



August 2011

4428 Pheasant Ridge Road • Roanoke, VA 24014 • (540) 400-6482

THE VILLAGE ON PHEASANT RIDGE



VISIT OUR WEBSITE AT:
www.villageonpheasantridge.com



My family and I would like to express our sincere thanks for the wonderful reception held for us at the community. Your warm greetings made us feel welcome from the start. I have only been on board a couple of days as your Executive Director, but in that short time I realize what a wonderful group of residents and staff are at the Village. I am truly excited about getting to know each and every one of you and look forward to getting settled into my new position.

A little bit about my background. I have been in the senior living industry for the last sixteen years and prior to that I served in the United States Navy, retiring after 20 years of service. I have served as the Executive Director/Administrator of four senior living communities in both Richmond and the Roanoke Valley. My wife and I are from Connecticut

originally, however, our daughter Rebecca is a true Virginian. We have called Bedford County our home for the past 10 years and hope never to move again.

I consider it an honor and privilege to have the opportunity to serve as your Executive Director. Please know that my door is always open and I look forward to you stopping by to say hi.

Sincerely,
David A. Beard
Executive Director

Sweet Summer

Savor the season. Summer's in full swing!

Preventing Falls

Each year, more than a third of seniors will fall. Falling can cause bone fractures and other health problems. To prevent falls, the U.S. Department of Health and Human Services recommends that older adults exercise to improve leg strength, get regular eye exams and keep floors and stairs free of clutter such as books, papers and shoes.

PHONE NUMBER (540) 400-6482
FAX NUMBER (540) 400-6511

A Figure of Speech

Phrase: Spill the beans.

Meaning: To reveal a secret or confess to something.

Origin: In ancient Greece, voters cast their ballots by placing black and white beans into jars. If the beans were spilled, results would be known before the election was over.

Head Out With a Hat

Slip on a straw hat or other wide-brimmed beauty to protect your head from the sun's harmful rays.

Drink Up for More Oomph

If you're feeling sluggish, swig a glass of water. Fatigue is one of the first signs of dehydration.



Life Styles

Trivia Whiz

Campus Characteristics

Determining where to attend college is a big decision that can take months, sometimes years, for students to make. As colleges across the country welcome new classes of freshmen to campus this month, learn a few facts that distinguish these schools from the rest:

Oldest. Harvard University is the oldest institution of higher learning in the United States. Established in 1636, the college has been sending scholarly graduates out into the world for more than three centuries.

Priciest. According to *Forbes.com*, the most expensive price tag for a college education comes from Sarah Lawrence College in Bronxville, N.Y., where students pay a hefty sum of \$57,556 for tuition, fees and room and board for one year.

We Love Lucy

Consummate comedian and TV pioneer Lucille Ball was born on Aug. 6, 1911. Ball's first TV series, "I Love Lucy," premiered in October 1951, and for the next quarter century she remained a top TV star. In honor of the 100th anniversary of her birth, here is a reel of facts about Ball:

"Queen of the B Movies." A rising Hollywood starlet, Ball amassed 43 film roles in the 1930s.

Loving Lucy. Ball met Desi Arnaz on a movie set in 1940. "It wasn't love at first sight," Ball said. "It took a full five minutes." Their marriage ended in divorce in 1960, but the two remained close friends until Arnaz's death in 1986.

Prime-time pregnancy. "I Love Lucy" was a big hit by the time Ball was expecting her second child, Desi Jr., in 1952. Ball's pregnancy was written into the show, and Ball gave birth the same day her character, Lucy Ricardo, delivered "little Ricky."

Lasting legacy. Ball died in 1989, but she continues to appear on lists of the most beloved performers of all time.



Activities



August is here and that means it's time for a Luau.

Before the Luau we will have a seminar on Arthritis and Aquatics.

Paul Sink and his ole timey playing and singing will be back with us.

On the first Thursday night we plan to attend an organ recital at St Andrew's Catholic church. Charles Baughen with the Good Time Sounds

will be entertaining us with their banjos. It's also time to go for another picnic. This time to the Safari Park drive-through zoo. The luau will be on the 26th with tropical food and tropical fun and entertainment by the Island Music Trio. Look for more fun events on the August Activity calendar.



Island Music Trio

The Fun of June



Picnicking on the Maury River at Goshen Pass



Let's have some watermelon



Mystery lunch trip took us to The Lucky Dog in Daleville. We were the lucky dogs.



We had a beach theme for the June birthday party with the Forty Years After band helping us feel the sea breeze.



Some beautiful bodies at the party



Even an old pirate showed up



Wit & Wisdom

"When you're hot, you're hot; when you're not, you're not."
—Flip Wilson

"A woman is like a tea bag. You can't tell how strong she is until you put her in hot water."
—Eleanor Roosevelt

"If you saw a heat wave, would you wave back?"
—Steven Wright

"When you can't make them see the light, make them feel the heat."
—Ronald Reagan

"If you can't stand the heat, don't go to Cancun in the summer."
—Ben Stein

"One cool judgment is worth a thousand hasty counsels. The thing to do is to supply light and not heat."
—Woodrow Wilson

"That's hot."
—Paris Hilton

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 	13
14	15 	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

"This Month In History" August

1782: As commander-in-chief of the Continental Army, George Washington establishes the Badge of Military Merit, later named the Purple Heart.

1790: The first U.S. Census reveals nearly 4 million people living in America.

1861: The Confederate Congress levies its first income tax to raise revenue for the Civil War.

1909: A penny for your thoughts! The Lincoln 1-cent coin enters the currency market.

1911: Procter and Gamble slides into the shortening market and American kitchens with Crisco.

1914: The Panama Canal officially opens, providing a seafaring path between North and South America.

1930: Clarence Birdseye patents his "quick-freeze" method for packaging frozen foods.

1932: Flying high, Amelia Earhart successfully becomes the first woman to make a nonstop transcontinental flight.

1939: The world premiere of MGM's "The Wizard of Oz" takes place at the Strand Theatre in Oconomowoc, Wis.

1959: Hawaii enters the union, becoming the 50th state.

1963: Martin Luther King Jr. mobilizes desegregation supporters in Washington, D.C., with his "I Have a Dream" speech.

1981: The IBM Personal Computer is introduced. Its retail starting price? \$1,565.

2008: Barack Obama becomes the first African-American to be nominated by a major political party for President of the United States.