



SHELBY GARDENS LLC.
SENIOR LIVING

1535 Appling Care Lane • Cordova, TN 38016

Tomorrow, Together

"Let us put our minds together and see what life we can make for our children."

—Sitting Bull

Health Literacy How-To

October is Health Literacy Month, and it means more than just being able to read the prescription. Health literacy means you're able to find reliable sources, understand medical instructions and confidently ask your doctor questions. Here are a few tips to improve health literacy online and in the doctor's office:

Online. Prioritize websites that end in .edu or .gov, especially prominent universities and government organizations. Be sure to verify information generated online by websites or artificial intelligence with a trusted health care provider.

In office. Write your questions down ahead of time, take notes and repeat back what you heard the medical provider say. This reduces the risk of assumptions or misunderstandings during the appointment.



October 2026



How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together

**Shelby Gardens
Administrative Staff**

Jordie Montgomery Director
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**100 Years of
Winnie-the-Pooh**

October marks the 100th birthday of the world’s favorite honey-loving bear, Winnie-the-Pooh. In October 1926, English writer A.A. Milne published “Winnie-the-Pooh,” charting the adventures of Christopher Robin, named after Milne’s son, and his animals inspired by Christopher Robin’s beloved toys.

The children’s novel was an immediate success, selling 150,000 copies in less than two months. Today, first editions can be found for thousands of dollars, depending on condition.

Test your knowledge of this beloved silly old bear and his friends by matching the quote to the character.

- A) “Could be worse. Not sure how, but it could be.”
- B) “What I like best is just doing nothing.”
- C) “Sometimes the smallest things take up the most room in your heart.”

Answers:

- A) Eeyore
- B) Christopher Robin
- C) Winnie-the-Pooh

Fired Up for Fire Pups

National Fire Pup Day on Oct. 1 celebrates the brave four-legged friends of firefighters. Take a look at the legacy of these brave canines.

In the centuries before automobiles dominated traffic, coach dogs — often tall, strong breeds — ran alongside horse-drawn carriages to ward off bandits and provide companionship. Horse-drawn fire engines often adopted dalmatians as their coach dogs for their stamina, calm, booming barks and highly visible spotted coats, leading to the strong association today between dalmatians and firefighting.

Dalmatians still serve as firehouse companions, but they’re not the only pups in today’s fire prevention and remediation business. Labrador retrievers are a preferred breed to train as accelerant detection canines (ADCs) to sniff out arson evidence. Studies have found that therapy dogs, which can be any breed as long as they are properly trained and certified, lift the spirits of burn survivors and raise morale among burn unit medical staff.





Health & Fitness

Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. Research shows that balance training programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can

practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

As with any form of exercise, talk to a health care provider before starting or adding it to your routine.

Brain-Building Neurobics

Want a new brain challenge? Put down the puzzle and pick up your toothbrush — with your non-dominant hand.

This simple switch-up is one of many brain exercises called "neurobics," a term coined by authors Dr. Lawrence C. Katz and Manning Rubin in their book "Keep Your Brain Alive." The writers urge folks to use neurobics (neuro-aerobics) to boost memory, improve cognitive function and even support mental health. By using your senses in new ways, neurobics help your brain stay flexible. This process of forming new neural connections, called neuroplasticity, allows

your brain to keep learning and changing as you age.

Transform daily routines into neurobic exercises with these simple strategies, added in moderation so as not to cause mental fatigue. Try writing or eating with your non-dominant hand. Add unusual soundtracks to your regular tasks by listening to a podcast in another language or an unfamiliar music genre.



Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October				Happy Birthday 1 <i>Thomas Whyte</i>	Happy Birthday 2 <i>Pat Andries</i>	Happy Birthday 3 <i>Dorothy Hester</i>
4 <i>National Taco Day</i>	Happy Birthday 5 <i>Reba Thompson</i>	6 <i>National Noodle Day</i>	7 <i>World Cotton Day</i>	8 <i>National Heroes Day</i>	9 	10 <i>National Cake Decorating Day</i>
11 <i>National Sausage Pizza Day</i>	12 <i>Columbus Day</i>	13 <i>National M&M Day</i>	14 <i>National Dessert Day</i>	15 <i>National Lemon Bar Day</i>	16 <i>World Food Day</i>	17 <i>Happy Birthday Loyce Stelling</i>
18 <i>National Chocolate Cupcake Day</i>	19 	20 <i>International Chefs Day</i>	21 <i>National Apple Day</i>	22 <i>National Nut Day</i>	23 <i>Happy Birthday Sherry Duncan</i>	24 <i>National Bologna Day</i>
25 <i>World Pasta Day</i>	26 <i>National Pumpkin Day</i>	27 <i>National Black Cat Day</i>	28 <i>National First Responders Day</i>	29 <i>National Cat Day</i>	30 <i>National Candy Corn Day</i>	31 <i>Happy Birthday Annie Armstrong</i>

