



## Welcome to August!

This month at Azalea we will be having a new activity of Karaoke Sing Along. Our residents enjoy music related activities. We look forward to this interactive entertainment that will allow our residents to showcase their singing abilities while having fun. Our new activity takes place on Friday, August 15th and Friday, August 29th in the activities room.



Each month, we like to give our residents a food tasting event. This month, we will be having a Taste of Hawaii. A Taste of Hawaii captures the Hawaiian lifestyle and spreads the aloha spirit. We will discover its rich culinary scene through unique recipes, ingredients, and foods indigenous to Hawaii.

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## The True Cost of Staying at Home vs. Moving to a Senior Living Community

*When considering the next chapter of retirement, many older adults instinctively believe that staying in their own home is the most cost-effective choice. After all, the mortgage may be paid off, and it seems familiar and comfortable. But when you dig a little deeper, the picture becomes more complex.*



[Read More](#)

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## **Our Recent & Upcoming Derby Days**

We recently had our monthly Azalea Derby, and this month's winner was Mr. Barry Neu.





Our residents always look forward to playing the Azalea Derby.



***The August Azalea Derby will be held on Thursday, August 21st, in the activities room.***

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## **Scam and Fraud Prevention: How to Improve Your Personal Cyber Security**

*There are countless online scams targeting seniors, who collectively lost \$4.8B to fraudsters in 2024—a 43% increase over the previous year. Following some basic internet safety practices can help ensure that your online experience is safe and enjoyable.*



# IMPROVING PERSONAL CYBER SECURITY: 5 TIPS FOR SENIORS

01

Don't click on links in emails from unfamiliar senders. Be wary of any strange or unexpected messages, even if it's from someone you know.

02

Don't open any attachments unless you know the sender and were expecting them to send it.

03

Ignore unsolicited phone calls and "robocalls."

04

Don't respond to or click on pop-up windows on your phone or computer.

05

Don't conduct any transaction involving personal information while using a public (or unsecured) network.



Reference: [hwww.ncoa.org](http://hwww.ncoa.org)

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## Ask The Techspert: Simple Ways to Stay Social Using Tech

Whether it's waving hello on a video call, finding a walking group nearby, or joining a conversation online, technology makes it easier than ever to keep those connections strong. Here are a few simple ways to use your phone, tablet, or smartwatch to build and maintain your social circle.

[Read More](#)



## Common Scams That Target Seniors

Scams targeting older adults are all too common in today's world. Luckily, there are plenty of ways to stay ahead of the fraudsters and avoid getting scammed. In this guide, we'll walk you through the most common scams that target older adults, so you know exactly what to look out for.

[Read More](#)

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**We can help those with Parkinson's at Azalea Estates**





Watch The Video

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## Happy Birthday, Lila!

Lila Geeslin, a resident of Azalea Estates, turned 104 on Sunday, July 27th. She was born in Stockbridge, Georgia, and stayed in the Stockbridge area until coming to live at Azalea. She grew up on a dairy farm. She was married to her husband for forty-five years before he passed away. She worked for Dr. Riley for twenty-eight years. She raised three boys. Homegrown vegetables are still her favorite foods.

Happy birthday to our Mrs. Lila. Your smile always brightens our day!



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**Visit us on Facebook and share any scams you have come across online, so we can all help keep each other safe!**





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