

Good Eats

A delicious seasonal recipe courtesy of Chef Carla

Strawberry Spinach Salad

Ingredients

1 (6-ounce) packages fresh baby spinach
1 pints fresh strawberries, sliced

Sesame-Poppy Seed Dressing

Toppings: chopped cooked bacon,
chopped fresh broccoli, blanched sugar
snap peas, sliced red onion

Preparation

Combine baby spinach and strawberries in a large bowl; toss with 1/4 cup Sesame-Poppy Seed Dressing just before serving. Serve with remaining dressing and desired toppings.

Serves – 4 to 5



Coming Soon in the Village

Join us for the upcoming events. RSVP required — call Sarah at 678-987-0406.

St. George University provides life enriching programs for residents in our community as well as our future residents.

• **August 12th, 2:00 p.m.** — **Georgia Republican Party Chairman Sue Everhart and Georgia Secretary of State Karen Handel** will speak on the outlook of the Republican Party in the state of Georgia.

• **September 12th — Celebrate Grandparents' Day** “Under the Big Top” at St. George Village! Dinner will be served from 5:00-7:00 p.m., followed by festivities from 7:00 to 8:00 p.m. The Boehmer family jugglers, ranging in ages from 7 to 29 years, will provide entertainment. (For more information, visit their website, www.tbjf.com.) Purchase a duck to race down the SGV “hooch” and support the Georgia Alzheimer’s Association.

FYI...

Since January 2009 we have coordinated 8 successful moves to St. George Village and 6 of those moves were wait-list members! The once-available apartments that have now become homes to SGV members are the one-bedroom Coventry and Windsor, the two-bedroom Kensington and Canterbury, and the Mayfair, which features two bedrooms with a den and sunroom.

St. GEORGE
VILLAGE



OUTLOOK

The Current Real Estate Market and You

by Susan Wesley

As a Realtor for the past 15 years, I have adjusted my business plans to accommodate my clients in this challenging market. Be assured, homes are selling! Having the best possible marketing plan from the beginning is the key to getting your home sold so that you can move forward with your life at St. George Village.

I have had the good fortune of working with some of St. George’s current residents in marketing and selling their homes. I have also helped many of my friends market their parents’ homes.

Your home must be priced right, from the very beginning. In the past, Realtors looked at recent sales and used those homes to determine the price at which your home would likely sell. But today’s market is very different



— our biggest challenge is in getting the price right from the start and not “chasing the market” with continuous price reductions. Your competition sets your price as much as past sales. Condition is also the key to a quicker sale. I make sure that all

of my clients get “staging” advice so that their home shows to its best advantage. Buyers are in the driver’s seat these days, and they will move on to the next home if there is too much work

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Residential Confidential

“It just dropped in my lap at the right time,” recalls Inez Moss of the day she first heard about St. George Village. Her husband, Paul, had many health issues at the time and Inez was concerned that they would soon need help. When a couple of close friends mentioned signing up for residences at SGV, Inez’ interest was piqued. “I read through the literature and it was a no-brainer,” she says of the immediate decision to sign on, too.

The timing of selling their home worked out perfectly, and the Mosses moved into St. George Village in 2005.

SGV’s living arrangement choices were perfect for the Mosses, since Paul requires skilled care services, while Inez still lives independently in a two-bedroom unit. The two are able to dine together, as well as attend worship services, concerts, Great Decisions seminars and other activities offered onsite at St. George. Inez also participates in offsite activities such as SGV’s guided tours and continues to maintain her previous social networks.

Attentiveness to health issues is of vital importance to the Mosses, as it is to all SGV residents. “There are many options for improving your health here. They do a great job of putting health issues before us and giving choices — physically *and* emotionally,” notes Inez.

She adds that the compassion and family atmosphere — across all social and religious boundaries — found at SGV are exceptional.

“I feel very blessed to be here,” she says.

The garden is only one of many features and activities that Inez Moss (right) enjoys at St. George Village.



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to be done on a house. I advise my sellers as to the arrangement of furniture, removal of furniture (less is better), paint colors, carpet, wallpaper removal and minor updating.

I am currently preparing my dad’s 32-year-old house for the market. I have searched out the best prices for painters, ceiling fans, light fixtures and carpet. This is all being done at minimal cost. I am personally practicing what I have been sharing with clients for years. And what fun I am having with this project! Stay tuned for the results, as I

place this home on the market in July.

I would love to help you or anyone you know in getting your home sold. And if you live outside the Atlanta area, I know agents that I can refer to you for the best marketing results.

Susan Wesley is a Realtor with Keller Williams Realty Consultants in the Atlanta area. She is an Atlanta native and a Life Member of the Atlanta Board of Realtors, Million Dollar Club, and a Phoenix Award Recipient. Contact Susan by phone, (678) 907-9288 or email, susanwesley@charter.net, or log on to www.susanwesleyinc.com.

SGV, Inside and Out

“Laughing for the Health of It”



Beverly Bender, Gerontologist and Certified Laugh Leader, taught us about the importance of using humor and laughter every day, especially when surrounded by the ongoing challenges in our lives.

Health Benefits of Laughing

- Strengthens the immune system.
- Vibrating muscles gives an internal massage.
- Cardiac exercise:
1 minute of laughing = 5 minutes on a rowing machine
1 minute of laughing = 8 minutes on an exercise bike
- People who laugh together get along better.
- Relieves stress, prevents negative tension.
- Improves lung capacity.
- Reduces pain.
- Muscle relaxation.
- Improves sense of humor.

Q: What did the blanket say to the bed?
A: I’ve got you covered.

Step-On Guided Tour of Covington Georgia



Covington, located in Newton County, has a rich heritage of historic buildings, churches, and homes, such as Whitehall (pictured above), which dates back to the 1830s. The brick home (pictured right) is a sort of “replica” of Tara, Scarlett O’Hara’s home in *Gone With the Wind*.

St. George residents took a driving tour of Covington’s antebellum houses, which included a replication of Tara, Scarlett O’Hara’s house in *Gone with the Wind*, and Whitehall, Margaret Mitchell’s inspiration for Twelve Oaks. They also saw the famed courthouse and other sites used in the “In the Heat of the Night” TV series, and ended the afternoon with a tour of the Emory at Oxford campus.



ST. GEORGE VILLAGE

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