

Volume 9

September, 2010

Darlene Hamby, Editor

The Golden Press

Dyer Nursing Home, Inc.

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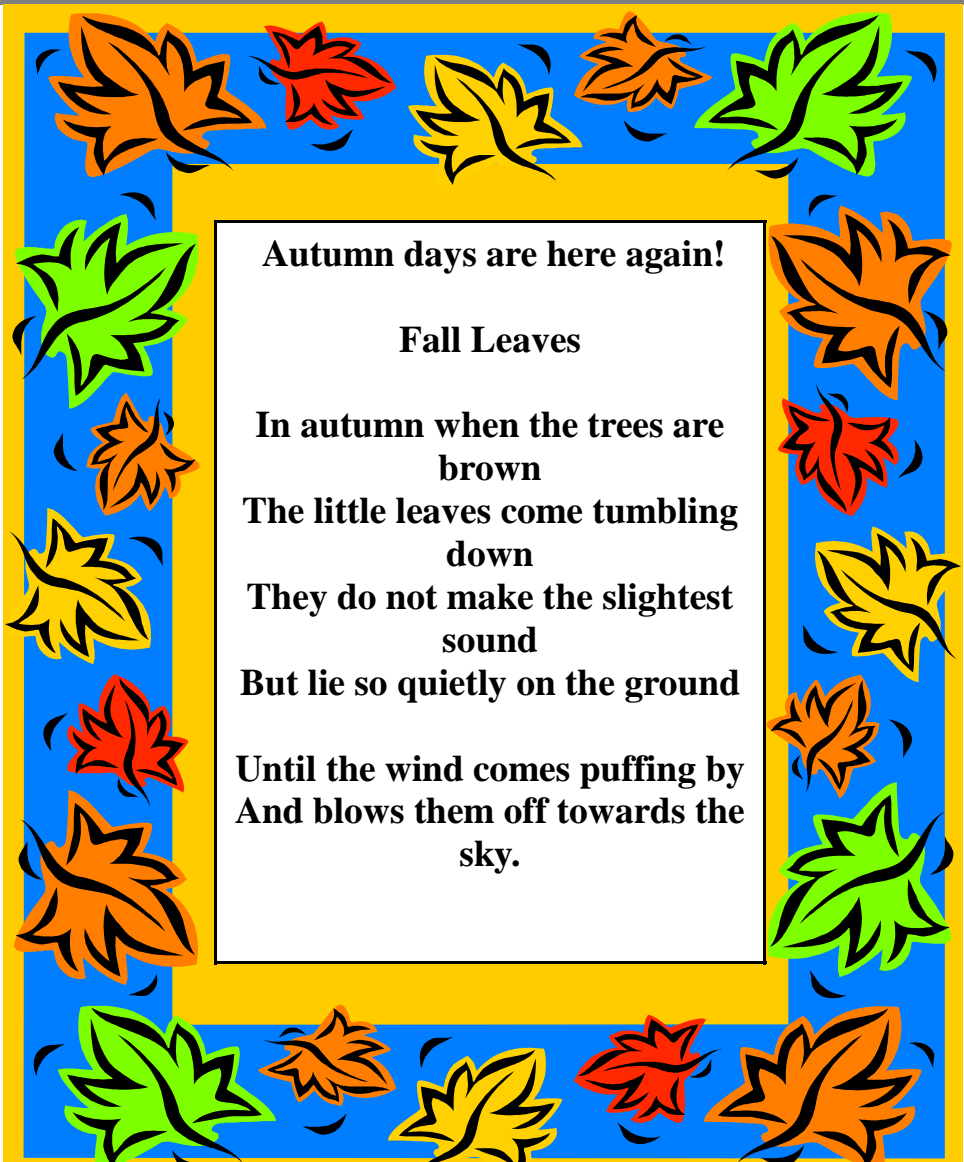
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Activities Coordinator

Mary Jane Powell,
Director, Food Services

Heather McEwen,
Environmental Services

Kenny Peevyhouse,
Maintenance



Autumn days are here again!

Fall Leaves

In autumn when the trees are
brown
The little leaves come tumbling
down
They do not make the slightest
sound
But lie so quietly on the ground
Until the wind comes puffing by
And blows them off towards the
sky.

September, 2010

**EMPLOYEE OF
THE MONTH**

*Dollie
Ramey*

**VOLUNTEER OF
THE MONTH**

*Patterson
Center*

**RESIDENT OF
THE MONTH**

*Bernedia
Edmond*

For a down loadable
version of this newsletter,
go to our web site:
dyernursinghome.com

NURSE'S NOTES

8 Steps to Lower Your Risk of Heart Disease

Even if you are already at risk for heart disease, you can improve your heart health and reduce your risk factors. Because these factors are often related, a change in just one area can positively impact others. Losing weight, for example, makes it easier to keep blood pressure down and diabetes in check.

Having a healthy heart takes some effort, but it's well within your reach. Take an active role in keeping your heart beating at a healthy pace by following these eight steps:

1. Improve your cholesterol levels.

The higher your blood cholesterol level, the higher your risk for heart disease. Follow a diet low in saturated fat to reduce your cholesterol levels.

2. Quit smoking.

Smokers are twice as likely to suffer heart attacks as non-smokers and they are more likely to die as a result. Smoking also increases your risk of having a stroke. Women who both smoke and take oral contraceptives are at particularly high risk for heart disease and stroke.

3. Control high blood pressure.

High blood pressure, also called hypertension, is the number one heart disease risk factor in the United States today. Nearly 50 million people suffer from high blood pressure. Meds to control blood pressure can be highly effective and they are safe and easy to take.

4. Exercise.

People who don't exercise have an increased risk of heart disease compared with people who do even moderate amounts of physical activity. Leading a sedentary life is simply unhealthy. Work to increase your physical activity and you will lower your risk of heart disease as well as other illnesses.

5. Keep diabetes under control.

Diabetes can lead to many health problems, including heart attacks. It's critical to properly manage diabetes under the care of a physician.

6. Maintain a healthy weight.

Excess weight causes additional strain on your heart, making people who are overweight more likely to develop heart disease. Being overweight also influences other risk factors, such as blood pressure and cholesterol levels.

7. Limit alcohol consumption.

Women who consume on average more than one drink per day and men who consume more than two drinks per day increase their risk of heart disease. People who binge drink are at particularly high risk.

8. Manage your stress level.

Uncontrolled stress and anger can lead to heart disease. There are stress and anger management techniques that can be very effective in lowering your stress level and, therefore, your risk for developing heart disease. Talk with your doctor about how you can incorporate these techniques into your daily routine.



Sugar & Spice
Mary Jane Powell,
Director Dietary Dept.



September has been the month for changes since childhood memories exist. We associate the month as the month of going back to school, picking apples, fall crops maturing, and picking cotton or for the fortunate going to college. This month we would like to focus on the changes of a few residents over past years.

Ms. Belle Chapman was born in Hohwall, TN. Graduating from Hohall High School. Her marriage was blessed with four daughters One of the daughters is now deceased. Ms. Belle started working as Administrator for Harlan Morris in Trenton , TN., and was employed in this position for forty years. Her years in this facility was fulfilling as a service of those who needed a home away from home. She attended Follis Chapel United Methodist Church. Hobbies over the years included reading, gardening, canning vegetables and fruits. Thank you Ms. Belle for your years of service to make a pleasant environment at the Harlan Morris Center.

We also would like to walk down the life's road with Evelyn Bradford who was born in Trenton, TN. To VT Flowers and Betra Gray Flowers. Ms. Bradford was married twice her first marriage with one son Charles King, her only child. She attended Bells Chapel School and is a member of Kenton Baptist Church. Her working years were at Brown Shoe factory for 44 years, and our own Dyer Nursing Home for approx. 10 years. We all love you and appreciate your years of service. In our nursing home.

Let's visit with Ms. Annie Lou King. She is the daughter of WA Hayes and Willie Cleo Bond Hayes. Her mother lived to be 104 years old lacking 4 months being 105 caring for herself all those years. She had her own veggie garden at 100. Ms. Annie Lou went to school and graduated from Peabody High School in Trenton TN. After graduation she married J.W. King who served in the Navy during WWII, they had three children. Her working years include Dyer Box Factory and Dyer Elementary School, serving as manager head cook and dietary asst. for 22 years full time. Ms. Annie Lou also had her own Day Care service before and after school with eight children, at different times each week. She is a member of New Hope Baptist Church. Thank you Ms. Annie Lou for your service to all the school children.

Our final stop today includes a good visit with Ms. Mae Emerson who was born in Gibson TN. Her Parents were Elvis Williams and Edna Mae McCollum Williams. She married Everett Emerson, they had three children. Her years of service was with Harlan Morris Retirement Center completing 22 years of service. Hobbies includes crochet, sewing, reading. Her time now is busy also keeping in touch with all her family members. She enjoys playing dominos with her sister, Ms. Thelma Goodman, and Belle Chapman, who was her former Administrator. Ms. Mae, we appreciate your way to light up the lives of those around you, and your many years of service in the workforce.

Housekeeping week

All the dietary staff would like to say Thank you for all the things your dept. does to make the dietary dept. run smoothly.

Peaches for Fried Pies

1 gallon sliced peaches that are not peeled
1 pt. apple cider vinegar
6 cups sugar
Cook slowly until thick . Takes approx. two hours
Cooking real slow after coming to a boil.
Pour into pint jars and seal properly.



ACTIVITIES

Darlene Hamby,
Activities Coordinator

August was great fun with our all Hawaiian events and our Hawaiian party Thank you to all who help. September we will be going back to the good old days. We will have Judging of can goods, music, worship service, games, county store and much more. We hope to see every one here sharing in all the fun. Specialty clothing will be here on the 24th at 2:00. If you would like to volunteer your time to make our residents lives exciting and fun give me a call or just drop in and see how rewarding it can be for you and others being a part of our family. A big thank you to our housekeeping & laundry Dept. Great job girls.

BUCKETS AND BUBBLES Heather McEwen, Environmental Services

September the 12th through the 18th is housekeeping appreciation week. I would like to brag on all of the housekeepers and laundry attendants for the excellent job that they do and all of their hard work. I am proud of every employee in this department; they are very dedicated to their job and to the residents.



Thank You for a great year!!
If anyone would like to
donate plastic hangers
Laundry could use them.

Some Jokes of the month By Sandra Harrington

Blondes have more fun.

This blonde went to the pizza place and ordered a pizza. The pizza guy asked her if she wanted it cut into six or twelve slices. " Oh, six", she said. "I could never eat twelve pieces."

A blonde was asked what the capital of California was. " That's easy," she said. "It's C."

Why do blondes always smile during lightning storms ?
They think their picture is being taken.

A blonde saw a sign for YMCA she said:
"Look, they have spelled MACY's wrong !!!"

Employee Birthdays

- 01 Bonita Clifton
- 01 Trent Donaldson
- 03 Jennifer Brown
- 12 Diane Chronister
- 14 Tarryn Hardin
- 27 Candy Cunningham

Resident Birthdays

- 02 Helen Taylor
- 07 Lillian Hudgins
- 07 Odell Cochran
- 08 Margaret Moss
- 09 Freida Mitchell
- 10 Evelyn Bradford
- 13 Ruth Glisson
- 14 Betty Owens
- 15 Mattie Emerson






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Dyer, Tennessee 38330

This area for address label.

SEPTEMBER 2010

BACK TO THE GOOD OLD DAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 Toss-um Lawn Game 4 Devotional With Keely Mill Baptist Church	2 9-11 Nails Painting 4 Story Telling with Sue Harper	3 10 Ring Toss 2 Brown cows 6:15 Mennonite Program	4 10 Current Events 2 Devotional Berea Baptist Church
5 Sunday School 1:15 Church of Christ 2 Worship Service Assembly of God Dyer	6 Labor Day 10 Current Events 2 Movie TCM channel	7 10 Washer pitch 2 Music With Lou Jean Austin & Mary Ann Reed 6:30 Rook	8 10 Skeet ball 2 Canning show & Judging can goods	9 9-11 Way out Nails 4 Devotional Brother Hardy	10 10 Basket ball 2 Birthday party 6:30 Rook or dominos	11 10 Puzzles 2 Music with Louise
12 Grandparents Day 10 Sunday School 1:15 Church of Christ 2 Worship Service United Pentecostal Dyer	13 Housekeeping wk 12-18 10 Stories Donna Minton 2 Cards & Dominos	14 10 Horse Shoes in court yard 2 Music Trenton Salem Baptist Church	15 10 Velcro pitch 2 Little Joe's Keyboard 6:30 Church of Christ	16 9-11 Nails from the past 4 A word with BO Booth	17 10 Darts 2 Ice cream Sundae	18 10 Dominos 2 Taylor Street Church of Christ
19 10 Sunday School 1:15 Church of Christ 2 Worship Service First Baptist Dyer	20 10 Bible Study 2 Bingo 6:30 Dominos	21 10 Bean bag toss 1:00 Happy Stitches 2:30 Music John Richerson friends	22 10 Reminiscing Harvest Time 1:30 Men only 6:15 New Hope Missionary Group	23 9-11 Nails of the Century 4 Story telling with Sue Harper & Apple Juice	24 10 Wheel chair race 2 Specialty Clothing co. 6:30 Card Game	25 10 Current Events 2 Music with Church of God
26 10 Sunday School 1:15 Church of Christ 2 Worship Service New Bethlehem Dyer	27 10 Spelling Bee 2 Bingo 6:30 Music with New Concord	28 10 Baget ball Game 2 Pop Corn & a movie	29 10 Pass the hat relay 2 Arts & Crafts	30 9-11 country nail painting 2 Decorating for October 6:30 Cards		

**SPECIALTY CLOTHING
WILL BE HERE AT OUR HOME
FRIDAY SEPT. 24, 2:00**



**EARLY CHRISTMAS SHOPPING
FOR YOUR LOVED ONE**

**THEY ARE A SPECIAL NEED CLOTHING STORE WHO COME
TO OUR FACILITY TO PROVIDE CLOTHING FOR THE
ELDERLY.**

**PLEASE MAKE PLANS TO ATTEND OR ASK OUR STAFF TO
HELP WITH YOUR LOVED ONES.**