

# JULY NEWSLETTER 2018



## ***Hello Residents,***

Thought I would write about Healthy Habits this month. There is an old saying: Health is the greatest gift, contentment the greatest wealth, and faithfulness the best relationship. I love that, hope you find some insight in that as well. We all can be more focused on our health. The decisions that we make need to be more proactive rather than reactive. The need for regular health screenings, checkups, and other routine maintenance need to be ongoing. People who had good health habits when they were younger tend to become healthy seniors. But it's never too late. Good health habits can make a difference even to seniors who are prone to illness or have not made their health a priority in the past.

### **Here are some tips I hope you will consider:**

- 1. Take advantage of Free Physicals:** Medicare typically allows for free annual wellness visits
- 2. Focus on Prevention:** Preventative care visits, health screenings for cholesterol levels, heart problems, colon cancer and more qualify for Medicare coverage. Seniors also need to get vaccinations that can help to prevent pneumonia and influenza. Physical Therapy to strengthen upper and lower body can help to prevent falls.
- 3. Medication Management:** review your medications with your physician regularly.
- 4. Visit the Dentist every six months:** Risk for cavities goes up with age. Many mouth infections can be linked to serious health conditions.
- 5. Screen for Vision Changes:** Seniors who have eyeglasses should have their prescription checked every year for changes, and have their eyes screened for health issues.
- 6. Remember Mental Health:** The Mental Health Foundation recommends that seniors do crossword puzzles, read, write and try new hobbies to stimulate their minds. Our Activity Department offers a variety of events daily, please join often.
- 7. Stay Physically Active:** Exercise not only increases energy but improves memory and can alleviate some depression. Short strolls, walks or an exercise program approved by a physician can keep seniors healthier longer. You can join our morning exercise program.
- 8. Eat Healthy:** The digestive system can slow down as we age, so high fiber fruits, vegetables and whole grains are important. Seniors can be prone to dehydration, you should drink plenty of water to stay energized and sharp.
- 9. Get Some Sleep:** Insomnia and frequent waking in the night are common among seniors. Having a routine bedtime and minimizing fluids before bedtime may be helpful.
- 10. Socialize:** Time spent with friends can help you feel connected, especially if they have mobility issues. They can help you feel more upbeat and laugh, the best medicine of all.

With your health under control, you can do more and stay active, which is important to overall health. That's why we are excited that you are at Rosewood, and we want to encourage and support you every day in your efforts to have better health and to make your experience at Rosewood satisfying. Please let us know how we can better serve you. Wishing you the best health ever!

***Greg Pflug,***  
*Executive Director*

**July 4**  
Happy Independence Day

**July 5**  
Bingo Marathon in  
Personal Care

Afternoon Arm Chair Travel

**July 7**  
Christmas in July in  
Personal Care

**July 10**  
Step On It

**July 11**  
Skin Care Clinic

Ice Cream Sock Hop

**July 16-18**  
Vacation Bible School for  
Residents

**July 19**  
Resident Council

**July 23**  
Pep Talk-positive Affirmations

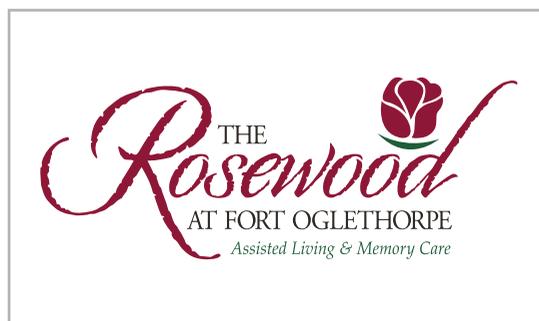
**July 24**  
Staff Appreciation Day

**July 25**  
Christmas in July in Memory  
Care

**July 27**  
Mays Family Variety Show

Punch and Painting Party

**July 31**  
Front Porch Social



### ***Employee of the Month Jennifer Hensley – June 2018***

Jennifer has an exceptional work ethic. She is a team member that you can count on in crunch time. She often pitches in when asked to assist with a task. Jennifer always has a cheerful smile on her face as she greets all the residents and fellow team members. We are looking forward to having her on our team supporting the residents and team members for many years to come. So please join us as we thank Jennifer for all her hard work! Congratulations, Jennifer, for all you are doing!



### ***Our Super Hero Party for Fathers Day – June 18th***

We had a Super Hero Day for all our male residents in honor of Father's Day. The Super Heroes had a wonderful time as they sat socializing and having fun playing with their spinning tops. The tables were adorned with all sorts of snack treats. Our presentation included: carmel popcorn, roasted peanuts, Slim Jims, chips, vintage candy and special orange super power punch! What a delightful afternoon it was to see all our Super Heroes in the Media Room enjoying themselves and having fun! Please stay tuned for more events for our Super Heroes in the coming months.



## ***Beauty Day – June 12th***

Everyone loves to be pampered, and we love to pamper our sweet residents! Beauty days consists of spa hand treatments, aromatherapy, massage, manicures, and makeup applications. During the afternoon Jewelry Making class, we made several colorful bracelets for the residents to wear or give as gifts.



## ***Sunshine Socials – June***

One of our favorite Summertime activities in Memory Care is to go into the courtyard and soak up some sun! Residents and staff will gather in the courtyard to enjoy the warmth of summer. Some days, we enjoy it by drinking our coffee or lemonade outside. Other activities consist of ballgames or just kicking off our shoes and playing with the water hose! Stay tuned for more Sunshine Socials and summer events to come.



## ***Front Porch Social will be held in Personal Care and Assisted Living Tuesdays in July***

Please join us this summer as we have a meet and greet social on the front porch. Invite and bring your friends and family to join you. A tasty treat will be provided as you sit back and relax in a rocking chair to catch those much needed sun rays. It will be a fun time! We are looking forward to seeing you!



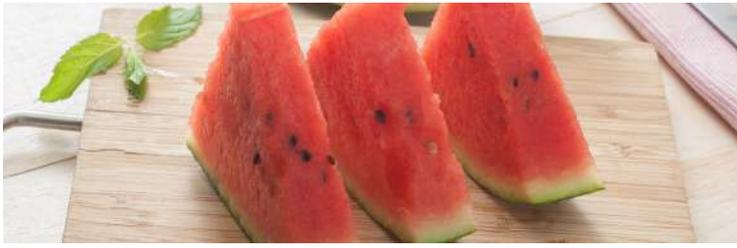
## ***Vacation Bible School 2018 July 16-18 Come on get excited!***

Vacation Bible School 2018 will be held in Memory Care July 16-18 from 10:30-12 with Moriah Baptist, New Friendship Baptist & Boynton Baptist sponsoring the event. From 2:00-4:00 July 16-18 we will have VBS in Personal Care. Join us in the Media Room. Personal care residents are asked to let Sharon know if they will attend by Monday, July 2nd. We need to get material and the exact count of those who plan to attend. Thanks!



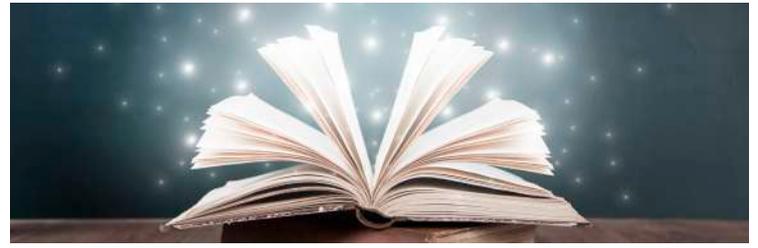
## ***New Performers in Personal Care***

Please join us in welcoming our New Performers to Rosewood! Check your calendars for all our sections on the calendar marked "Special Event" or "New Musician." We hope that each event be well attended. Please let Sharon know your opinions of how much you enjoyed each performer or event. Thank you!



***Watermelon Social and Music  
with Eddie Hixson***  
*July 6th at 1:30 pm*

What goes better with music than good food and great company? Not much! Rosewood Memory Care Community invites all residents to join us for some fresh watermelon as we listen to a wonderful musical concert by Eddie Hixson in our dining area. Come on over and grab a seat and get ready for a wonderful afternoon!



***Creative Story Project***  
*July 10th & 25th at 10:30 am*

It's our 2nd year with the Creative Story Project! The Creative Story Project is a 10-week program that helps our residents rely on their imaginations rather than memory for storytelling. "We give a picture to each person, ask open-ended questions about it, and capture as much of the ensuing conversation as the scribe can handle. The result is a document providing fellowship, encouragement, and entertainment." — Pete and Joyce Vanderpool



***National Blueberry Day!***  
*July 12th*

We will start our morning with baking fresh blueberry muffins and then serve them alongside blueberry coffee. One of our newest volunteers, Leo, will help us in the garden that day as we reminisce with the residents about their days picking blueberries in the summertime. At 1:30, Ashley from Tapestry Hospice will teach us how to make homemade jams to eat with our afternoon snack!



***Christmas in July Party***  
*July 25th at 2:30 pm*

We will have a gourmet coffee bar and treats in the morning, followed by a "snowball fight." After lunch, we will gather around the fire for a reading of "T'was the Night Before Christmas." Angie from Compassus Hospice will be here for a 2:30 pajama party as we have cookies and cocoa as a snack, sing christmas karaoke, and then settle in for a holiday favorite movie. This event is open to all our residents.

***SAVE  
THE  
DATE***

***July 16-18th*** — Vacation Bible School  
***July 19th*** — Resident Council in Media Room  
***Tuesdays*** — Front Porch Social



## Violet Hayes

It is such a delight to see Mrs. Hayes when she comes to Buddy Bingo. She always smiles and gives a gentle nod of her head. Mrs. Hayes has been at Rosewood since February of this year. We are really enjoying getting to know her. She attends all the holiday parties and special days we have at Rosewood. We are looking forward to getting to know her even more in the coming months. Congratulations, Mrs. Hayes, for being chosen our Resident of the Month for July 2018!

### JULY FUN FACTS

- Traditionally, the Dog Days of Summer are July 3<sup>rd</sup> through August 11<sup>th</sup>. These days coincided with the rise of the star Sirius. Egyptians believed that the combined heat of Sirius and the Sun caused the heat associated with these days.
- Canada celebrates 2 days of Independence in July — Canada Day on July 1st and Bastille Day on July 14th.
- If you were born in July, your birth flowers are the larkspur and water lily.
- Independence Day became a federal holiday in 1870.
- Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C.
- The first July 4th fireworks display occurred during the Revolutionary War. Some historians believe this display was meant to boost morale.

### WELCOME NEW RESIDENTS!



We would like to welcome  
**Elizabeth Shirley**  
 — and —  
**Barbara Adams**  
 to Rosewood this month.

### ★ ★ ★ HAPPY BIRTHDAY! ★ ★ ★

#### Resident

Patricia Moeller July 08

Louise Howell July 24

Mark Trundle July 25

#### Employee

Elisa Garnica July 05

Ellen Fulps July 09

Rachel McClure July 10

Mary Cranmore July 12

Madison Adams July 16

Gracie Warthen July 21

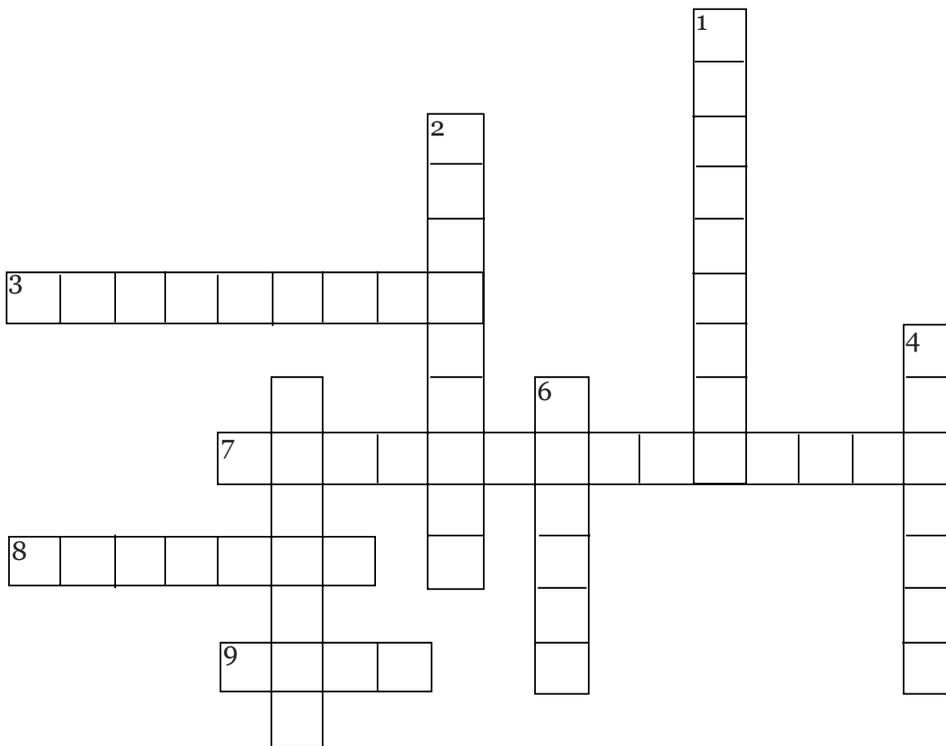
Grady Hix July 30

WORD FIND

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|-------------|--------------|---------|----------|---------|
| AMERICA     | FIREWORKS    | JULY    | PARTY    | STRIPES |
| CELEBRATING | FREEDOM      | LIBERTY | SPARKLER | UNITED  |
| COOKOUT     | INDEPENDENCE | NATION  | STARS    | USA     |

CROSS-WORD



Across

- 3. Striking display of explosions.
- 7. The Star-spangled banner is the U.S. \_\_\_\_\_.
- 8. Synonym for win.
- 9. Formal indication of choice.

Down

- 1. Last Name of principle author of The Declaration of Independence.
- 2. Made the American flag.
- 4. Red, white, and blue frozen treat.
- 5. Loyal to their country.
- 6. A public procession.

*EMPLOYEE OF THE YEAR*

*Scott Davis*



Congratulations, Scott! Scott Davis is such a blessing to all of us here at Rosewood Assisted Living. He is a true friend and, to many of the residents, he fits the role of a son, grandson, or nearest and dearest relative. Scott is the guy you can call on when you need a friend. He is caring, compassionate, makes extra efforts to accommodate others, and is a team player, in every sense of the word. Scott, we are so thankful for all you do here, and we are honored to call you our 2018 Employee of the Year!

*EMPLOYEE OF THE MONTH*

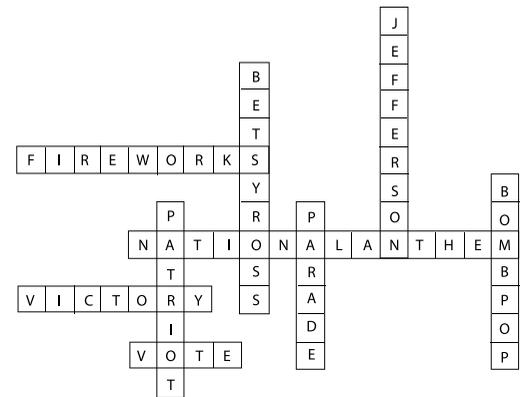
*Cindy Day*



Cindy is very helpful and has an incomparable work ethic. She greets with a smile. She goes above and beyond to perform her duties. She does not hesitate to assist our staff and residents with whatever is needed. Cindy is a great team member, and we are fortunate to have her here at Rosewood!

*ANSWER KEY:*

S	B	S	B	Y	M	P	A	N	L	S	M	J	Q	J	I	W	A	X	E	M	G	G	R	F
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