

July 2020

TRINITY HILLS

Trinity Hills of Knoxville 4611 Asheville Highway Knoxville, TN 37914 Phone: 329-3292



Celebrating July

Independence Day: U.S.
July 4

It is more important than ever to celebrate our freedom and our great country. We must stand together and be united. There is no difference in black, white, brown, Hispanic, African American, or any other race or ethnicity. We are the "human race." We should ALL be treated that way. Remember to stand proud for our country and what it means for each of us to have the great blessing to be an AMERICAN! The stripes represent the original 13 colonies and the stars represent the 50 states of the Union. The red symbolizes hardiness and valor. White symbolizes purity and innocence. Blue represents vigilance, perseverance and justice.

SPECIAL JULY EVENTS

- July 2 – 1:15 p.m. - Popping the Corn
- July 2 – 1:30 p.m. – Marshall Singing
- July 4 – Happy Fourth of July!
- July 4 – Wear Red, White, and/or Blue Day!!
- July 4 – 12:00 p.m. – Fourth of July Cookout
- July 7 – 3:00 p.m. – Reading on the Porch w/Paula
- July 9 – 1:15 p.m. – Sugar Cookie Party
- July 9 – 1:30 p.m. - Marshall Singing
- *July 15 – 11:00 a.m. – Voting Outside
- July 16 – 1:15 p.m. – Ice Cream Social
- July 16 – 1:30 p.m. – Marshall Singing
- July 21 – 3:00 – Reading on the Porch w/Paula
- July 22 – 1:30 p.m. – Summer Frogs
- July 23 – 1:15 p.m. – Popcorn Popping
- July 23 – 1:30 p.m. – Marshall Singing
- July 28 – 3:00 p.m. – Resident Council Meeting
- July 30 – 1:30 p.m. – July Birthday Party
- July 30- 1:45 p.m. – Marshall Singing
- July 31 – 2:00 p.m. – Resident Food Council

***VOTING OUTSIDE:** On July 15th the Knox County Election Commission will be joining us outside the front entrance for our privilege to vote. They will need to **SPEAK to EACH** resident whether you are voting or not, so **PLEASE ASSIST ANTHONY AND OUR TEAM AND THE COMMISSION** to reach everyone in a timely manner.

****Residents, thank you for your continued patience as we progress through the COVID-19 epidemic. We are continuing to follow the healthcare guidelines provided to us from our corporate guidelines and our state regulations set forth. We are doing our very best to keep everyone healthy and safe in our community. Each of you has been so supportive and understanding during these past few months. We will all work together to continue to maintain our highest level of support and cleanliness to overcome this bump in the road. Thank you for hanging with us. It is working - so let's not let up.**

THANK YOU ANTHONY

We ALL already knew how awesome Anthony is in doing his job. However, it cannot go unsaid what an absolutely fantastic job he is doing in handling EVERYTHING. From a normal activity, to hosting an ice cream social, to popping popcorn, to hosting a sugar cookie party – Anthony is the man.

Oh wait – that’s not all. Anthony has been leading our Fun Fitness exercise class and doing a fantastic job with that as well.

Does he stop there? He does not. He handles getting the movies ready for movie time for everyone.

Oh we cannot forget about the word searches, crossword puzzles, and Fiddle with the Riddles that you are receiving each week to make “extra” money that he is keeping going.

Remember that a “regular” activity takes time and preparation for him as well. He may be putting together a volleyball net or a ladder ball “ladder.” He may be getting the frogs ready to jump or the Funny \$\$ Ante clues together. Getting the clues ready for Wheel of Fortune takes times as well. We must not forget that any time you can hear him singing or playing the kazoo or saying “Oh my goodness” like no one else can.

Oh we have more! Anthony has started calling bingo. Of course we may have to go to the bank and make some more money; but counterfeit money seems to be legal at Trinity Hills.

Above all of these activities, Anthony is going above and beyond in ensuring that we are maintaining our social distancing and keeping everything wiped down and clean for each of us during this time of opportunity.

Why is Anthony loved so much here? It is because he gives us his all every day and loves his job and loves everyone here and wants to do his very best which he does at everything. **THANK YOU ANTHONY! WE APPRECIATE YOU AND LOVE YOU FOR EVERYTHING THAT YOU DO!!!!**

READING ON THE PORCH

Creativity is the name of the game at Trinity Hills! Paula is going to use that creativity as we will have “Reading on the Porch” on Tuesday, July 7 at 3:00 p.m. and Tuesday, July 21 at 3:00 p.m.

Paul will be starting a new book “on the front porch at the main entrance.” The new book is Bryson City Tales. This is a book that all our men and women will enjoy. So you can feel the breeze outside, be with your friends with your social distancing, and hear some great reading.

Bryson City Tales is based on a true story of a doctor who graduated from medical school and his first job was in the Smoky Mountains. It is a very lively and entertaining book so come join us as we have “Reading on the Porch” with Paula.

From Bryson City, NC to the Smoky Mountains. It’s all right here in our front yard. Come on out!!!

FRIENDLY REMINDERS

- Try to get as much walking in as you can outside of your room for exercise. Please use your assisted devices in and out of your room for your safety.
- If you start feeling bad at all or start having a cough or temperature, please let the care staff know. Wash your hands frequently. Cover your mouth when coughing. Drink plenty of fluids.
- If you put something in the microwave (such as popcorn) please keep an eye on the timing so you won’t have fire/smoke hazard.
- Please remember that styrofoam can melt in the microwave and cause chemicals to release into the food and also cause a fire/smoke hazard.
- Laugh – it will make you feel much better!!!!!!

ENDLESS THANKS

Where do we start? We will begin with our Dietary team and all the extra work they have had to do to prepare our meals while we've been in our rooms for social distancing. Thank you to Naomi and her team for helping us stay nourished and boxing all our meals and for the extra socials and food parties we have been having.

Thank you to Larry and his housekeeping staff for keeping our grounds outside and our community inside in tip top shape and handling our maintenance needs. Our housekeeping staff has gone the extra mile to ensure that cleanliness and extra safety precautions have been taking place for us.

Thank you to Jess and Kelly and our great care staff and nurses for taking care of all our residents. Keeping the schedule full of our staff is going great and we have made such great strides in that area. Thank you to all they have all done to make sure we are staying as healthy as possible and taking care of the needs we have in such a timely manner. The care staff has had extra duties in delivering the meals and that is greatly appreciated as well.

Thank you to Rachel for keeping everyone screened and for all the extra work she and so many others have done at the front entrance to meet guests at the front door and deliver items that have been dropped off by family members or others. She has been a robot in getting up and down so many times from her desk to answer the doorbell. That doesn't count her normal work that has to be done and the many times that we all have questions or requests for her.

Thank you to Lynsey for not letting up in building our community census. She has been non-stop in building our family. Our family has grown so much and you will really see that in person when we ALL can be together again in the dining room. So when our doors may be locked or when guests are unable to come in, Lynsey has been doing virtual tours very successfully.

FOOD DRIVE

We will be participating in a food drive for those in need. This food drive is for "Connecting Hearts." "Connecting Hearts" provides extra help and companionship to Mobile Meals and Office on Aging clients who have been identified by program staff as extremely socially isolated and having limited access to food. This is a partnership between WBIR-TV, CAC Office on Aging Mobile Meals, and Second Harvest.

We are looking for donations of canned goods, dried goods or gift cards for this very important mission in our own community. The donations can be dropped off at Trinity Hills to Lynsey Chasteen. The deadline to donate is August 25th. That give us almost two months to help make a difference. We always come together in times of need for others. Anyone is welcome to assist us because we know your loving and giving hearts. If anyone has any questions just ask or call Lynsey. Help us help others!!!!

ENDLESS THANKS (CONT.)

We really have been blessed to have Marshall sing and play the guitar for us each week during our COVID-19 opportunity. Marshall has been so gracious to entertain us each week as we also have our ice cream socials, popcorn time, and birthday party celebrations. Thank you also to Marshall's two green thumbs and all the planting and gardening that has been going on.

Thank you to Chaplain David for always being available for all the staff and residents and family members. He goes above and beyond in ministering to each of us as well as handling our Thursday and Sunday chapel services. We are once again blessed to have Chaplain David available to us. We appreciate all that you do!

SECRETS TO LIVING TO 100 PLUS

It's a myth that the older you get, the sicker you get. It's more like the older you get, the healthier "you've been." Isn't that a great way to look at your age?

Until our late 80's or 90's, genes get only a fourth of the credit. The rest is down to simple health behaviors.

It's never too late to keep going for some more great years ahead. The best time to start is from childhood. The second best time to start is "today."

- Eat less. Just enough to maintain healthy weight.
- Keep the faith. God works in mysterious ways for your well-being.
- Maintain close friendships. It helps if they're healthy friends.
- Avoid loneliness. Be aware that you can suffer toxic loneliness even while with others.
- Get social time. When it's safe, in person is better.
- Be of good cheer. If you're not born this way, you can still develop it.
- Stimulate your brain. You need to keep leveling up.
- Exercise 45 minutes a day. Lifelong movement is number one.
- Have a purpose. Unlike a job, purpose doesn't end.
- Eat a balanced diet. Anti-aging vitamins don't help. The basics are best: protein, healthy fats and complex carbs.

People in their 70's, 80's and 90's are never too old to take on new challenges. That is why we have so many "different" kinds of activities. Some activities are brain (cognitive) related. This may be in the form of memory activities or doing different puzzles or activities. Other activities are wellness (exercise) for your body. This includes our Fun Fitness and Chair Jazzin' plus the wellness that is incorporated with being with others and just getting out of your room.

July Birthdays

It's the middle of summer so join us as we celebrate our July birthday residents.

July 1 – Richard

July 11 – Sam

July 12 – Beanie

July 27 – Mae (102)*

July 31 – Joan

Oh yes it's true! Our own Mae will be turning 102 years young and she is still going strong. If you're looking for someone that just strolls around (without any assistance) and has a smile and asks how you are doing then you're probably talking to our oldest yet young at heart Miss Mae. Happy 102 Mae!!!

SECRETS (CONTINUED)

Then we have social activities to join with others and share and grow. How many competitive activities have you done at Trinity Hills that stretched you outside your box "and" you enjoyed doing them and you amazed yourself on how well you did or how much fun you had? We have social times together just because we love to be with our friends and neighbors. Then we have spiritual opportunities each week that allows our faith to be exercised and to be reminded that our Lord is with us at all times. He is with us now during this challenging opportunity. He will never forsake us. We must always continue to look to Him for guidance and direction,

Each of you has exercised these great habits for "secrets to live longer." Keep them up and keep pushing forward! You can't break a man or woman who gets their strength from God!!!