



Welcome to March

We had "Taste of Ireland" on St. Patrick's Day, Tuesday, March 17th. The event included festive music, a good-luck craft, and for the "Taste of Ireland": green beer, soda bread, beer cheese and pretzels.



Cognitive Health and Older Adults

Cognitive health is the ability to think, learn, and remember clearly. It is needed to carry out many everyday activities effectively. Cognitive health is just one aspect of overall brain health. Scientific research suggests that there are steps you can take to reduce your risk of cognitive decline and help maintain your cognitive health.

What is brain health?

Brain health refers to how well a person's brain functions across several areas.

Motor function
Controlling movements and balance

Sensory function
Seeing, hearing, tasting, and smelling

Tactile function
Feeling and responding to sensations of touch, including pressure, pain, and temperature

Cognitive health
Thinking, learning, and remembering

Emotional function
Interpreting and responding to emotions



Learn more about keeping your brain healthy as you age: www.nia.nih.gov/brain-health.



Read More

7 SIMPLE DAILY BRAIN BOOSTERS

Try a new recipe

Switch your walking route

Learn a new word each day

Attend a lecture or class

Call a friend

Listen to new music

Play strategy games

www.azaleaestates.com

The Annual Azalea Gala

On February 13th, we had our annual Azalea Gala for our residents. The Tin Roof Band came and played. We had a special dinner of prime rib or chicken cordon bleu. Awards were given to residents including our Azalea King (Barry Neu) & Queen (Ollitta Pendergrass), Best Laugh (Paulette Kaufer), Southern Belle (Wilda Childres), and Most Generous (Dennis Collins) to name a few. It was an evening of fun for residents and staff.



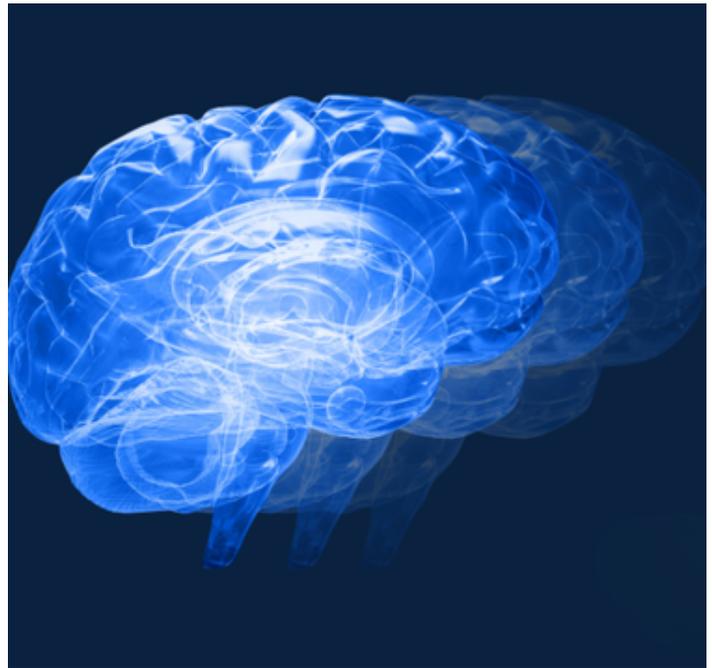
How many of these tricky brain teasers can *you* answer correctly?

58 Brain Teasers and Mind Puzzles That Will Leave You Stumped

These tricky brain teasers will sharpen your mind and put your problem-solving skills to the test. See how many you can figure out — without cheating!

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[Try Them All](#)



Brain Aging Explained: What Speeds It Up, and What We Can Do to Prolong Brain Health

Some people experience more rapid brain aging, especially if they have a disease like dementia. Others maintain higher-than-average cognitive functioning later into their lives. Fortunately, there are some habits you can start practicing now to help maximize your brain health into old age.

[Learn More](#)

Meet Our Activities Volunteer, Shannon

Shannon is our activities volunteer who comes every Wednesday to file and paint resident's fingernails. Residents line up when Shannon comes. They absolutely love her. Shannon makes sure to have their favorite nail polish color on hand or she gets it for them. She brings them treats whether it is a crossword book, their favorite snack, or some little something to brighten their day. Shannon recently suggested that the residents go to the Amazon Return store and they had a fun-filled outing with her and our Activities Director, Sandy, on Monday, March 2nd. Azalea is

of Azalea Estates. We appreciate you, Shannon.



Visit us on Facebook and tell us how you exercise your brain every day!



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105 Autumn Glen Cir., Fayetteville, Georgia 30215 | (770) 461 0039

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