



Saint Anne's Terrace, INC.
 3100 Northside Parkway, N. W.
 Atlanta, Georgia 30327

October Birthdays

2—Rachel Brooks (staff)	10—Margy Manchester	22—Susie Jefferson
2—Rev. Simmons (staff)	10—Roselyn Wright (staff)	26—Annie Houk
2—Allene Hiniker	14—Helen Evans	26—Virginia Fick
3—Betty Watkins	17—Diamond Johnson (staff)	26—Norma Ward
4—Walker Sullivan	21—Adrienne Hall (staff)	27—Terri Monroe (staff)
7—Karen Wible		27—Billie Walraven
7—Mary Haywood		

Mohan Raj
President
Board of Directors

Terri Monroe
Executive Director

David Brooks
Associate Director

Terrace Talk



End of Summer

Children growing up in the 1930s in Michigan knew they would have to write a "What I Did Last Summer" story on the first day of school, always the Tuesday after Labor Day. It was a difficult exercise for most students because our summers then were not organized as they are today. We got up in the morning, did our chores and then went outside to play. No one could report foreign travel experiences or exotic camping experiences.

Play was casual in the 1930s, with children drifting toward the group they enjoyed the most. That was usually hopscotch or jump rope for the girls and marbles for the boys. Flat streets made roller skating and bike riding fun for all ages. We played with anyone who appeared when we did, sometimes just two or three and sometimes enough to form a team. One day was pretty much like another.

Our only chance to write something different was if our family had enough money to take a vacation. Since most of my family's vacations were exchanges of children among relatives living in Ohio and Indiana, there wasn't much to write about unless someone fell off their bike or there was a close call with the annual polio scare in August.

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October 2020

THIS ISSUE:

- Ways to Engage
- Dining Reopening Update
- Monthly Highlights
- Getting to Know You
- Scam Awareness



Resident Association Officers

Nominees for Officers for 2021

These people have been nominated as officers for the coming year:

- ◆ **President:** Rebecca Guberman
- ◆ **Vice President:** Benita Johnson
- ◆ **Secretary:** Jean Kinser
- ◆ **Treasurer:** Margaret Jackson

If anyone has other suggestions for nominees (including oneself), PLEASE let David Brooks know as soon as possible, but definitely by 10:00am on Wednesday, October 7th, 2020. REMEMBER THAT YOU MUST HAVE PERMISSION FROM YOUR NOMINEE before submitting his/her name for nomination to any position.

Because of the unusual situation created by the coronavirus quarantine, we recommend that these people take office after the October 7th, 2020 meeting instead of the first of next year. Going forward, we would return to rules as set forth in the Resident Handbook which states that the Association year starts with the February meeting each year.

Respectfully submitted,

- **Jean Kinser, Chair, Nominating Committee**

Ways to Engage

Because of the lack of activity the last few months, we were late getting out Resident Association committee sign-up sheets, which were passed out just last week. It is important that we get committees formed quickly for the many activities that make Saint Anne's Terrace a great place to live. The seven committees and the activities for which they are responsible (per Pages 38-39 of The Resident Handbook) are the following:

1. Activities Committee: Work with the Director of Resident Services by suggesting activities for the residents.
2. Apple Annie's Committee: Work with the Director of Resident Services to provide staffing for the store as often as possible as well as any other relevant services.
3. Dining Room Committee: Work with the Food Services Director to make suggestions about meals and service in the dining room.
4. Friendship Committee: Work with the Floor Representatives to visit residents who are not well or are lonely.

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Scam Awareness



Recently we have been alerted of a rise in the amount of scam calls targeted at the senior population. We have had a few residents come forward recently who've experienced either a phone call or gotten a letter. Please be aware that no bank, computer, phone, life insurance, or credit card company, nor the IRS or Medicare, will contact you looking for pertinent information or asking for money.

The callers are usually of foreign descent and can be convincing. In most cases, they will threaten to call the police.

That is their go to tactic and number one warning sign. Under no circumstances should you give them any information, nor allow them access to remote into your computer. Let them know you are alerting the authorities, to never call back and hang up. Oftentimes they will not call back, but if they do, do not answer and alert us on the number that is harassing you.

The newest such scam that has garnered national media attention is a call or a letter from Medicare or a Life Insurance company. The letters have copy and pasted a logo on there to make it look like letterhead, but unless you have directly contacted and gone through the customer service hoops of a company, do not give out any personal information.

If you have any questions or concerns on whether something is legit, please contact David, or another member of the Terrace management team before giving out your personal information or granting computer access.

Ways to Engage (Cont.)

5. Library Committee: Work with the librarian preparing new and donated books and doing other maintenance work to maintain the library.
6. Vespers Committee: Work with the Terrace Chaplain to provide weekly vesper services by clergy from local churches.
7. Ambassador Committee: Work with the Marketing Director to help new residents feel at home. Arrange for new residents to eat dinner with current residents for the first week they are here, and take them to any activity that they may find interesting.

As you consider these committee options, please remember that each one helps to make this facility a "home". Everyone profits from the activities that the committees oversee/provide and ALL of the committees are important. Please return your committee sign-up sheets, which were passed out last week, to the front desk if you haven't already. The deadline is October 2nd. - **Jean Kinser**

Getting to Know You

Derrick Greene



Derrick joined the staff of Saint Anne's as our new Director of Courtesy in June this past summer. A native of Warrenton, North Carolina and the youngest of 7 children, he lost his father to cancer when he was 6 years old. His mother was the owner of a fabric store and continued working after her husband died.

Derrick graduated from Warrenton High School where he played basketball as a point guard and went on to play varsity basketball at N.C. State in Raleigh, North Carolina. He transferred to Saint Augustine's College also in Raleigh where he continued playing basketball and graduated with a dual degree in Psychology and Exercise Science. After graduation, he went on to play professional basketball in Germany, Italy, Turkey and Israel.

He returned to the United States after 6 years. A member of the Army Reserves, his unit was called up during the Gulf War, and he remained in the army for 10 years attaining the rank of Sergeant E7. In the meantime, he had married and had become the father of two girls Kira and Liyah. Now divorced, he keeps close relationships with both. Kira is 29 years old and the mother of a five-year-old boy. Her husband is away in the army, so temporarily she and her son live with Derrick. Liyah, now 25, has a husband in the navy and is the mother of a two-year-old girl. She lives in Covington, GA.

When Derrick left the army, he bought a building large enough for him to open a gym. He later owned a larger gym which he sold in 2015. Now he is concentrating more on personal training as a part-time job and serves as a volunteer wherever needed. He especially enjoys volunteering at the Shepherd Spinal Center. He has two exceptional success stories he is very proud of, and he continues a relationship. One example is his work with a young man crippled with cerebral palsy who had never stood up and now has. He also works with a female Olympic equestrian who was paralyzed and is now riding again. He has a current client who is a football player with the Las Vegas Raiders, and he works with a hockey player with the Carolina Hurricanes. He continues being involved with other long-term clients. Since the Coronavirus pandemic began, he has learned how much he can accomplish with Zoom and virtual training.

While he owned the gyms, he had a regular job with Atria Northpoint Senior Living as their business director. It was there that he realized how much he enjoyed being around senior adults. After 15 years, he tired of an office job and learned about Saint Anne's Terrace and the opening for a Courtesy Director. Already, he has shown us that he is a perfect fit for the job, and we hope to see him around here for a long time.

- Jackie Hahne

Monthly Highlights

Our slow reopening in August and September have gone really well. With October comes more room to expand some of our activities. Below are a few dates to highlight on your calendar.

- ◆ We're starting up the Resident Association once again with a meeting on October 7th at 11:00am in the dining room.
- ◆ We'll have a Photo Tour of Atlanta on October 1st and a Photo Tour of France on October 15th with Jim Howe! Both at 11:00am in the dining room.
- ◆ We'll be having two cookouts this month! We need to make up for lost time as we usually have a handful each year. One will be on October 8th at 11:30am with Judy providing background music and the other will take place on October 22nd at 11:30am with Craig Gleason. However, just like we're restricted at dinner, until the executive order regarding gatherings is lifted, we can't have over 50 in one area. Once we reach that number, we'll provide seating in the dining room, but will have the windows open so everyone can hear the music.
- ◆ Zoom Exercise with Janet will be held on Monday, Wednesday and Friday at 9:30 a.m. in the 5th floor community room.
- ◆ The ECW will be hosting a book review of *Something in the Water* on October 21st at 3:30pm in the 5th floor community room with Antoinette. You do not have to be a member of the ECW nor do you have to have read the book to attend.
- ◆ Every Sunday at 10:30am there will be a stream of the Saint Anne's Church service in the 5th floor community room.
- ◆ Unfortunately we can not have our annual Family Halloween Party this year due to the pandemic, however, we will be having a Halloween Party! We can't do it as we've done in years past with dancing, but we have thought of a new way to bring the music, prizes, good food, good drinks and fun to you. It is still very fluid and is subject to change in the way we host it, depending on what happens with the Governor's current executive order.
- ◆ Transportation is still cancelled for now, but we do have plans in the works to make it available soon.

For a listing of more events taking place in October, check out the monthly calendar, our weekly schedule and the 2nd floor bulletin board. Please note that all activities will take place in either the 5th floor community room or the dining room until we can fully open dining services. Location information can always be found on our weekly schedule and any flyers we put out promoting the event.

Dining Reopening Update

First, we want to take a second and thank so many of you who have been so understanding and mindful of the restrictions we are under and the obstacles that we must face in order to reopen the dining room. We reopened on September 21st and have heard many compliments regarding how good the food was, and what a treat it was to be back with people again. Overall the reopening has gone smoothly. For that we are extremely grateful and are so happy that we can provide this service once again.

However, there has been several incidents in which we apologize for any inconvenience that we have caused. We felt that there should be a reminder that we **must** follow strict guidelines in order to pull off this service, and that it requires much more time and effort from the staff to make this happen on a nightly basis. We really appreciate your understanding and have put together a list below of the current protocols that we must follow in order to comply with the state guidelines for reopening:

- ◆ Under Governor Kemp's Executive order no business can host a gathering of any kind. His definition of a gathering is any event that has a capacity over 50, therefore we can only sit 50 in the dining room. To ensure everyone has a place to dine, we have turned the activities room into a 2nd dining venue.
- ◆ We are seating on a first come, first serve basis and filling the dining room one table at a time until we reach a capacity of 50. If you are seated at a table that is empty, do not worry, someone will come along and fill those seats. No one will eat alone.
- ◆ There is no seat saving or reservations at this time. If you come down in a group, you are not guaranteed to sit together as we are filling the seats at each table before opening up another table.
- ◆ The 2nd dining venue will remain closed until we reach 50 in the dining room.

While most have been understanding, some have taken exception. Please understand this is not done out of spite. We are doing this to ensure we are opening safely while following all guidelines issued to us by the state. We are sorry if we have offended anyone.

Please know that once it is safe and legal to do so, we will reopen the dining room as it was before, but until that happens, this is the new normal. Most everyone has been very patient and understanding and for that we are grateful. Thank you for sharing the many compliments. Again, we are very happy to reopen this service and seeing the joy in everyone's faces. It has been a real morale booster for many residents and staff alike. Unfortunately, it's the new normal for now, but we can make the best of it! It is much better than the alternative, and provides ample opportunity to meet new friends.

A Note from Your Library (Cont.)

During the journey on a repurposed slave ship, Evangeline befriends **Hazel**, a young girl who was sentenced to seven years transport for stealing a silver spoon. Never having had a friend, Hazel finds it hard to accept Evangeline, but eventually they become close. Street-smart, as opposed to Evangeline's innocence, Hazel, a skilled midwife and herbalist, is soon offering home remedies to both prisoners and sailors in return for favors.

What happens when the ship reaches Australia? What is life like for those who survive the trip? Is it brutally unfair or does it offer opportunity for redemption, for a new way of life?

This novel, based on true events, re-creates the beginnings of a new society in a beautiful but challenging land. It captures "the hardship, oppression, opportunity, and hope of a trio of women's lives in nineteenth century Australia."

One nonfiction, one fiction, but some thoughtful reading in both. Enjoy and learn!

- **Betty Watkins**

End of Summer (Cont.)

Despite all the hardships of the Depression, I am not alone in thinking we had a good life. We and our neighbors raised vegetables and had fruit trees in our yards that gave us a good diet. We had room and opportunity to exercise and play games. We listened to the radio in the evening to keep up with One Man's Family and the Lux Radio Theater. We grew up and went our different ways until now many of you have regrouped with old friends from kindergarten at Saint Anne's Terrace.

The summer we have just experienced had a lot in common with our earlier days. We were thrown back on our own resources to entertain ourselves and to keep busy. Some of us read more books, took more courses from the Great Courses, took up new hobbies, played more solitaire and worked more puzzles. We visited with our families by electronics rather than in person. We watched television rather than listen to the radio. We had courtyard concerts rather than church picnics. And, thanks to the hard work of the staff, we stayed healthy and ate well. I take comfort in the thought that history doesn't repeat itself, but it does rhyme.

-**Dona Keller**

A Note from Your Library

"The man who does not read good books is no better than the man who can't."

- Mark Twain

◆ **Killers of the Flower Moon**, David Grann, Nonfiction, 2017

In the 1920's, the Osage Nation was sent to live in northern Oklahoma, an unproductive section where they could be ignored. Then oil was discovered beneath their land, and they became the richest people, per capita, in the world. They rode in chauffeured cars, built mansions, and sent their children to study in Europe.

Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, began to be murdered. One was shot, another was poisoned. Mollie herself began to show symptoms, originally diagnosed as diabetes. Many more were dying under mysterious circumstances, and many of those who dared to investigate the killings were also murdered.

Meanwhile the white man was executing a plan. Declare the Osage incompetent, become his guardian, and steal his money. Or marry an Osage woman, do away with her, and inherit her oil rights.

As the death toll rose, the newly created FBI took over the case, and the young J. Edgar Hoover asked Tom White, a former Texas Ranger, to unravel the mystery. White put together an undercover team, including a Native American agent, and together with the Osage began to expose one of the most chilling conspiracies in American history.

And, herein, another part of our shameful history is revealed.

"...something rather deep and perplexing and not easily forgotten."

- The Wall Street Journal

◆ **The Exiles**, Christina Baker Kline, fiction, 2020

Although Australia has been home to Aboriginal people for more than fifty thousand years, the British government in the 1840's considers the indigenous people as an unpleasant nuisance, almost like animals. Many of them have been "relocated." One of these relocated people is **Mathinna**, the orphaned daughter of the chief of the tribe. The new British governor and his wife have taken Mathinna from her home as an experiment, to see if the native girl is able to learn, to adapt to "white" life.

Evangeline, a naive London governess, is arrested on trumped-up charges when her pregnancy is discovered and is sent to the notorious Newgate prison. After months in this horrific jail, she learns that she is to be transported to a penal colony in Australia. Uncertain of what lies ahead, Evangeline knows one thing. Her baby will be born on shipboard as she travels to this distant place.

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Jester Section

If you ever feel a little bit stupid, just dig this up and read it again; you'll begin to think you're a genius...

⇒ **Question:** If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever." - Miss Alabama in the Miss USA contest

⇒ "Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff." - Mariah Carey

⇒ "Smoking kills. If you're killed, you've lost a very important part of your life." - Brooke Shields

⇒ "I've never had major knee surgery on any other part of my body." - Winston Bennett, Former University of Kentucky basketball forward

⇒ "Outside of the killings, Washington has one of the lowest crime rates in the country." - Former Mayor Marion Barry, Washington, DC

⇒ "Half this game is ninety percent mental." - Philadelphia Phillies manager, Danny Ozark

⇒ "It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it..." - Former Vice President Al Gore

⇒ "I love California. I practically grew up in Phoenix ..." - Former Presidential Candidate Dan Quayle

⇒ "We've got to pause and ask ourselves: How much clean air do we need?" - Lee Iacocca

⇒ "The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein." - Joe Theisman, NFL football quarterback & sports analyst

⇒ "We don't necessarily discriminate. We simply exclude certain types of people." - Colonel Gerald Wellman, ROTC Instructor

⇒ "Your food stamps will be stopped effective March 2020 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances." - Department of Social Services, Greenville, South Carolina

⇒ "That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it." - A congressional candidate in Texas

⇒ "Traditionally, most of Australia's imports come from overseas." - Keppel Enderbery

⇒ "If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record." - Mark S. Fowler, FCC Chairman

...Feeling smarter yet?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2020

1
7:00—Apple Annie’s open by request until 3pm
11:00—Photo tour of Atlanta with Jim Howe
1:30—Bingo

2
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
7:30—Movie

3
12:00—CFB Saturday
4:45—Saturday meal delivery
7:30—Movie

4
10:30—Saint Anne’s Church Service Stream
12:00—Sunday meal delivery
6:00—Film

5
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
1:30—Bingo
8:15—Falcons vs. Packers

6
7:00—Apple Annie’s open by request until 3pm
10:30—Morning Prayer with Rev. Simmons
12:30—Hand & Foot
3:30—Theological Reflections

7
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
11:00—Resident Association Meeting
1:30—Bingo (Please note day change this week)
7:30—Movie

8
7:00—Apple Annie’s open by request until 3pm
11:30—Cookout in the courtyard and dining room with Judy’s Duo
12:00—Daily meal delivery

9
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
7:30—Movie

10
12:00—CFB Saturday
4:45—Saturday meal delivery
7:30—Movie

11
10:30—Saint Anne’s Church Service Stream
12:00—Sunday meal delivery
1:00—Falcons vs. Panthers
6:00—Film

12
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
1:30—Bingo

13
7:00—Apple Annie’s open by request until 3pm
10:30—Morning Prayer with Rev. Simmons
12:30—Hand & Foot
3:30—Theological Reflections

14
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
7:30—Movie

15
7:00—Apple Annie’s open by request until 3pm
11:00—Photo tour of France with Jim Howe
1:30—Bingo

16
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
7:30—Movie

17
12:00—CFB Saturday
4:45—Saturday meal delivery
7:30—Movie

18
10:30—Saint Anne’s Church Service Stream
12:00—Sunday meal delivery
1:00—Falcons vs. Vikings
6:00—Film

19
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
12:30—Poetry with Jerry Coker
1:30—Bingo

20
7:00—Apple Annie’s open by request until 3pm
10:30—Morning Prayer with Rev. Simmons
1:30—Hand & Foot

21
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
1:30—Bingo (Please note day change this week)
3:30—ECW
7:30—Movie

22
7:00—Apple Annie’s open by request until 3pm
11:30—Cookout in the courtyard and dining room with Craig Gleason

23
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
7:30—Movie

24
10:00—John’s Foot Care
12:00—CFB Saturday
4:45—Saturday meal delivery
7:30—Movie

25
10:30—Saint Anne’s Church Service Stream
12:00—Sunday meal delivery
1:00—Falcons vs. Lions
6:00—Film

26
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
1:30—Bingo

27
7:00—Apple Annie’s open by request until 3pm
10:30—Morning Prayer with Rev. Simmons
1:30—Hand & Foot

28
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
7:30—Movie

29
7:00—Apple Annie’s open by request until 3pm
TBA—Halloween Party in the courtyard and dining room with Jeni & the boys

30
7:00—Apple Annie’s open by request until 3pm
9:30—Zoom Exercise
1:30—Trick or Treat Bingo (Please note day change this week)
7:30—Movie

31
12:00—CFB Saturday
4:45—Saturday meal delivery
7:30—Movie