

August 2020

THE GABLES GAZETTE



“Our Family Caring For Your Family”

We're Here For You

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Giving Back

Being generous not only helps those in need, but also has physical and emotional benefits. Studies have shown that giving back can lower blood pressure, improve self esteem, decrease depression and anxiety, lower stress levels, foster social connections and increase happiness. Opportunities to give back this month: Gratitude Club, Humane Society Service Project, Random Acts of Kindness.



★ Stay Connected! ★

Please contact our Front Desk to schedule your FaceTime, Skype, Zoom calls & Window Connection Lounge visits at 864-286-6600. Running out of things to talk about? Email Kim for some fun ideas at Kimberly@thegablesonpelham.com



Keeping up with Technology

Technology has become our new way of life. Learning how to use your smartphone, tablet or computer can be overwhelming. One of the most beneficial reasons to learn technology is for communication, now more than ever. Through the use of technology and communication, you can decrease loneliness and experience better mental and physical health.

Join us in learning how to safely and efficiently use technology at our next Teaching Technologies class on **Thursday, August 13th @ 3:30**. If you have a smartphone, tablet, or laptop, please bring it with you.



Resident Spotlight: Emily Phillips

Emily celebrated her 90th birthday in July! To help her celebrate, her family sent her “a gift a day” leading up to her big day. After receiving her all her gifts, Emily celebrated with a delicious cake and a Zoom call with her family from all over the country! Emily was born on July 12, 1930 in Paducah, KY. She was one of three children and has two brothers. She met her husband, Phillip, on a blind date. As Emily recalls: “My friend wanted me to go on a double date with her and I said ‘What the heck, why not?’” Emily and Phillip were married in 1956. Even though she had no children, Emily has lots of nieces and nephews that she cares for as her own. Emily is also an advocate for her peers in Skilled Nursing as she holds the title of Resident Council President.



Tour de France

The Tour de France is an annual men’s multiple stage bicycle race held in France. It is referred to as “the world’s most prestigious and most difficult bicycle race.” It consists of 21 day-long stages over the course of 23 days. Did you know that the race was first organized in 1903 to increase sales for a newspaper? It has been held annually since it’s first edition in 1903 except when it was stopped for the two World Wars. There are usually 20 teams with eight riders in each. The rider with the lowest cumulative finishing times is the leader of the race and wears the yellow jersey.

Starting 8/29 @ 9AM EST

A DAY
WITHOUT
Laughter
is a
A DAY
WASTED

Happy August Birthday!

Wishing you a very special birthday & wonderful year ahead!

HAPPY
BIRTH
DAY
to you!



Veterans Club

The purpose of the veterans club is to provide support and promote unity among our former members of the United States Military and National Guard. It provides opportunities to collaborate and share stories and experiences together. Our next Veterans Club Meeting will be held on Tuesday, August 11th at 2:00. We hope to see you there! Thank you for your service!

Fun Fact:

Movie trailers were originally shown after the movie, which is why they were called “trailers.” The problem with the trailers showing after the film was that the audience wouldn’t stay around to watch them, making them ineffective.