

WHAT'S COMING UP

August 2nd

National Ice Cream
Sandwich Day

August 3rd

National Watermelon Day

August 6th

National Root Beer Float
Day

August 7th

Purple Heart Day

August 9th

National Book Lovers Day

August 14th

Navajo Code Talkers Day

August 15th

National Relaxation Day

August 16th

National Tell a Joke Day

August 19th

World Humanitarian Day

August 24th

National Peach Pie Day

August 26th

Women's Equality Day

August 31st

Eat Outside Day



AUGUST 2023 NEWSLETTER



Riverwood
Senior Living

Hello Residents,

Welcome to August! We hope you are enjoying your summer so far and staying active. According to the CDC, adults 65 and older need at least 150 minutes total of moderate intensity activity each week. So, we are excited to partner with Centerwell Home Health to roll out the new "Step On It" program that encourages residents to keep moving and have fun while doing it. With pedometers, participant guidebooks, tracking diaries, and certificates, we will provide each resident with everything they need to keep them moving and motivated, celebrating their milestones along the way. The more we move, the better life gets! Physical activity may help prevent or delay age-related health problems and keep muscles strong, enabling seniors to see more, do more, and live on their terms. On this exciting journey with the "Step On It" program, we will be tracking 656 miles from Rome, GA, to Washington, DC!

Do you have any loved ones who would enjoy exceptional living at Regency with you? Would you like a free month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500.00 for each referral who becomes a resident after they've lived with us for 60 days. Our community is already such a blessing, and we would love to welcome your friends and loved ones to join us as residents as well.

Sincerely,

Selina Bradley, Executive Director

Friends Make the Best Neighbors

Would you like a free* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident.

*Referring residents will be paid out 90 days from the move-in date.



Riverwood Community Event — July

Our residents enjoyed a cookout, live music, a petting zoo, and a snow cone truck! Everyone had a blast eating great food and enjoying the music and animals.



4th of July Celebration at Riverwood — July

Our patriotism shines brightly at Riverwood. We celebrated with a sing-along to all our favorite patriotic tunes with Terri Helton! We waved our flags and showed our love for our country and the freedom we are privileged to enjoy each day.



Lunch at Olive Garden in Rome! — July

Our residents enjoyed a lovely Italian lunch at the Olive Garden restaurant in Rome! We indulged in delicious pastas, fresh salads, and great company.



Sand Painting Craft — July

Our talented residents had fun creating a sand painting of flowers! It was a great creative outlet for all who joined.

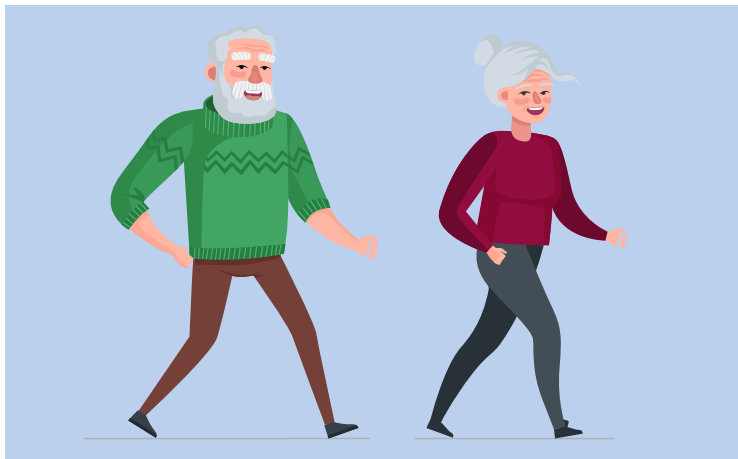




Jim N' Nicks BBQ Lunch

August 1st, 11:00 am - 12:30 pm

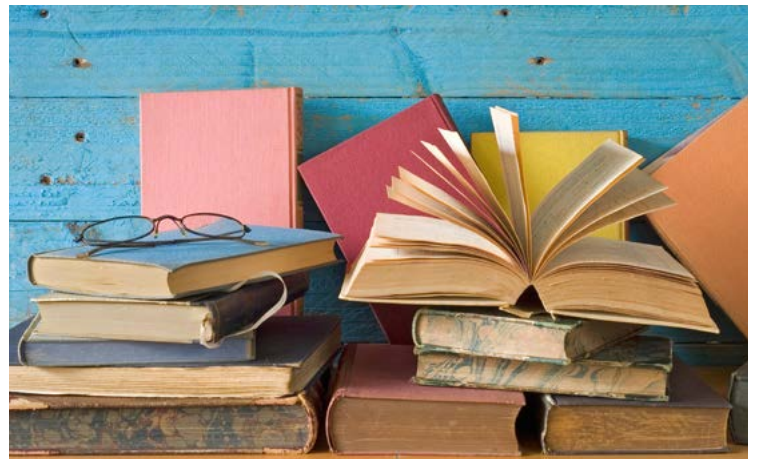
Our Residents will enjoy a delicious barbeque lunch at the new Jim N' Nicks BBQ restaurant in Rome! You won't want to miss out on this feast.



“Step On It” Campaign

August 2nd, 4:00 pm

The “Step on It” Campaign, sponsored by Trina Robbins of CenterWill, is a new walking exercise program. Together, we'll log our miles walked around the courtyard to try and meet our goal of 656 miles from Rome, GA to Washington, DC!



National Book Lovers Day at the Library

August 8th, 10:30 am - 11:30 am

We're going on a trip to Sara Hightower Regional Library in Rome in celebration of National Book Lovers Day! Our residents will enjoy a storytelling program, refreshments, and the opportunity to check out their favorite genres.



Farmer's Market Adventure

August 11th, 10:00 am - 11:30 am

We can not wait to get some fresh fruit and vegetables at the Farmer's Market in Rome! Join us on our Farmer's Market adventure.



Fun in the Sun Celebration

August 15th, 1:00 pm - 2:30 pm

For National Relaxing Day this year, we are hosting a Fun in the Sun celebration! We will enjoy a pool party, water sports, a watermelon eating contest, and we'll make homemade ice cream. Bring your favorite chair, sunscreen, and a hat and come on out!



Shopping at Etowah Crossing and Rome Antique Mall

August 29th, 10:00 am - 11:30 am

Shop 'til you drop! We love the bargains at Riverwood. Join us for a little shopping spree on August 29th



Pathways Family Luau

August 31st at 12:00 pm - 2:30 pm

We're throwing a luau! Come join in the island-themed fun. We will have live entertainment, a delightful lunch, watermelon eating contest and homemade ice cream!

**Save
the
Date**

August 1st — BBQ Lunch
August 2nd — Step On It Launch
August 8th — Book Lovers Day

August 11th — Farmer's Market Adveture
August 15th — Fun in the Sun
August 31st — Family Luau

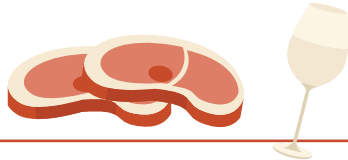


Nancy Clift

Ms. Nancy Clift joined the Riverwood Community in March of 2023. Nancy has been married for 58 years and counting, and she has three children and six grandchildren. Nancy attended the University of Florida where she received her degree in accounting. She has lived all over the country, moving eight times within twenty years and finally settling in Rome where she retired as a staff accountant. She is a proud member of Second Ave. United Methodist Church and the Rome Social Club. In addition, she has volunteered for many local charitable organizations, including Angel Express. Nancy loves to spend her free time reading, completing word puzzles, adding to her collections, and traveling. She has traveled to as many as 17 countries! Nancy also loves cats and has acquired the nickname “Cat Lady.” Thank you for being a part of our community, Nancy!

WELCOME NEW RESIDENTS! 🏠

Theda Camp
Rebecca Peace



Happy Birthday



Resident

Ann Davidson August 4th
Ann Gonzales August 13th
George William August 21st
Montyne Cunningham August 21st
Dorothy Terry August 23rd

Employee

Selina Bradley August 8th
Krisinda Boldware August 9th
Paul Vitt August 10th
Madison Kelley August 21st

FUN FACTS

- » In the Roman calendar, August was known as “Sextilis”, the Latin word for 6. It wasn’t until 700 BC when January and February were added to the calendar, that August was bumped down to become the 8th month of the year.
- » Come on, August! Make a choice! The number of days in August has changed many times. First it was 30 days. Then, 31. When January and February came onto the scene, August got reduced to 29 days. Then, Julius Caesar changed it back to 31. Thankfully it has remained that way ever since.
- » While “Sextilis” does have a somewhat naughty ring to it, it was in 8 BC when it was dropped and Augustus became the official name. The month was named in honor of Augustus Caesar, the Roman emperor and adopted son of Julius Caesar. Eventually, Augustus was shortened to simply, August.
- » Here is one of the more interesting August facts – in a regular year, no other month starts on the same day of the week as August. In a leap year, that other quirky month, February, will start on the same day of the week as August. It’s interesting the way the days fall within a month, isn’t it?
- » No, we’re not in a Madonna music video! The two zodiac signs that represent the month of August are Leo and Virgo. Leos, represented by the lion, are people born from August 1st to August 22nd. Virgos, represented by the virgin, are people born from August 22nd to August 31st.
- » A birthstone of the highest beauty, period. Errr, we mean peridot. Peridot is a stunning green gem that is forged in lava. While it may not be the most well known of the birthstones, its stunning range of color from electric grass to subtle olive, will make anyone green with envy.

WORD FIND

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

VESUVIUS
AMERICA
PERIDOT

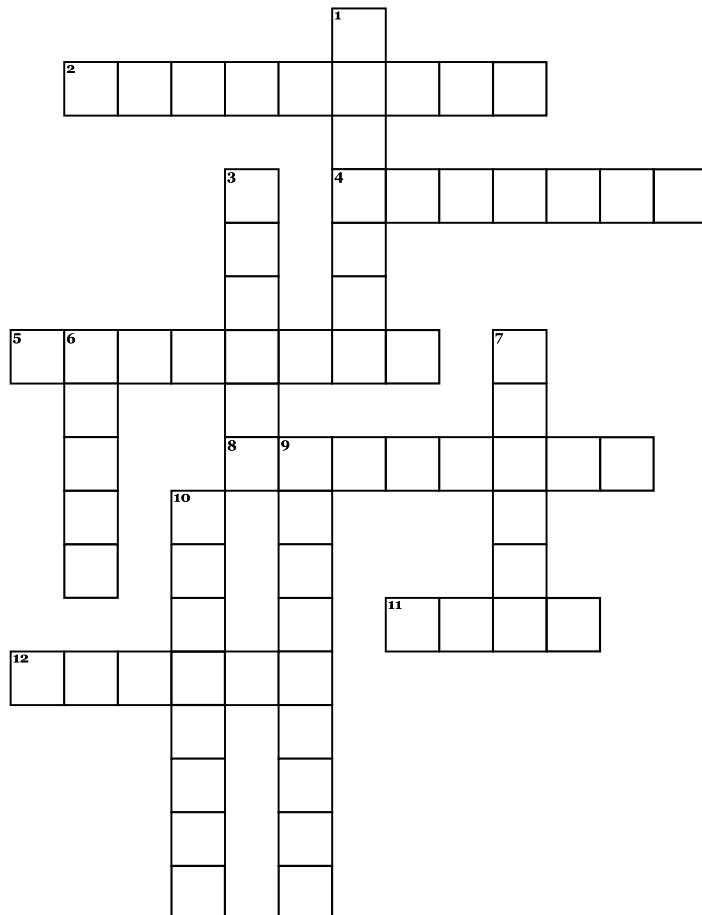
PARIS
AUGUST
ZODIAC

MONATH
LEO
FLOWER

BAMBOO
POPPY
ROMA

PEPPER
VIRGO
WEED

CROSSWORD



Down

1. Destroyed Italian city
3. _____ Caesar Roman Emperor
6. King of Rock and Roll
7. The Original Blonde Bombshell
9. First Man on the Moon
10. Discoverer of the Americas

Across

2. August Flower
4. August birthstone
5. Old Latin Name for August
8. Bread with Meat Inside
11. "I Have a Dream" Orator
12. Popular Boy's Name



Stay Connected!

Join Our Facebook Group

Did you know Facebook has almost 3 billion users?
Don't get lost in the crowd — join our Friends & Family group by scanning the QR Code below!



EMPLOYEE OF THE MONTH

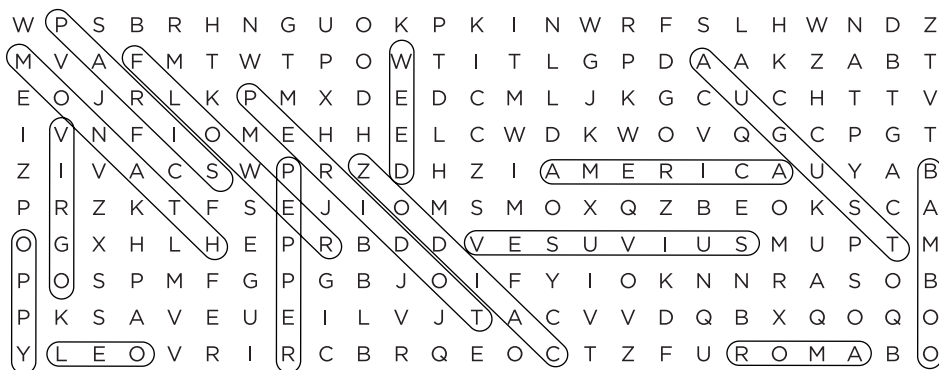
RON TATE



Congratulations to Ron Tate for being our Employee of the Month for August! Mr. Tate is a cook at Riverwood. He spreads so much joy and love to everyone at Riverwood through his helpful attitude and caring service. When he is not working at Riverwood,

Ron loves to produce and create all types of music under his professional name "Lavon Beats". Mr. Tate also enjoys acting, spending time with his daughter, and playing basketball. We appreciate you and all you do for Riverwood, Mr. Tate!

ANSWER KEY



CONNECT WITH US

Facebook.com/RiverwoodRetirementRome

RiverwoodRetirement.com

