



The

VERNON *Voices*

F E B R U A R Y



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We Love Family Visits

It is truly a joy to have our family members visit Vernon Woods and join us for meals. *Pictured below (beginning at top)* are residents Liz McClearn, Maurine Smith, Jeanette Morgan and Helen Childers enjoying a meal with their respective family members.



Puzzled?



Join us at the puzzle table in the Vernon Terrace Lounge where our residents create beautiful masterpieces. Everyone particularly enjoyed seeing this colorful bluebird come to life!

Candlelight Dinner to Celebrate Valentine's Day

Vernon Woods will celebrate Valentine's Day on Tuesday, February 14th. Chef Jeff has planned a special meal by candlelight for both the noon lunch and the dinner meals. The evening meal will be followed by live romantic entertainment. As usual, guests are encouraged to attend at a cost of \$18.00 per person. However guest accommodations are limited, so please call in your guest reservations as soon as possible to (706) 880-7300. Love is in the air here at Vernon Woods this Valentine's Day!

Great Outings!

Vernon Woods has some wonderful excursions planned for you this month. Check your calendar and come along to see **Ralph and Van Live** at Old Mill in Moreland. Enjoy the music of "Songs of Faith" or lunch at the **Aspen Mountain Grill** in Pine Mountain. We'll see "A Turn for the Nurse" in West Point and catch "A Shot in the Dark" at LSPA. Round out the month with part two of the **3-D Journey Lecture** on Ireland at LaGrange College. So much to do, so little time!

Super Events!

Start off February with our big **SuperBowl Party**. Enjoy a festive time as we get ready for the biggest game of the year with food and fun!



Get ready for a fabulous **Mardi Gras Celebration**, featuring the best of New Orleans, on Monday, the 20th.

Caring Hearts Recognition Program

Vernon Woods has so many wonderful associates that often go above and beyond their normal job duties. If one of our associates has done this for you, please consider nominating him or her for this award. Nomination forms are located in the mail-

rooms at the direct line boxes. Nominations will be posted on the board in the connector hallway and one associate will receive the award each month as the most outstanding.

Our Associates are "Living Gracefully"

During 2011, Vernon Woods' associates and all of Grace Management properties were challenged to get healthy and fit by participating in the Living Gracefully program. Twenty-six associates signed up for the program that measured fitness and health habits such as exercise, smoking cessation, and weight loss on a point scale. Rewards were given for reaching certain point levels and 8 associates reached the 600 point level which awarded a Living Gracefully t-shirt. Five more went on to receive the highest level of 750 points. Shown L to R, Front: Michelle Smith, Rosemary Smith, Theresa Harper. Back: Denise Dixon, Susan Burdick, Kathy Howard. Not pictured: Pam Dowell, P.J. Hairston.



More Reasons to Exercise

Scientists are continually exploring the connections between the brain and the body, and they've learned more over the past 10 years than in the previous century. With the introduction of MRI's and PET scans, researchers can more effectively study the workings of the human brain in action.

Discoveries affirm that what is good for the body, is good for the brain. Not only does the "use it or lose it" adage relate to muscular and cardiovascular fitness, but it also refers to brain health as well. They've discovered that the brain can change in response to exercise and other positive lifestyle choices at age nine months or 90 years.

Without exercise, the body's organs work less efficiently together. When that happens, less oxygen

and glucose gets to the blood. In addition, a sedentary lifestyle is a risk factor for heart disease, diabetes, cancer, stroke, obesity, and high blood pressure, which all affect the brain's function.

So join us for our many live exercise classes tailored for seniors including **Zumba Gold**, **Chair Yoga**, **Tai Chi**, **Ready-Set-Go** and **Walking with Ruthie**. If you like to exercise on your own, consider using the Fitness Room equipment or walking in the hallways or outside when the weather is nice. You'll not only help your body, but also your brain, your balance, and your energy level. You're never too old to start!

Source: *The Journal on Active Aging*

Educational Programs

This year, we are making a concerted effort to offer more educational programs for our residents. This was a direct result of suggestions from the Resident Satisfaction Surveys. Activities will center around monthly themes and feature speakers, programs and activities focused on improving our health and overall well-being. More information on specifics to be announced prior to the events. Here's a month-by-month guide to our topics...

- January.....Fit Lifestyle
- February.....Heart Education
- March.....Red Cross
- April.....Foot Health
- May.....Hearing/Healthy Skin
- June.....Vision
- July.....Medications/
Dental Health
- August.....Diabetes Management
- September.....Memory & Brain Health
- October.....Financial Services
- November.....Hospice Services
- December.....Healthy Skin



Notes of Interest

Vernon Woods extends sympathy to the families of **Tom Gurr** and **Bob Johnson** on their recent passing. They will be dearly missed.

Congratulations to **Christina Bunn**, Resident Assistant, on the birth of her son, **Hunter Levi** on January 25th.



RESIDENTS

Elmo Bradfield
February 16th

Skip Waltemath
February 17th

Anne Coxhead
February 20th

Memory Johnson
February 20th

Shirley Nicol
February 20th

Liz McClearn
February 22nd

Harry Cook
February 25th

Virginia Smith
February 26th

Allene Todd
February 29th

ASSOCIATES

Dana Neese
February 9th

Melvina Hardy
February 11th

Tisha Bell
February 13th

Sally McIver
February 16th

Pam Wood
February 26th

We hope you enjoy a wonderful celebration!



101 Vernon Woods Drive
LaGrange, GA 30240
(706) 812-2899

www.vernonwoods.com

OUR STAFF...

"AT YOUR SERVICE"

Susan Burdick.....Executive Director

Jeffery Tucker..Food Service Director

Kathy Howard.....Leasing Director

Ruth Huckabee.....Vernon Terrace
Life Enrichment Director

Sally McIver.....Vernon Crest
Life Enrichment Director

Bob Hale.....Maintenance Director

Michelle Smith
.....Business Office Manager

Cheryl Messer.....Wellness Director

Welcome Our Newest Residents



Jo Stark
Vernon Crest



John McDermond
Vernon Terrace



Anne Whipple
Vernon Terrace



John Whipple
Vernon Terrace

February 2012 Menu

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 <p><i>Menu Approved by Vernon Woods Food Service Committee</i></p> <p>Jeffery Tucker, Food Service Director</p>	<p>Potato and Bacon Soup 1 Vegetable Soup Congealed/Tossed Salad Pork Chops with Onion Sauce Fried/Baked Chicken Squash Casserole Field Peas, Baked Potato Steamed Carrots Peach Cobbler</p>	<p>Navy Bean Soup 2 Vegetable Soup Carrot and Raisin Salad Tossed Salad Meatloaf, Liver & Onions Green Cabbage Blackeyed Peas White Shoe Peg Corn Mashed Turnips Pecan Pie</p>	<p>Chicken Soup 3 Vegetable Soup Coleslaw/Tossed Salad Shrimp Scampi Cubed Steak Squash and Carrots Broccoli and Cauliflower Mix Asparagus, Rice Pilaf Boston Cream Pie</p>	<p>Cream of Broccoli 4 Vegetable Soup Congealed/Tossed Salad Pork Marsala Anniversary Chicken Sautéed Spinach Broiled Tomatoes Mashed Butternut Squash Roasted Potatoes Lemon Ice Box Pie</p>			
	<p>NOON BUFFET 5 Fruit/Tossed Salad Turkey and Dressing with Cranberry Sauce Flank Steak Green Beans Malibu Vegetables Steamed Asparagus Mashed Potatoes Assorted Breads, Desserts</p>	<p>Beef Barley Soup 6 Vegetable Soup Carrot and Raisin Salad Tossed Salad Baked Pork Chops Fried/Lemon Baked Catfish Crowder Peas Cabbage, Squash Medley Sweet Potato Fries Carrot Cake</p>	<p>Vegetable Soup 7 Chicken Noodle Soup Congealed/Caesar Salad Vegetable Lasagna Cubed Steak Steamed Carrots Fried Okra Shoe Peg Corn Herb Rice Apple Turnover</p>	<p>Cauliflower & Cheese/ 8 Vegetable Soup Tomato Asp/ Tossed Salad Meatloaf Baked/Fried Chicken Field Peas Glazed Beets Green Beans Macaroni and Cheese Peach Pie</p>	<p>Potato/Vegetable Soup 9 Tossed Salad Peaches w/Cottage Cheese Beef Stroganoff Stuffed Tilapia Zucchini and Carrots Creamed Spinach Yellow Corn Egg Noodles Banana Pudding</p>	<p>Mushroom Soup 10 Vegetable Soup Congealed/Tossed Salad Stuffed Cabbage Pork Marsala Steamed Broccoli Yellow Squash with Red Onions Pinto Beans Scalloped Potatoes Key Lime Pie</p>	<p>Cream of Broccoli/ 11 Vegetable Soup Spinach/Tossed Salad Whole Wheat Spaghetti with Meat Sauce Chicken Curry Carrot Soufflé Broiled Tomatoes Mixed Vegetables Rice with Brown Gravy Cheesecake</p>
	<p>NOON BUFFET 12 Fruit/Tossed Salad Chicken Marsala Prime Rib Malibu Vegetables Green Peas Steamed Cauliflower Mashed Potatoes Assorted Breads Assorted Desserts</p>	<p>Potato Soup 13 Vegetable Beef Soup Coleslaw/Tossed Salad Ham Steak Fried/Baked Chicken Pinto Beans Steamed Broccoli Squash Casserole Scalloped Potatoes Lemon Ice Box Pie</p>	<p>VALENTINE'S DAY 14 Vegetable/Potato Soup Tossed/Spinach Salad Grilled Filet Grilled Shrimp Asparagus with Roasted Peppers Tower Potatoes White/Wheat Rolls Chocolate Heart Cakes</p>	<p>Potato Soup 15 Vegetable Soup Chef/Congealed Salad Beef Tenderloin Stuffed Bell Peppers Green Beans Brussels Sprouts Steamed Carrots Rice and Tomatoes Banana Pudding</p>	<p>Tomato Soup 16 Vegetable Soup Tossed/Shrimp Salad Fried/Baked Chicken Meatloaf Turnip Greens Green Beans Yellow Corn Mashed Potatoes Red Velvet Cake</p>	<p>Shrimp Bisque 17 Vegetable Soup Tomato Asp/ Tossed Salad Beef Pot Pie Vegetable Lasagna Asparagus Butter Beans Zucchini and Carrots Sweet Potato Fries French Silk Pie</p>	<p>Cream of Broccoli/ 18 Vegetable Soup Carrot & Raisin/Tossed Salad Baked Pork Chop Shrimp Scampi Over Wheat Pasta Green Peas Stewed Tomatoes with Okra Steamed Cauliflower Scalloped Potatoes Strawberry Cream Pie</p>
	<p>NOON BUFFET 19 Garden/Spinach Salad Glazed Ham Herb Roasted Hen Green Beans Almondine Asparagus Orange Glazed Carrots Mashed Potatoes Assorted Breads Assorted Desserts</p>	<p>Beef and Potato Soup 20 Vegetable Soup Congealed/Tossed Salad Chicken and Dumplings Pork Chops with Apples and Onions Green Peas Steamed Cauliflower Squash Casserole Mashed Potatoes Sweet Potato Pie</p>	<p>Cream of Broccoli/ 21 Vegetable Soup Coleslaw/Tossed Salad Fried/Baked Tilapia Pulled BBQ Pork Baked Beans Green Beans Sautéed Asparagus French Fries Brownies</p>	<p>Chicken Noodle/ 22 Vegetable Soup Caesar/Chef Salad Roast Beef Veal Parmesan Yellow Corn Mixed Vegetables Zucchini and Red Peppers Scalloped Potatoes Strawberry Shortcake</p>	<p>Potato Soup 23 Vegetable Soup Tomato Asp Tossed Salad Pork Loin Fried/Grilled Shrimp Broccoli Casserole Green Peas, Rice Pilaf Malibu Vegetables Lemon Cake</p>	<p>Tomato Soup 24 Vegetable Soup Congealed/Tossed Salad Cubed Steak Fried/Baked Chicken Baked Butternut Squash Collard Greens Cabbage Macaroni and Cheese Pecan Pie</p>	<p>Corn Chowder 25 Vegetable Soup Mushroom/Tossed Salad Liver and Onions Lamb Chops Green Beans, Pinto Beans Sautéed Squash Baked Sweet Potato Cheesecake with Strawberries</p>
	<p>NOON BUFFET 26 Tossed Salad Tomato & Cucumber Salad Herb Roasted Hen Sliced Pork Loin Green Bean Casserole Roasted Carrots Acorn Squash Scalloped Potatoes Assorted Breads, Desserts</p>	<p>Cheese Soup 27 Vegetable Soup Pears with Cottage Cheese Tossed Salad Beef Tips Veal Parmesan Over Pasta Lima Beans, Beets Mixed Vegetables Brown Rice Egg Custard Pie</p>	<p>French Onion Soup 28 Vegetable Soup Congealed/Tossed Salad Chicken Florentine Beef Stew Sautéed Zucchini Broccoli Casserole Malibu Vegetables Baked Sweet Potato Banana Pudding</p>	<p>Potato and Bacon/ 29 Vegetable Soup Congealed/Tossed Salad Pork Chops with Onion Sauce Fried/Baked Chicken Squash Casserole Field Peas, Baked Potato Steamed Carrots Peach Cobbler</p>	<p><i>mardi gras</i> Monday, February 20th</p>		