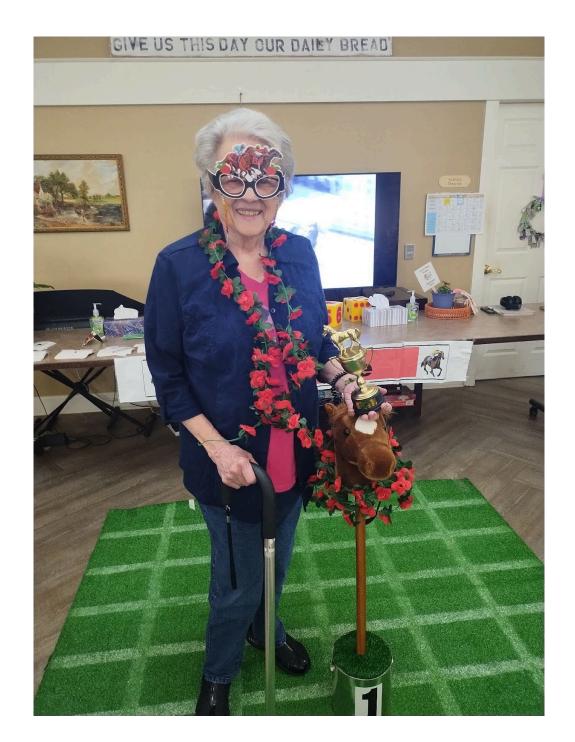


Welcome to June!

We recognized all the wonderful dads here at Azalea Estates Assisted Living by having Root Beer Floats on Father's Day. Pictured below are three of the dads that call Azalea Estates home. Happy Father's Day to all the dads we have here at Azalea Estates.



We will have our popular Azalea Derby on Tuesday, June 24th. Our May Azalea Derby winner was Ms. Fay Deloach. On the 24th, we will get to see who our next Azalea Derby winner will be.



We recently had resident picture day. We got the best pictures of our residents on our lovely front porch where the flowers are in full bloom. These resident pictures remind us of resilience and determination. Here at Azalea Estates we recognize that everyone has a story. Pictured here are just a few of our wonderful residents.

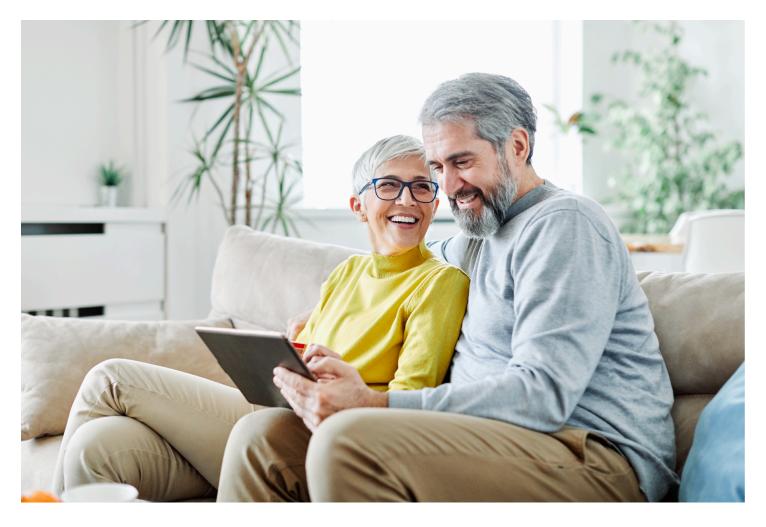


Staying Cool: 8 Essential Heat Safety Tips for Seniors in the Summer

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues. Click below to read more...



Is it the right time for senior living?

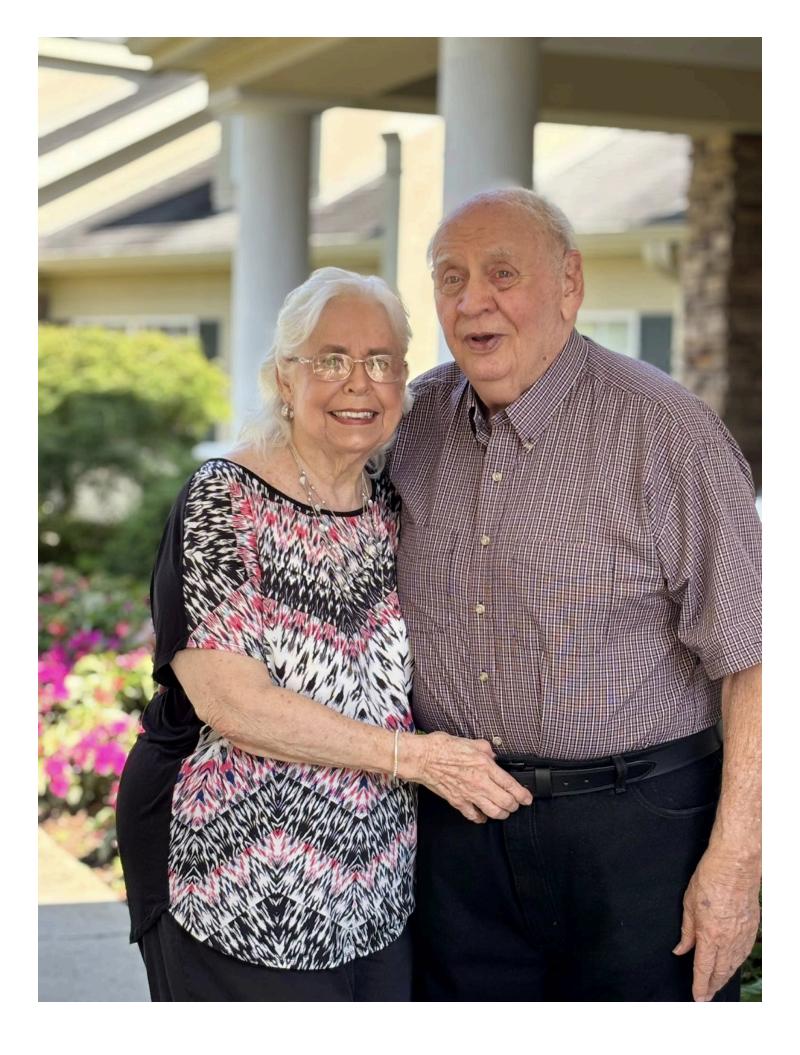


The time is now to enjoy a happier, healthier life! Learn about your options and get personalized results with this quick 4-5 minute survey.

Take The Quiz

Meet The Allens!

The Allens are just one of the couples we have living here at our Azalea Estates Assisted Living Community. They are an exemplary example of a loving couple that not only care for each other but care for the other residents within our community as well. Mrs. Allen's smile and Mr. Allen's laugh makes having them a delight to all that know them. We are glad that couples feel comfortable to be here.



A Healthy Summer Recipe Idea

Watermelon Salad with Feta & Mint

PREP TIME: 15 MIN COOKING TIME: 15 MIN SERVES: 4 RECIPE BY: LOVE & LEMONS

Ingredients

Dressing

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lime juice
- ½ garlic clove, minced
- 1/4 teaspoon sea salt

For the salad

- 5 cups cubed watermelon
- Heaping 1 cup diced cucumber

- 1/4 cup thinly sliced red onion
- 1/3 cup crumbled feta cheese
- · 1 avocado, cubed
- 1/3 cup torn fresh mint or basil leaves
- ½ jalapeño or serrano pepper, thinly sliced, optional
- Salt

Directions

- 1. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
- 2. Arrange the watermelon, cucumber, and red onions on a large plate or platter.

 Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.



Get The Recipe

TO ALL THE FATHERS & FATHER FIGURES, WE HOPE YOU HAD A



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