From The Desk of the Executive Director:

September is the month to celebrate grandparents. As a child I have a lot of memories with one of my grandmothers. She would fry French Fries for me to just sit in front of the television and eat. Once, I asked her for a pocket book and she crocheted me the most beautiful handbag in about an hour. She rubbed my back every night that I spent with her until I fell asleep. She was awesome.

When I became a grandmother, I vowed to be a good one. Once my son-in-law stated that I would have to spank them one day and I said, “The Bible says chastise your children, not grandchildren!” When people ask me about my grandchildren, I tell them that I don’t love them more than my children; “Just differently.”

My grandchildren call me ‘Gammie.’ That is a name that my oldest grandchild gave me from the womb. That’s right, I dreamed she was a blonde hair little girl and she was calling me Gammie, so it stuck. I am so thankful to God for giving me two granddaughters and one grandson. They have brought such joy to me and caused my life to be more meaningful. So...to MacKinley, Jordyn Elizabeth and Maddox...Gammie loves you more than the stars in the sky and the sands on the sea.

Happy Grandparents Day to everyone at the Carolinian!
Fun on National Bowling Day!
Southern Gospel Entertainer “Jody Watson” Performing at The Carolinian

A Picture Says A Thousand Words and so do these happy faces during Art Therapy!

College Football

K T E S T G Z L F G R C K B H
C O T A D N L I O E H P U N T
A U A F D A E A K E R O C S L
B C G E B L L C E M A S C O T
R H L T D P A R N O S A E S V
E D I Y O B L E M I T F L A H
T O A S E E Q U A R T E R S R
R W T N A B A C K F I E L D G
A N I D E S N E F F O D E R V
U L E N O I T P E C R E T N I
Q R E N I L E D I S R F A S B
S T A N D S O B O E S E C D O
K C I K X W A C F P S N K R W
I T U R N O V E R I A S L A L
B A N D N N R F P D P E E Y V

BACKFIELD INTERCEPTION SAFETY
BALL KICK SCORE
BAND LINEBACKER SEASON
BOWL MASCOT SIDELINE
CHEERLEADERS OFFENSE STANDS
DEFENSE PASS TACKLE
DOWN PUNT TAILGATE
FIELD QUARTERBACK TOUCHDOWN
GOALPOST QUARTERS TURNOVER
HALFTIME REFEREE YARDS
A healthy brain benefits you throughout your life

“There are relatively simple actions you can take to keep your brain healthy and, possibly, even delay or avoid dementia.”

1. **Blood pressure** is a strong predictor of brain health and high blood pressure is a significant risk factor for stroke.

2. **Smoking** is a huge risk factor for heart disease and tobacco is also linked to mental decline and brain function.

3. **Weight Loss** means reducing the burden on the heart, lungs and blood vessels to increase blood flow to the brain and boost overall brain function.

4. **Cholesterol** in your blood above acceptable levels can cause thickening of the artery walls and affect the blood supply to the brain. This type of vascular disease is a risk factor for development of Alzheimer’s Disease.

5. **High Blood Sugar** encourages the growth of plaque in the arteries and increases the risk for diabetes. A diabetic with hypoglycemia, a common complication of diabetes caused by low glucose levels in the blood, can lead to loss of energy for brain function and is linked to poor attention.

6. **Diet** that contains omega-3 fatty acids, antioxidants, vitamins and minerals nourish the brain. A healthy diet should include lots of fruits and vegetables, fat-free and low-fat dairy, and fish with omega-3 fatty acids and only a minimum of carbohydrates such as bread, potatoes, rice or sweets.

7. **Exercise** affects the brain in many positive ways. It increases heart rate, which pumps more oxygen to the brain and improves blood flow, changing the brain in ways that protect memory and thinking, as well as improving mood, general well-being and sleep. Moderate exercise for 20-30 minutes 3-5 days per week is optimal for maintaining top physical heart and brain health.

To all of my Carolinian Family:

It has been an honor and a privilege to work for you this past year. Thank you so much for the precious memories that we’ve made; I will treasure and hold them dear. Some of the greatest people on earth live and work here and I will miss you all. I am sure you will be in good hands with Emma and Chelsey, so as I pass the baton off to them, God bless and keep you always. Until we meet again, I love ya’ll! ....let the party never end!

Love, Ann Cantley