



Welcome to April

Our Wellness Director, Shameka Clark, leads a Walking Club that she does every spring as the weather becomes nicer to walk outside for the residents. The Walking Club meets every Tuesday and Friday at 10:30 a.m., and they walk along the paved paths around Azalea Estates. Our residents look forward to having her company during the guided walk.



Fall Prevention Tips

The risk of falling increases with age. Falls can be particularly dangerous for older adults, often causing fractures, hospitalization, and disability. Here are some tips for preventing falls:

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Read More

Recently at Azalea Estates

We celebrated Easter here at Azalea Estates with a visit from the Easter Bunny. The residents enjoyed a photo opportunity with the Easter Bunny, and he gifted them with candy. The Easter Bunny always knows how to put a smile on the residents' faces.



Meet Betty

Mrs. Betty Anne Archer is a resident here at Azalea Estates Assisted Living. She was born in Monroe, Georgia. She lived in Griffin, Georgia for over 40 years. She was a Kindergarten teacher for 15 years. She worked part-time at Ellman's and then JCPenney when her three children (2 sons & 1 daughter) were older, so she could help run them to and from their activities. Betty Anne and her husband have traveled all over the world with a travel group of ten friends. They have gone to China, Australia, Hong Kong, Russia, Italy, Barcelona, and Tahiti, to name a few. Her husband owned a used car lot, and when he passed away, Betty Anne took over his business and ran it successfully for 15 years before selling the business. What Mrs. Betty Anne likes about living at Azalea Estates is playing games with her Azalea friends. In particular, she likes playing Mexican Train Dominoes and Rummi Cube. You can often see Mrs. Betty Anne and her friends in the library enjoying a game or two. We are grateful to have Mrs. Betty Anne as part of our Azalea family.



How to Prevent Falls with Home Safety Modifications



FALLS SAFETY GAMES

Test Your Fall Prevention Knowledge

Test Your Fall Prevention Knowledge

Older adults can prevent falls and continue living safely at home by making a few modifications.

[Learn More About Home Safety](#)

Enjoy this activity packet, perfect for older adults or anyone to learn about fall prevention. These brain games blend together fun, learning, and cognitive stimulation.

[Download The Activity Packet](#)

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AZALEA ESTATES
ASSISTED LIVING
AND
RETIREMENT COMMUNITY

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



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