

FRIENDSHIP HAVEN



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.





ONE HIT WONDER DAY

Songs We'll Never Forget

One-Hit Wonder Day on Sept. 25 celebrates those unforgettable songs that became favorites, even when the artists only had one major hit.

One-hit wonders hold a special place in music history. These songs may not have led to decades of chart success, but they became lasting favorites that people still enjoy singing along to today.

Celebrate One-Hit Wonder Day by enjoying the songs that bring back memories. Communities can create a fun afternoon with activities such as:

- Playing a "name that tune" game and guessing songs from a short clip
- Creating a playlist of residents' favorite one-hit wonders
- Inviting residents, family members, and friends to share stories connected to special songs
- Singing along to familiar favorites during a music social

Music has a unique way of connecting us across generations. Whether a song reminds us of a special time in our own lives or introduces us to something new, a great song is always worth celebrating.



CELEBRATING A CENTURY OF LIFE

Reaching your 100th birthday is an extraordinary milestone, and one worth celebrating! National Centenarian's Day on September 22 honors those who have lived a full century, recognizing not only their longevity but also the remarkable lives they've led along the way.

A century of life is filled with stories. From childhood adventures and first jobs to raising families, celebrating milestones, and watching new generations grow, every centenarian has a lifetime of experiences that are uniquely their own. **Those stories connect us to the past, remind us how much has changed, and often reveal that the values of kindness, perseverance, and love never go out of style.**

Beyond the memories are the lessons they've gathered over the years. From stories of perseverance and family traditions to moments of laughter and hard-earned wisdom, centenarians remind us that every chapter of life has something valuable to teach.

National Centenarian's Day is the perfect opportunity to celebrate these incredible individuals. Whether by listening to their stories, looking through old photographs, or simply spending time together, we can honor a century of memories while creating a few new ones of our own.

National Environmental Services & Housekeeping Week: Sept. 13-19

This week, we honor the hardworking team members who keep our healthcare spaces clean, safe, and welcoming. Their behind-the-scenes efforts play a vital role in protecting the health and comfort of everyone in our community. Take a moment to thank them for all they do!

Eight Great Ways to Celebrate Grandparents Day on September 13

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

1. Make Something Together

Craft a handmade card, bake a favorite family recipe, or create art side by side.

2. Share a Story

Ask grandparents to tell a favorite memory or piece of family history. Record it or write it down.

3. Play and Laugh

Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.

4. Plan a Special Meal

Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.

5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

7. Explore Your History

Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

8. Create a Time Capsule

Gather mementos, notes, or drawings and seal them in a box to open together next year.

No matter how you celebrate, the heart of Grandparents Day is simple: spend time, show love, and make memories together.



Happy Labor Day

Here's to relaxing, recharging, and recognizing all the work that makes a difference every day.

Patriot Day: Honoring 25 Years of Remembrance

This year marks the 25th anniversary of September 11, 2001, a day that forever changed our nation. Patriot Day is a time to pause, remember the lives that were lost, honor the courage of first responders, and recognize the strength and resilience shown by communities across the country.

For many, the memories of that day remain vivid. While the years have passed, the spirit of compassion, unity, and service that followed continues to inspire us. Patriot Day reminds us that even in the most difficult moments, people can come together with kindness, courage, and hope.

As we remember this milestone anniversary, may we continue to honor the past while carrying forward the values of service, compassion, and unity that define our nation at its best.





1500 SUNSET DRIVE
FRIENDSWOOD, TX 77546

Admissions: 281.992.4300
friendshiphaven.net

COMMUNITY LEADERS

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Brent Walsh

DIRECTOR OF NURSING
Joddie Naeseth, RN

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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

B	D	T	R	P	A	T	R	I	O	T	F	U	N	W
W	S	C	O	G	S	K	B	C	J	Z	F	M	M	I
L	E	H	M	G	A	V	U	M	K	B	G	Z	D	S
E	R	H	I	C	E	M	R	I	U	E	R	P	S	D
X	K	E	B	E	D	T	E	S	V	U	A	W	B	O
E	J	A	J	U	M	E	H	O	D	N	N	E	O	M
R	E	L	E	C	M	L	M	E	M	I	D	J	A	R
C	Z	T	Z	B	L	Q	E	R	R	T	P	R	G	O
I	W	H	F	F	F	E	E	S	X	Y	A	W	I	C
S	A	X	H	L	A	B	A	D	S	Z	R	U	N	U
E	Y	W	H	L	M	Y	Y	N	G	O	E	A	G	M
T	Q	T	M	E	I	X	L	J	A	U	N	Q	G	Q
G	K	B	M	G	L	E	A	D	Q	K	T	S	O	D
Y	Y	E	A	P	Y	F	W	N	F	Z	S	V	C	G
D	R	M	W	B	R	R	N	Z	M	M	P	R	A	J

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM