



# Brantleys

ASSISTED LIVING

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## February 2010

### Happy Birthday

Feb. 4 Marjorie Bacon  
Feb. 12 Sara Russell

### Tummy Control

Antacids—like Tums or Mylanta—may delay or reduce some drugs' absorption. Check with your doctor about medicines you take.



### Cut 100 Calories

Add 100 percent fruit juice instead of sugar to iced tea for a hint of sweetness.

### What Is February?

Aquarius, the Water Carrier  
Jan. 21–Feb. 19

Ruling planet: Uranus/Saturn  
Pisces, the Fish  
Feb. 20–March 20

Ruling planet: Neptune  
Flower: Violet  
Birthstone: Amethyst

### Star Observer

The great astronomer and mathematician Galileo Galilei was born Feb. 15, 1564. He made observations with his telescope that the earth was not the center of the universe and, instead, proclaimed the sun was the center. Many found his ideas ludicrous but, after his death, he was finally proven correct.

### The Great Emancipator

Our 16th President, Abraham Lincoln, was born Feb. 12, 1809, near Hodgenville, Ky.

## Resident Spotlight

Jane Plowden moved to Brantleys in October 2009. She was born in Amboy, GA, in 1917. She attended Georgia Southwestern College in Americus and taught school in South Georgia until her marriage in 1944. She and her husband made their home in Atlanta. He worked at Ga. Power Company and she was a homemaker. She moved to Milledgeville in 1996, a year after her husband's death, to be near her daughter. She has two children, four grandchildren and five great-grandchildren. She is a member of Covenant Presbyterian Church.

Mrs. Plowden is pictured below with her daughter, Lynn.



### Three Things You Need to Know

- 1) You can use hair spray to remove ink stains.
- 2) Tomatoes ripen best outside a refrigerator.
- 3) Lightning is a threat if you are anywhere within six miles of the storm.



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# Life Styles

## Milly's Notes

As we welcome the month of February, the month of love, let's wish for a break from the very cold weather we have had, so far, this year. We have some special days during February. On Tuesday, Feb. 2, the groundhog will stick his head out of his hole. If he sees his shadow, we will have six more weeks of winter. Let's hope for a cloudy day. Sunday, Feb. 14, is Valentine's Day. On Monday, Feb. 15, we will celebrate "Presidents' Day" and Wednesday, Feb. 25, is Ash Wednesday. All federal offices will be closed on Presidents' Day.

I'm sure that you have noticed the new format of our newsletter. Let me know what you think. Do you like it better or do you prefer the old one?

### Hair Today Can Be Gone Tomorrow

Hair loss happens for many reasons—age, illness, medication, stress and genetics are a few factors. If your hair is thinning, taking proper care of it is essential to prevent breakage and further hair loss. Follow these tips from [www.WebMD.com](http://www.WebMD.com) to care for your thinning hair and show your locks a little love:

*Color it.* If your hair is healthy overall, you can probably benefit from a permanent or semipermanent color. Why? Color-treated hair tends to have more body and volume, creating the look of thicker locks. Consider having it

professionally colored. Overprocessing is the most common do-it-yourself mistake and can lead to damage and further hair loss.

*Add volume.* Use volumizing products to add body, but beware. Read labels and stay away from products that contain paraffin, a type of beeswax. It builds up on the hair cuticle, making thin hair more prone to breakage.

*Wash when necessary.* Fine hair is fragile hair, so it's important to shampoo and condition only when hair is dirty.

*Perm it.* If your hair is healthy, a permanent wave adds body and gives your hair dimension. If your hair is dry or brittle, however, steer clear of perms, as they can cause breakage.

### Milly's Notes (Continued)

We have the addition of two charming ladies to our community. Mrs. Carolyn Lail (Buddy) moved into room #29 and Mrs. Lilyan Ritchie moved into #41. Please stop by and welcome these two ladies to our community.

We have several outings scheduled for the month. We have four different art exhibits and several college basketball games. We have a lecture by Paula Brancato, who is a screenwriter, poet, actress and producer. This is scheduled for Feb. 2 in the Arts and Sciences Auditorium. We have three concerts scheduled for the month. Stephen Fischer will perform on the saxophone on the 8th. Barbara Altman will perform on the cello, along with Betty Pepetone on the Celtic harp, on the 15th. The Music Therapy

Department will conduct a concert on the 16th. On Feb. 28, we will attend a production of the popular rock musical *Rent* at 2 p.m. This production features the *Seasons of Love*. There is an \$11 charge for this event.

I would like to remind everyone to sign up if they are interested in attending activities away from our community. If we know in advance how many people are going to a particular event, we can plan on the number of vehicles and drivers to have. I also want to remind everyone to check the board in either the small or large dining hall each day. We plan the calendar a month in advance, but like all good plans, events change during the month, so we have to adjust our calendar. We will have all of our usual in-house activities during the month.

# Life Styles

## Relive Music by Moonlight

The stars came out at night—late at night—to play their music. But these weren't stars in the night sky. They were top musical performers appearing on one of the most innovative TV programs in history, "The Midnight Special."

When the show debuted in its regular Friday time slot on NBC, Feb. 2, 1973, "The Midnight Special" showcased musical superstars doing their thing. When and how they were doing it made it different. Their acts were shown live at midnight, an uncommon practice in those days because some TV stations concluded programming for the day at that hour. The show was also original because most recording artists at that time lip-synched to prerecorded music when they made TV appearances. That wasn't the case, though, when very recognizable names such as Elton John ("My Song") and Ray Charles ("Georgia on My Mind") entertained live on the program.

"The Midnight Special" aired for the final time in May 1981. If you still want to see episodes of the show, look for the DVD collection entitled "Burt Sugarman's Midnight Special."



## Map Your Road to Health

Science tells us that healthy living can prevent many chronic health conditions. Changing a lifetime of bad habits, however, can be hard. Start with these steps to get on the road to good health.

Begin with diet. If you're like most people, figuring out what comprises a healthy diet isn't as easy as it sounds. The Mayo Clinic offers a great tool on its web site that breaks down how many of what nutrients you need each day ([www.MayoClinic.com](http://www.MayoClinic.com); search for "nutrition guidelines"). Compare your current diet to the Mayo advice. You're apt to discover that, rather than radically altering your diet to bring it in line, you simply need to make small changes. Once those small tweaks are habitual, you can make larger changes.

If exercise isn't already part of your routine, start by adding it to something you already do. Walking to get the mail, for example? This week, walk down to your neighbor's box before heading back to yours. The week after that, go one neighbor farther. When you're ready to make the jump to a higher level of fitness, enlist the help of a friend. Make a regular date to do something that interests and entertains you. Allot time before or after for coffee or another fun activity. Doing so will make keeping your date a little bit easier.



## Wit & Wisdom

"Jewelry takes people's minds off your wrinkles."  
— *Sonja Henie*

"I never worry about diets. The only carrots that interest me are the number of carats in a diamond."  
— *Mae West*

"I had very good dentures once. Some magnificent gold work. It's the only form of jewelry a man can wear that women fully appreciate."  
— *Graham Greene*

"Let us not be too particular. It is better to have old second-hand diamonds than none at all."  
— *Mark Twain*

"Will the people in the cheaper seats clap your hands? And the rest of you, if you'll just rattle your jewelry."  
— *John Lennon*

# February 2010

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|--|---|---|---|--|
| <p><b>Calendar is subject to change. Please see daily activity boards in living room or small dining room for changes.</b></p> | 1  | 2  | 3   | 4   | 5   | 6  |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper</p>   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Time for Christ<br/>11:30 am Lunch @ IHOP<br/>2:00 pm Scrabble<br/>3:30 pm Music Group<br/>6:30 pm Bible Study<br/>7:30 Lecture @ GCSU</p>                                     | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Library<br/>10:30 am Blackbridge Art Exhibit @ GCSU<br/>2:30 pm Rummy<br/>3:30 pm Exercise<br/>6:30 pm Tuesday Night Service</p> | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Arts &amp; Crafts<br/>2:00 pm Bingo<br/>3:30 pm Music Group<br/>5:30 pm Basketball @ GCSU<br/>7:30 pm Basketball @ GCSU</p> | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Walmart<br/>2:00 pm Art Exhibit @ Marlor House<br/>3:30 pm Exercise</p> | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Movie<br/>2:00 pm Banks &amp; Post Offices<br/>3:30 pm Nails</p>                          | <p>8:30 am Newspaper<br/>10:00 am Bingo<br/>3:30 pm Basketball @ GCSU</p> <p style="text-align: center;">Ester's Weekend</p>                               |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper</p>   | 7  | 8  | 9   | 10  | 11  | 12   |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper</p>   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Time for Christ<br/>11:30 am Lunch @ Sylvia's<br/>2:00 pm Scrabble<br/>3:30 pm Music Group<br/>6:30 pm Bible Study<br/>7:30 Concert @ GCSU</p>                                 | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Library<br/>2:30 pm Rummy<br/>3:30 pm Exercise<br/>6:30 pm Tuesday Night Service</p>   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Decorate Cookies<br/>2:00 pm Bingo<br/>3:30 pm Music Group</p>  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Walmart<br/>2:00 pm Art Exhibit @ GCSU Museum<br/>3:30 pm Exercise</p>  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Movie<br/>2:00 pm Banks &amp; Post Offices<br/>3:30 pm Nails</p>                          | <p>8:30 am Newspaper<br/>10:00 am Bingo<br/>1:30 pm Basketball @ GCSU<br/>3:30 pm Basketball @ GCSU</p> <p style="text-align: center;">Melba's Weekend</p> |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper<br/>3:30 pm Freedom Church</p> <p><b>Valentine's Day</b></p>                  | 14   | 15   | 16  | 17  | 18  | 19   |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper<br/>3:30 pm Freedom Church</p> <p><b>Valentine's Day</b></p>                  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Time for Christ<br/>11:30 am Lunch @ Crockett's<br/>2:00 pm Scrabble<br/>3:30 pm Music Group<br/>6:30 pm Bible Study<br/>7:30 Concert @ GCSU</p> <p><b>Presidents' Day</b></p> | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Library<br/>2:30 pm Rummy<br/>3:30 pm Exercise<br/>6:30 pm Tuesday Night Service<br/>7:30 pm Concert @ GCSU</p>                  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Bingo<br/>2:00 pm Birthday Bash<br/>3:30 pm Music Group</p>   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Walmart<br/>2:00 pm Art Exhibit @ GCSU Museum<br/>3:30 pm Exercise</p>  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Movie<br/>2:00 pm Banks &amp; Post Offices<br/>3:00 pm The Generals<br/>3:30 pm Nails</p> | <p>8:30 am Newspaper<br/>10:00 am Bingo<br/>1:30 pm Basketball GCSU<br/>3:30 pm Basketball @ GCSU</p> <p style="text-align: center;">Susan's Weekend</p>   |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper</p>   | 21   | 22   | 23  | 24  | 25  | 26   |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper</p>   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Time for Christ<br/>11:30 am Lunch @ Chili's<br/>2:00 pm Scrabble<br/>3:30 pm Music Group<br/>6:30 pm Bible Study</p>  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Library<br/>2:30 pm Rummy<br/>3:30 pm Exercise<br/>6:30 pm Tuesday Night Service</p>   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Poetry Reading<br/>2:00 pm Bingo<br/>3:30 pm Music Group<br/>3:30 pm Basketball @ GCSU</p>                                  | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Walmart<br/>2:00 pm Tea Time<br/>3:30 pm Exercise</p>                   | <p>8:30 am Newspaper<br/>9:00 am Store<br/>10:00 am Movie<br/>2:00 pm Banks &amp; Post Offices<br/>3:30 pm Nails</p>                          | <p>8:30 am Newspaper<br/>10:00 am Bingo</p> <p style="text-align: center;">Keith's Weekend</p>   |
| <p>8:30 am Sunday Service<br/>10:00 am Newspaper</p>   | 28   |    |   |   |   |  |