b>3:00</b> ● Apple Taste Test <b>5:30</b> ● Give Me Three <b>6:00</b> ● Fall Poems	<b>9:30</b> ● Tie-Dye & Blue Jeans <b>10:00</b> ● Word Expression <b>10:30</b> ● Splash Paint <b>11:00</b> ● Scarecrow Craft <b>11:30</b> ● Ribbon Exercise <b>2:00</b> ● Snack & Chat <b>3:00</b> ● Pamper Me <b>5:30</b> ● Trivia Challenge <b>6:00</b> ● Smooth Music	<b>10:00</b> ● Fall Bingo Check-off <b>10:30</b> ● Trivia Challenge <b>11:00</b> ● Apple Craft <b>11:30</b> ● Animal Sounds Which Animal Is It? <b>2:00</b> ● A Game of Checkers, Anyone? <b>3:00</b> ● Apple Crisp Snack <b>6:00</b> ● Sing with Me	<b>10:00</b> ● Morning Scenic Walk <b>10:30</b> ● Football Trivia <b>11:00</b> ● Finish The Fall Story <b>11:30</b> ● Fall Word Search <b>2:00</b> ● Cooking Channel <b>3:00</b> ● Book Group Reading <b>5:30</b> ● Joggin your Noggin

## HALLOWEEN 31

**10:00** ● Gospel Hour  
**10:30** ● Bible Trivia  
**11:30** ● The Price is Right  
**2:00** ● Cooking Channel  
**3:00** ● Toe Tapping Tunes  
**6:00** ● Religious Hour



“A smile is a curve that sets everything straight.”

—Phyllis Diller



RECAP: HOW WE STAYED  
CONNECTED THIS MONTH

# hispanic heritage month

Memory Care enjoyed Hispanic Heritage Month through artwork, a variety of taste tests, and we learned some basic Spanish words.



IT'S OUR PLEASURE TO  
SERVE YOU ...

## *word from your leadership team*

### FLU CLINIC AT ATRIUM VILLAGE

There are many reasons to get an influenza (flu) vaccine each year. Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications.

Below is a summary of the benefits of flu vaccination and selected scientific studies that support these benefits.

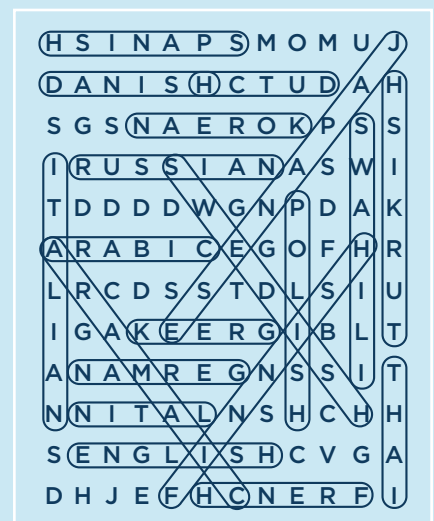
- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination is an important preventive tool for people with certain chronic health conditions.
- Flu vaccine can be lifesaving in children.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

**CONTENT SOURCE:** Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

Atrium Village will be having our annual Flu Clinic on Oct. 14, 2021. While this is not a guarantee, an annual flu vaccine is still the best way to reduce the risk of getting sick and spreading to others in the Community. We will be posting information at the Front Desk about specific dates and procedures for receiving a vaccination. We are hoping that every member of our Community will take advantage of this service and receive the flu shot early this season.



## TRAIN YOUR BRAIN *solution*



SENIOR  
LIFESTYLE  
your life, your style

