### the AUGUST 2019 newsletter

# Remington House

INDEPENDENT LIVING & PERSONAL CARE

1504 RENAISSANCE DRIVE | CONYERS, GA 30012 | 770-761-4888

#### **IT'S OUR PLEASURE** TO SERVE YOU .... word from your executive director

MAKE JOY YOUR COMPANION

The value of a smile is often underestimated. If you agree that it is quite important to smile even when you just wake up each day, it may change your outlook on your life and those around you. Consider the fact that you woke up! This is not a small thing, because so many others did not wake up today. Isn't it great that you woke up? So smile. Then look around and if someone is there, smile at them. For so many people, someone dear to them did not wake up today. Wow, it's a great day. Then go out and look at the trees and other things nature has provided us. How wonderful! A smile is a sign of joy, so let's make joy our companion and share it with others as we embrace it for ourselves. Our Remington House staff is committed to helping you find reason to smile each day.



## THIS MONTH'S silver stars

#### MR. AND MRS. LELAND AND MARIE DAVIS

Mr. Davis was born in Atlanta, Ga. and Mrs. Davis was born in Pinehurst, Ga. Marie was raised in the Georgia Baptist Children's Home, in Atlanta, Ga., and Lee was raised on a Dairy Farm in Atlanta, Ga. They met in Hapeville High School. They married in August 1953 at the Georgia Baptist Children's Home. Leland has one sister who is 90 and a brother who is 83. Marie had two sisters and one brother, all of them are deceased. Mr. and Mrs. Davis will celebrate



Mr. and Mrs. Leland and Marie Davis

their 66th wedding anniversary on Aug. 7, 2019. They have lived in New Orleans; Miami, Fla.; Atlanta, Ga.; New London, Conn.; Port Angeles, Wash., Seattle, Wash.; Astoria, Ore.; Honolulu, Hawaii; Governors Island, N.Y.; and Panama City Beach, Fla. Mr. and Mrs. Davis have two daughters, Donna and Karen, and one son, Terrell, and they live in Dubuque, Iowa; Conyers, Ga.; and Pensacola, Fla. They are the proud grandparents of 12 grandchildren and 12 great-grandchildren. Lee retired as a Medical Administrator from active duty in the Coast Guard after 25 years of service. Lee also retired from St. Paul Insurance as a safety inspector. Marie worked at Southern Bell, was a bank secretary and was also a homemaker. Their travels included cruises to the Caribbean Islands and a visit to Hawaii. Marie's favorite destination was Connecticut, while Lee's favorite was Governors Island, N.Y. While they both sang in choral groups, Marie plays the clarinet and the violin, and Lee plays the piano. They both enjoy listening to church hymns. Their daughter, Karen, has been a volunteer with us for several years and conducts our Gospel Singalong each month. We are happy to have her parents join our family.

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**TRAIN YOUR** BRAIN search for bugs

Trunetta Reese

calendar&activities AUG 2019	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<pre>independent living &amp; personal care BE INSPIRED Output Output</pre>			BINGO MONDAY 9:30-10 a.m. Activities Room TUESDAY 2-2:45 p.m. Activities Room	STORE THURSDAY 10:15-10:45 a.m. Activities Room FRIDAY 1:30-1:45 p.m. Activities Room	10:00       Crafts   AAR       1         11:00       Chair       Toning   RDR         11:35       Chair Toning   KDR         1:30       Card Game 21   AGR         2:40       Rummikub   RDR         4:00       Word in a         Word   RTVR         6:00       Movie   T         6:15       Bingo   KDR	9:15 • Walmart Store 11:00 • Chair Toning  RDR 11:35 • Chair Toning  KDR 1:30 • 21 Card Game  AGR 2:00 • X Game  ADR 3:15 • De-Stress Coloring  RDR 4:00 • Wii Bowling  ATVR 4:00 • Rummikub  RDR	9:30 • The Barista   ADR 3 2:00 • T Game   ADR 2:00 • Poker   R2FL 3:15 • Wii Bowling   ATVR 3:30 • Wii Bowling   KTVR
AMBASSADOR ACTIVITIES ROOM – AAR AMBASSADOR CONFERENCE ROOM – CR AMBASSADOR DINING ROOM – ADR AMBASSADOR GAME ROOM – AGR AMBASSADOR LIBRARY – L AMBASSADOR LOBBY – AL AMBASSADOR TV	10:00Chapel Service   DC41:30Worship Service   RTVR2:00Wii Bowling   ATVR2:30Movie   T3:00Trivia   RTVR	9:15 • The Barista   ATVR 5 10:00 • Four Corners   RDR 11:00 • Chair Toning   RDR 11:35 • Chair Toning   KDR 1:30 • Card Game 21   AGR 3:00 • Wii Bowling   ATVR 4:00 • Who Am I?   ATVR	10:00 Bible Study   RTVR 6 11:00 Chair Toning   RDR 11:35 Chair Toning   KDR 1:30 21 Card Game   AGR 2:00 Crafts   AAR 4:00 "Family Feud"   T 6:00 Movie   KTVR 6:00 Big Picture Frame   ADR	9:15 • Publix Store on Milstead <b>7</b> 10:00 • The Barista   ATVR 11:00 • Chair Toning   RDR 11:35 • Chair Toning   KDR 1:30 • Card Game 21   AGR 2:30 • Rummikub   KTVR 4:00 • Word in a Word   KTVR	10:00       Crafts   AAR       8         11:00       Chair       Toning   RDR         11:35       Chair Toning   KDR         1:30       Card Game 21   AGR         2:40       Rummikub   RDR         4:00       Word in a         Word   RTVR         6:00       Movie   T         6:15       Bingo   KDR	<ul> <li>9:15 • Walmart Store</li> <li>9:15 • Chair Toning  RDR</li> <li>11:35 • Chair Toning  KDR</li> <li>1:30 • 21 Card Game  AGR</li> <li>2:00 • X Game  ADR</li> <li>3:15 • De-Stress Coloring  RDR</li> <li>4:00 • Wii Bowling  ATVR</li> <li>4:00 • Rummikub  RDR</li> </ul>	9:30 • The Barista   ADR 10 11:00 • UNO Game   KTVR 2:00 • T Game   ADR 3:15 • Wii Bowling   ATVR 3:30 • Wii Bowling   KTVR
ROOM — <i>ATVR</i> COURTYARD — <i>CY</i> DIPLOMAT CHAPEL — <i>DC</i> KINGSTON DINING ROOM — <i>KDR</i> KINGSTON TV ROOM — <i>KTVR</i> REGENCY 2ND FLOOR LOBBY — <i>R</i> 2 <i>FL</i> RENAISSANCE DINING ROOM — <i>RDR</i> RENAISSANCE TV	10:00 • Chapel Service   DC 11 1:30 • Worship Service   RTVR 2:00 • Wii Bowling   ATVR 2:30 • Movie   T 3:00 • Trivia   RTVR	9:15 • The Barista   ATVR 12 10:00 • Four Corners   RDR 11:00 • Chair Toning   RDR 11:35 • Chair Toning   KDR 1:30 • Card Game 21   AGR 3:00 • Wii Bowling   ATVR 4:00 • What Am I? Trivia   ATVR	10:00       Bible Study   RTVR       13         11:00       Chair Toning   RDR         11:35       Chair Toning   KDR         1:30       21 Card Game   AGR         2:00       Crafts   AAR         3:00       Welcome New Residents' Reception   ADR         4:00       "Family Feud"   T         6:00       Big Picture Frame   ADR	<ul> <li>9:15 • Kroger/ Dollar Tree</li> <li>10:00 • The Barista   ATVR</li> <li>10:00 • Independent Residents' Council Meeting   CR</li> <li>11:00 • Chair Toning   RDR</li> <li>11:35 • Chair Toning   KDR</li> <li>1:30 • Card Game 21   AGR</li> <li>2:30 • Rummikub   KTVR</li> <li>3:00 • Gospel Singalong   DC</li> <li>4:00 • Word in a Word   KTVR</li> </ul>	10:00       Crafts   AAR       15         11:00       Chair       Toning   RDR         11:35       Chair Toning   KDR         1:30       Card Game 21   AGR         2:40       Rummikub   RDR         4:00       Word in a         Word   RTVR         6:00       Movie   T         6:15       Bingo   KDR	9:15 • Walmart Store 11:00 • Chair Toning  RDR 11:35 • Chair Toning  KDR 1:30 • 21 Card Game  AGR 2:00 • X Game  ADR 3:15 • De-Stress Coloring  RDR 4:00 • Wii Bowling  ATVR 4:00 • Rummikub  RDR	9:30 • The Barista   ADR 2:00 • T Game   ADR 2:00 • Poker   R2FL 3:15 • Wii Bowling   ATVR 3:30 • Wii Bowling   KTVR
ROOM – <i>RTVR</i> THEATER IN REGENCY BUILDING – <i>T</i> <b>TRANSPORTATION</b> SCHEDULE MONDAY & WEDNESDAY g a.m1 p.m. Medical Transportation	<ul> <li>10:00 • Chapel Service   DC</li> <li>10:30 • Sunday Morning Service   KTVR</li> <li>1:30 • Worship Service   RTVR</li> <li>2:00 • Wii Bowling   ATVR</li> <li>2:30 • Movie   T</li> <li>3:00 • Trivia   RTVR</li> </ul>	9:15 • The Barista   ATVR 10:00 • Four Corners   RDR 11:00 • Chair Toning   RDR 11:35 • Chair Toning   KDR 1:30 • Card Game 21   AGR 2:00 • Music with Kathy   RTVR 3:00 • Wii Bowling   ATVR 4:00 • Who Am I?   ATVR	10:00       Bible Study   RTVR       20         11:00       Chair Toning   RDR         11:35       Chair Toning   KDR         1:30       21 Card Game   AGR         2:00       Crafts   AAR         3:00       Kingston Town Hall Meeting   KTVR         4:00       "Family Feud"   T         6:00       Big Picture Frame   ADR	9:15 • Publix Store on Milstead 21 10:00 • The Barista  ATVR 11:00 • Chair Toning  RDR 11:35 • Chair Toning  KDR 1:30 • Card Game 21  AGR 2:30 • Rummikub  KTVR 3:00 • Gospel Singalong  DC 4:00 • Word in a Word  KTVR	10:00       Crafts   AAR       22         11:00       Chair       Toning   RDR         11:35       Chair Toning   KDR         1:30       Card Game 21   AGR         2:40       Rummikub   RDR         4:00       Word in a         Word   RTVR         6:00       Movie   T         6:15       Bingo   KDR	9:15 • Walmart Store 23 11:00 • Chair Toning  RDR 11:35 • Chair Toning  KDR 1:30 • 21 Card Game  AGR 2:00 • X Game  ADR 3:15 • De-Stress Coloring  RDR 4:00 • Wii Bowling  ATVR 4:00 • Rummikub  RDR	9:30 • The Barista   ADR 24 11:00 • UNO Game   KTVR 2:00 • T Game   ADR 3:15 • Wii Bowling   ATVR 3:30 • Wii Bowling   KTVR
WEDNESDAY 9:15 a.m. Shopping At Publix Or Kroger FRIDAY 9:15 a.m. Walmart Activities are subject to change	10:00Chapel Service  DC251:30Worship Service  RTVR2:00Wii Bowling  ATVR2:30Movie  T3:00Trivia  RTVR	9:15 • The Barista   ATVR 26 10:00 • Four Corners   RDR 11:00 • Chair Toning   RDR 11:35 • Chair Toning   KDR 1:30 • Card Game 21   AGR 3:00 • Wii Bowling   ATVR 4:00 • What Am I? Trivia   ATVR	10:00       Bible Study  RTVR       27         11:00       Chair Toning  RDR         11:35       Chair Toning  KDR         1:30       21 Card Game  AGR         2:00       Crafts  AAR         3:00       Renaissance Town Hall Meeting  RTVR         4:00       "Family Feud"   T         6:00       Big Picture Frame  AAR	9:15 • Kroger/ Dollar Tree <b>28</b> 10:00 • The Barista   ATVR 11:00 • Chair Toning   RDR 11:35 • Chair Toning   KDR 1:30 • Card Game 21   AGR 2:30 • Rummikub   KTVR 4:00 • Word in a Word   KTVR	10:00       Crafts   AAR       29         11:00       Chair       Toning   RDR         11:35       Chair Toning   KDR         1:30       Card Game 21   AGR         2:40       Rummikub   RDR         4:00       Word in a         Word   RTVR         6:00       Movie   T         6:15       Bingo   KDR	<ul> <li>9:15 • Walmart Store 30</li> <li>11:00 • Chair Toning  RDR</li> <li>11:35 • Chair Toning  KDR</li> <li>1:30 • 21 Card Game  AGR</li> <li>2:00 • X Game  ADR</li> <li>3:15 • De-Stress Coloring  RDR</li> <li>4:00 • Wii Bowling  ATVR</li> <li>4:00 • Rummikub  RDR</li> </ul>	9:30 • The Barista   ADR 31 2:00 • T Game   ADR 2:00 • Poker   R2FL 3:15 • Wii Bowling   ATVR 3:30 • Wii Bowling   KTVR

# EVENT RECAP the fourth of july

Our Fourth of July event kept our residents quite busy beginning with the patriotic music in the morning and the annual Watermelon Seed Spitting Contest in the afternoon.

This year, our 1st Place Winner was Mr. Tom Nesbitt, 2nd Place Winner was Mr. Don Holland and 3rd Place Winner was Ms. Robin Jackson.

Our audience enjoyed the event as they cheered and munched on delicious watermelon. Next, Sylvia served us refreshing snow cones in our choice of flavors. Moving on, we had our Country Front Porch Singalong with a surprise appearance by Mrs. Mary Cone and her happy fingers. After a pause from dinner, we moved to the Theatre to watch a movie and then to the Kingston to play bingo. Wow, it was a Happy Fourth of July.

# THIS MONTH'S *heart hero*

#### HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month's HEART Hero is ALANNA CARR, our new Concierge. Although Alanna has been with us only a short time, she has already proven that she understands the concept of teamwork. Alanna is a native of Brooklyn, N.Y., an only child and has a beautiful three-year-old daughter. Alanna is currently studying



Alanna Carr

to become a medical assistant, then go on to veterinarian school. Alanna enjoys studying classwork for school, taking her daughter to explore new things, and traveling with friends and family. As Concierge, Alanna has an opportunity to interact with the residents and help them at various times. By doing so, she has a chance to do her best and sometimes go beyond what she thought her abilities would allow. Alanna would like for everyone to know that she is a loving and caring person and will always make our residents her number one priority at all times.

Alanna believes it is important to greet everyone with a smile — it is contagious and goes a long way. It can make a difference in someone's day. Alanna believes in always going the extra mile for anyone in need. Alanna wants to make sure the residents feel loved and safe. She also looks forward to being able to spend time with them individually and learn as much as possible from them.

Thank you Alanna, for all you do.



Winners of Watermelon Seed Spitting Contest: Tom 1st., Don 2nd, & Robin 3rd



Old Time Singalong

### JOIN US THIS MONTH FOR *picnic at turner lake*

Join us this month for our trip to Turner Lake in Newton County. Our plan is to enjoy the park. More information soon.



Turner Lake Picnic

#### MANAGEMENT TEAM

Trunetta Reese, Executive Director Soni Browne, Director of Resident Programs Veronica Lindsay, Business Office Manager Leslie Piper, Director of Sales & Marketing Kaye Penn, Dining Services Director Jennifer Williams-Owens, Health and Wellness Director Mario Thomas, Director of Maintenance

# TRAIN YOUR **BRAIN** *solution*

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