Music to Our Ears

September is Classical Music Month, Piano Month, and Southern Gospel Music Month. As if this isn't enough music to our ears, September is also a time to get out of our chairs and dance. This month marks Square Dancing Month and the celebration of Line Dancing Week from September 14–19.

Music is not just an enjoyable distraction. Research shows that music has the ability to alter the chemical processes of the brain in healthy ways. It may come as no surprise that music can reduce amounts of the stress hormone cortisol. But did you know that listening to pleasurable music actually strengthens our immune systems? Music is associated with the antibody immunoglobulin A, which helps the immune system identify and fight off harmful germs and bacteria. Research also links classical music to immediate improvements in epilepsy and autism symptoms and some spatial reasoning tests (dubbed the “Mozart Effect”). Classical dance is being used as therapy for those with Dementia and Parkinson’s. Participants showed improvements in motor and cognitive functions, and other mental symptoms.

Research also shows that when we listen to music, several areas of our brains—those governing movement, attention, planning, and memory—are simultaneously activated. In this way, people who listen to music together are actually sharing a common experience; all their brains begin working on the same wavelength. Doctors speculate this is why music is such a unifying force. Perhaps, too, this is why there are so many synchronized social dances.

Is there no end to music’s benefits? Lowered stress, boosted immune systems, and workouts for both brain and body... The next thing we’ll learn is that music helps the listener eat more when needed. Wait, there’s research to suggest soft music offers that benefit, too.
Googled at Birth

Who could have known on September 4, 1998, that the strange term google would come to be used in hundreds of languages across the planet? Seventeen years after the company’s September creation, it seems Google is a part of our everyday life. Google’s Internet search engine and e-mail are its most well-known tools, but that technology is small potatoes compared to what Google (derived from the term googol, a mathematical term for the number 1 followed by 100 zeros) hopes to achieve in the future.

Google began at Stanford University in California. Two PhD students, Larry Page and Sergey Brin, wanted a better way to search for information on the Internet. Their mission statement was “to organize the world’s information and make it universally accessible and useful.” New Google projects hope to do that and much more.

Another Google innovation is the driverless car, a technology being used in cars from Audi, BMW, Mercedes, Toyota, and other automakers. MIT Technology Review claims self-driving vehicles may soon be safer and more fuel-efficient than any car on the road, with Google’s prototypes logging 700,000+ miles of safe driving to date.

In the kitchen, Google also is inventing a refrigerator that orders milk for you. In fact, Google wants your whole house to be smarter: self-adjusting thermostats, remote control coffee pots and lights, even a “smart” dressing room that tells you what clothes are fashion forward.

Google X, Google’s secret research and development lab, has even researched an elevator into space. Apparently, many are interested in a way to leave Earth without the use of rockets. Someday soon, we could be “googling” ourselves into outer space.

Activity Connection

Kim Poling and I would like to thank all of the staff and residents who so graciously offered their time in helping with the garage sale last month. We raised $835.08 to be donated to the Alzheimer’s Association benefit walk in October.

A big special “THANK YOU!” to Barb Stillabower, Dorothy Maxey, Romona Leach, Leslie Jahn, Larry & Sharon Rose, Kim Weber, Cheyenne Poling, and the awesome Maintenance department for their tremendous help! You ROCK! 😊

Also, “Thank You” to those of you who donated items to be sold in the garage sale. We really would not have been able to have a successful sale if it weren’t for the help and support of the staff and residents.

If you would like to walk in the Alzheimer’s benefit walk on October 3rd, please let the office know and we will add you to the list. I would like to have a good turn out like last year. Please keep your eyes open for more info to come.

I am looking for someone to oversee and organize the Veteran’s Day program on November 11, 2015. If there is anyone that is willing to put together this program, please get ahold of me or call the office so that we can collaborate on this endeavor.

Thanks!

Misty Harpe, Activity Director
GYH Yard Sale Pics

Following pictures are all in fun.

Figure 1 Brandon Wiseman and Misty Harpe hard at work during the sale! 😊 They both got hungry for a Big Mac & fries.

Figure 2 Kim Poling finally finding time for a quick potty break. Not really! Just posing on the port-a-potty! 😊

Figure 3 Carl is so very happy that he got to wear the Big Mac costume. (HaHa) Just look at that smile! Misty having too much fun while the sale is going on and Brandon.....he’s just being Brandon!

Now, That's Funny!

My teacher asked what my favorite animal was, and I said, “Fried Chicken.” She said I wasn’t funny, but she couldn’t have been right, because everyone else laughed.

My parents told me to always tell the truth. I did. Fried chicken is my favorite animal. I told my dad what happened, and he said my teacher was probably a member of PETA. He said they love animals……very much. I do, too. Especially chicken, pork and beef. Anyway, my teacher sent me to the principal’s office. I had to explain what happened, and he laughed too. Then, he told me not to do it again.

The next day in class, my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken. Guess what she did? She sent me back to the principal’s office to retell the whole story over again. The principal laughed and told me not to do it again and sent me back to class.

I don’t understand. My parents taught me to always be honest, but my teacher doesn’t like it when I am.

Today, my teacher asked me to tell her who is my favorite person I admire the most. I told her, “Colonel Sanders.” Guess where I am now?

It is so heartwarming to see the library used by more people. Please remember the coffee table books in the Gathering Place. So many comfy places to leaf through a book that catches your eye. Books featured this month are: Reader’s Digest hardback edition of America from the Road, and Book of Puppies and Dogs. Enjoy!
Employee Spotlight!

I am a mother of two wonderful grown adult sons. Brent is 25 yrs. old and is getting married in September and Brandon is 23 yrs. old. He is a proud father to my little grandbabies. I’m Nana, to two amazing grandsons, Kaden, 3 and Jaxon, 3 months.

Besides my boys, my family consists of the following very important people in my life: my husband, 2 step sons, my mom and step-dad, 2 brothers, 3 nephews, and 1 niece. My father died at the age of 50 from Agent Orange cancer. I was very close to him and when he died, his death took part of my heart.

I never had the perfect childhood and that defined me into whom and what I am today. I love all the more and focus on God, my boys and family.

I totally love crafting, baking, spending quality time with my grandchildren, and taking care of people.

My mind is always racing, so I am always looking to jump into what is next to do.

“Thank You!” to all of you for allowing me to be a part of this wonderful ministry here at Golden Years.

Misty Harpe, Activity Director

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News & Notes

Carter Hearing Clinic will be seeing clients in their office at GYH Nursing Care. If you need an appointment, call 436-6400. Please call Kim in the office to arrange transportation. If you need batteries, the nursing home front desk has them for sale.

Home Health Care Solutions is providing free blood pressure check-ups every Tuesday of each month from 9:00am – 9:30am.

A Lighter Step foot clinic will be cancelled for the months of August, September, and October. The clinic will resume in November. If you would like to schedule an appointment, please contact the office in November and we will be glad to assist you in scheduling an appointment.

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September Birthdays

Happy Birthday, Y’all!

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