



AUTUMN
OF SARASOTA

September 2017

THE *Insider*

A Monthly Look Inside Autumn of Sarasota

September Fun!

Lunch Bunch

- Week 1 Steak 'n Shake
- Week 2 Demetrio's
- Week 3 Red Lobster
- Week 4 Rincon Cubano
- Week 5 Applebee's

Creating with Clay

September 13th
3:15 pm
at the Cafe

Drum Circle
September 16
2 pm
In the Lobby

Family Support Group with Katie Scott

September 5, 7, 12, and 14th.
4:30 pm
RSVP 941.444.9398

3251 Proctor Rd.,
Sarasota, FL 34231
AutumnALF.com
941.444.9398



Stan helps decorate the Autumn Rocks.

Autumn Rocks

Be on the lookout for Autumn's unique and hand decorated rocks "hidden" in plain sight in and around Sarasota's public buildings, parks etc. Our residents have been busy decorating and painting these fun little rocks for our friends in the community to discover. We hope this little craft project will brighten someone's day and connect us to the community. Rock finders are asked to post a photo of themselves with the painted stone on our Facebook page with the hashtag **#AutumnRocks**. Rock finders are also encouraged to re-hide the rocks for the fun of others to find and share!

Construction Watch

Things are moving swiftly with the construction of our second building here at Autumn. The construction crews have been working hard six days a week. The hot weather has not hindered our residents from watching the crews work on building the foundation with their enormous equipment. The 'summer house' under our giant oak tree offers shade, a birds-eye view and big comfy couch to enjoy all the activity from.



Construction duty with Bill & Peter.

Caregiver Support Group

Please join us for an outstanding four-part educational series presented at our free monthly caregiver support session. Katie Scott, B.A., JFCS, Senior Services Support Coordinator, will be presenting this session entitled "Mindset: Are you Giving Your Brain a Workout?" This program was designed by Dr. David Lowenstein and it promises to be something you don't want to miss.



Carrie shares caregiving tips with Judy & Terri.

The dates are Sept 5, 7, 12 and 14th. Space is limited, please RSVP to confirm your spot. Light snacks and refreshments will be served.



Good Posture



For most adults, posture is typically an afterthought. As we age, retaining good posture actually becomes even more important to our physical health and wellness. Did you know that seniors who are mindful about their posture are more likely to avoid injuries and falls? When you sit or stand with proper posture, you are doing your body a favor by not overexerting yourself, which can cause unnecessary strain on weaker muscles. Additionally, being mindful of your posture is great for balance.

If you want to learn more about good posture, please drop by our therapy office at Autumn of Sarasota, just off the lobby.

Elizabeth shows us a perfect example of sitting with good posture.

Jeanette in the Spotlight



Jeanette Mort was born in 1937 in New Castle, PA. Seeking new adventures she left New Castle at the age of 18 and never looked back. She relocated to Cleveland, OH, went to school, took art and business classes and became an entrepreneur.

After her two daughters, Cori and Shelley entered school, Jeanette did the same and went to business school which enabled her to pursue a career with General Motors. Upon expecting her third child, Larry,

Jeanette took a hiatus until he started school. She enjoyed being a stay at home Mom for several years then went on to own and operate her own businesses.

Jeanette moved to Sarasota 1979 to escape the Ohio winters and married Dyke Mort, her loving husband whom she lost after 30 + years together. In Sarasota Jeanette found success as a manager for Sherwin-Williams and then as an account manager for an interior design supply firm. After retiring, Jeanette had more time to enjoy her two grandchildren Alex and Dylan. She loves spending time with her family, dancing, painting and helping others.

Jeanette's hard work on her art project paid off with a beautiful flower.

Come Check Us Out!

Have you visited our website yet? Come learn more about our Autumn communities. Our upcoming public events are posted on the website along with our resident activities calendars. We also have a section of local resources that might be useful to you. Of course, be sure to browse the photo galleries and videos of all the fun we have here at Autumn. **Visit www.AutumnALF.com**