



St. GEORGE

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Villager

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Actively Engaged at Every Stage

One of the most important benefits offered by a Life Plan community is the access to continuing care, if and when it is needed. At St. George Village, we offer a tailored plan for each resident that changes over time with his or her evolving needs and lifestyle preferences, encouraging our residents to be actively engaged at every stage of life.

Nowhere is this person-centered focus more evident than our Wellington Court healthcare neighborhoods.

One recent example is a pancake breakfast for The Springs assisted living neighborhood, hosted by Executive Director Mark Lowell and Human Resources Manager Suzanne Brown. Residents enjoyed the fun and camaraderie along with a delicious breakfast!



HR Manager Suzanne Brown (above) shows off her pancake-making skills.

Bobbie Woolridge (left) loves pancakes and bacon, but we think she loves the camaraderie with Housekeeping Care Partner Deysi Lara more!

Prepare for Your Future

In researching retirement communities, you may have come across the term "Life Plan." You may even know that St. George Village is a Life Plan community. But do you really know what a Life Plan community is? Are you aware of the steps that will be required before you make the move to our community?

Prepare by arming yourself with knowledge! Come get the answers to these questions by attending one of our Life Plan workshops. This short

course focuses on all of the elements that comprise a Life Plan community. Once you have a thorough understanding of these key concepts, we will assist you in working through the process of determining which of our entrance plans is the best choice for you.

Workshops are offered every month, but seating is limited. Lunch is included. Call Dawn to reserve your space today: (678) 987-0409.

Best in Class

Congratulations to our residents and their canine family members for completing basic obedience training! The goal of the classes was to help foster an understanding of how dog owners and non-dog owning residents can live together more harmoniously when pets are well behaved.

St. George Village practices the principles of the Eden Alternative, an organization dedicated to improving the quality of life for seniors. As a pet-friendly community, we fulfill one of the Eden

Alternative principles — creating an environment that offers close and continuing contact with animals — as well as contribute to our own mission: **Be Active, Be Engaged, Be at Home.**



(Left to right) Marcia Allvine and mom Nancy Allvine with Tulip; Jack and Ann Uhlir with Callie; Len and Lorna Tomaszewski with Toby; Dan and Helen Leach with Buckey and Lucy; and Frank and Barbara Kardian with Daphne. We pay tribute to Dan Leach, Buckey and Lucy, who are fondly remembered by all of us at St. George Village.

Warning: Flu Season Isn't Over Yet!

When temperatures warm up in the spring, it's easy to drop your guard when it comes to what we think of as "wintertime" illnesses. However, the Centers for Disease Control (CDC) cautions that flu season is not only still under way, but it may not have peaked yet...and a new, more severe strain of the disease is now circulating.

Everyone 6 months or older should get vaccinated against the flu, the CDC advises. People over 65, children under



2 and individuals with medical conditions should also get a pneumococcal vaccination to prevent pneumonia. Even though it is late in the season, as long as flu is circulating, it's not too late to get vaccinated for both flu and pneumonia.

If you become sick, contact your healthcare provider immediately. A prescription for an antiviral drug can help reduce the severity and duration of flu.



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Be Active, Be Engaged, Be at Home

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