

Poplar Estates

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Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

Give thanks in all circumstances;
for this is the will of God in
Christ Jesus for you.
-1 Thessalonians 5:18

November Health Tips!

Vaccinations: Getting the flu vaccine each year at the end of October is recommended for seniors. Seniors are at a higher risk for complications with the flu, such as pneumonia, bronchitis, and ear infections. The flu can also worsen any chronic health conditions that already exist. There are two types of flu shots designed for seniors, so ask a doctor which one is best.

Avoid Falls: It's common for seniors to experience stiff joints in cooler temperatures. This makes it more difficult to move about; also the combination of it getting dark earlier, the ground wet, and falling leaves can create more slipping hazards.

Moisturize Your Skin: Stay hydrated by drinking plenty of fluids and eating soup. Using a humidifier indoors can go a long way toward putting some much-needed moisture back into the air. Also, make sure to help keep your skin from drying out with lotion or cream.

November 2023



Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

Perfect Pillows

Throw pillows are most often 16- to 22-inch squares that add a decorative touch to any couch or chair. An easy way to stay on trend is to refresh the pillowcases in your living space. Keep multiple pillow covers on hand so you can swap them out at your leisure, whether seasonally, for holidays or simply for a change of scenery.

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

We would like to thank all of our residents or their spouses who are veterans: William Hatley, Michael McLeskey, Alvin Kelley, Richard McClafferty, James Boze, Joe Brooks, Stephen Orihood, Tony White Sr., Lional Marmolejko, Mack Owen, James Lowe, Mr. Hodge, John Gross, Ray Kuykendal, Bobby Dial & Calvin Adams.

