

# Poplar Estates

1310 Rosewood Drive • Columbia, TN 38401 • 931-381-8405

## Lighter and Brighter

If gray winter days have you feeling gloomy, perk up your surroundings by using light colors and simple patterns in your décor. Simply switching out pillows and blankets in dark hues or busy designs for textiles in light, solid colors can instantly help your space feel bigger and brighter.

## Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.

After a substantial snowfall, you'll often spot a snowman, decorated with accessories ranging from the traditional to whimsical—carrot nose optional!

## January 2023

### Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.

### This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.



## Spotlight Resident for January: Sammy Salters



Thomas (Sammy) Salters has been a resident here for eight years with his cat, Jesse. Sammy's birthday is the 7th of January. His wife's name is Dana. They have been married for 23 years. They went skiing on their honeymoon and did that every year on their anniversary.

Sammy worked at Maury Regional Hospital for 37 years. He was the head of maintenance. He likes to eat Buffalo Ribeye Steak. Sammy helps us here when we grill out for a holiday. Best Cook Ever!!! One of his favorite things to do is to watch sports on TV.

Sammy said the people here are his favorite thing about living here. He likes to socialize whenever possible.

## Spotlight Employee for January: Mona Medina



Mona has been employed at Poplar Estates for 9 1/2 years. She is the Resident Service Director/Activity Director at The Gardens.

Mona and her husband, Joe, have four children. They have three sons and one daughter. Also the light of Mona's eyes are her four grandchildren, whom she loves spending time with. When she is not working, spending time with family is at the top of her list.

Mona's favorite thing to cook is Chicken Estufao. This is a soup. Her family loves this Asian dish.

Her favorite saying is, "I love to take care of others while God takes care of me." She truly lives out this saying. She loves caring for our residents.

Mona's favorite thing about Poplar Estates is building relationships with the residents and their families. We are blessed to have her here at Poplar Estates.