

August 5
Friendship Day

August 13
International Left-Handers Day

August 26
National Dog Day

Management Team

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Office Director
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Director of Nursing
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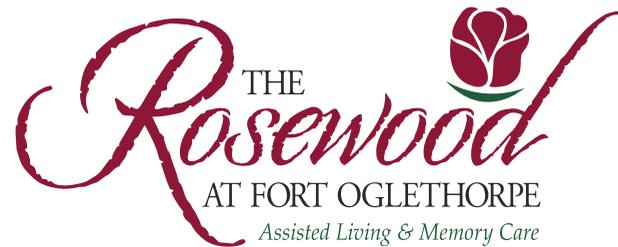
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AUGUST NEWSLETTER 2018



Five Ways to Improve Well-Being

Those of us who try to nurture our well-being sooner or later discover that it is most difficult to be self-aware, in control and aware of others just when it is most useful. When we feel bad or when there doesn't seem to be a moment to spare, mindfulness and being sensitive to emotions are major challenges. Day to day, our own emotional well-being, and the emotional well-being of others whom we value, are major health issues in their own right and can greatly affect physical health.

Stress, depression, and anxiety can contribute to a host of physical ailments including digestive disorders, sleep disturbances, cardiac problems, and lack of energy. The effects on our immune system means we can be at risk for a wider range of physical ailments. Here are some tools for managing emotion, mood, and behavior and social factors that affect your health and well-being:

1. Connecting with Others: this provides support, balance, enrichment, stability, and a sense of community in your life. Look at connecting with people as a foundation stone for your life and be prepared to invest time and energy into it.

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Our Hawaiian Luau Family – June 28th

Our Family Night was a great success! Thank you to all the families who joined, as the attendance for this event was record breaking. Thank you to Hearth, Chattanooga, Caris, Homestead, and Tapestry Hospices for sponsoring our entertainment. The Polynesian Luau Dancer was a big hit and great surprise! We can still remember the expressions on many of their faces. We were told by many that this was the best Family Night ever! Again, we thank you all for supporting the Life Enrichment Department, our residents, and all the events and projects we dream up at Rosewood.



Bingo Marathon Sponsored by Compassus Hospice & Lakewood Memorial Garden – July 5th

Our Bingo Marathon was so much fun! Excitement rippled through the air each time our participants called out that favored word of BINGO! Bingo is our most well attended Life Enrichment Activity here at Rosewood. If given a choice, our residents would play BINGO morning, noon and night. We are thankful for the sponsorship of our Bingo Marathon by two of Rosewood's newest team members, Compassus Hospice and Lakewood Memorial Gardens. Thank you for the donation of prizes and spending your day, as we had so much fun with our residents.



Christmas in July – July 7th in Personal Care & July 25th in Remembrance Village

Christmas in July was celebrated at the Rosewood Community. The events were sponsored by Compassus Hospice and Boynton Baptist Church. We thank them for their love for the Rosewood residents. Gifts were given to each resident as Christmas in July was celebrated. Special snacks of cocoa and hot chocolate were served. The story of 'Twas the Night before Christmas' was read. We even enjoyed a mock snowball fight! We enjoyed singing Christmas karaoke songs, and ended with a Christmas holiday movie with hot caramel popcorn and snowman milkshakes.



1st Annual Rosewood Vacation Bible School – July 16th–18th

Thank you to our Ministry Partners Moriah Baptist, Boynton Baptist, New Friendship Baptist, and Burning Bush Baptist for sponsoring our 1st Annual Rosewood Vacation Bible School. Our residents, as well as our associates, really enjoyed the time ministered to us. The excitement about Vacation Bible School each day was contagious. We enjoyed the creative crafts, snacks, and our Bible study discussions. Again, we say thanks! With your help and support, you have made it possible to fill the ministry gaps for our residents. Our gratitude can never be fully shown with mere words, but our sincere thanks serves as our greatest expression!



Armchair Travel

Check your calendar for travel dates

The Life Enrichment Department has added another exciting activity to our calendars. Armchair Travel destinations will be sure to take you to many places abroad, to explore life and cultures from a world away. Please check your calendars for travel dates and times. Hot popcorn, candy, and coke will be served for each trip. Trips will be offered in the Memory Care Day Room, and in the Media Room in Personal Care. Please feel free to join us for any trip and time you prefer.



What's Cookin' Wednesday

Check your Calendars

Yee-haw, what a giddy-up time we had at our Cowboy Ho-Down in July! All our residents wore their cowboy and girl hats adorned by red bandannas! We enjoyed all the fixin's prepared by our Dietary Department. We are looking forward to What's Cookin' Wednesday in August when our theme will be "Board Walk Beach Party." This event is for residents only, but we will be sure to let you know about all the fun we had.



Front Porch and Patio Parties

Check your Calendars

In celebration of the hot, humid summer days, we will meet on the patio and porches as we eat watermelon or Popsicles. We will also be trying special treats that are new on the market. We are striving to be creative and give the residents opportunities to try new experiences and products. If your church, Sunday school class, youth groups, or scouts would like to sponsor one of these events, please contact Sharon Shedrick at (706) 866-4443 ext 133.



Do you like crossword puzzles and making words?

If your answer is “Yes”, we need you to check your calendars for the dates and times for the Quiddler card games. We have a lot of fun as we build words that are familiar, make up a few, and learn others we’ve never heard of. Come on out and join us, and have fun making new friends and adding words to your memory bank!



Ministry Opportunities

Throughout the month, several opportunities are listed for worship and devotion. Please join us at anytime. If you would prefer a minister to visit you in your home, please call Sharon Shedrick in Life Enrichment at (706) 866-4443 ext 133.



The Personal Care Go-Getter Team!

We have a go-getter attitude in our department. We support each other and have each other’s back and bellies. We appreciate the support of Destney, Mellissa, and the rest of the PC team members on all shifts. We would like to welcome Jessica to our team. Submitted by: Nicole Morrison.



Assisted Living Team Job Well Done!

We would like to welcome Kim to our Assisted Living team! We appreciate that she is hardworking and likes to get things done! We are getting to know all our new residents and anticipating the arrival of more in the coming months. We would like to take this opportunity to thank the entire Assisted Living team, from all shifts, for a job well done! Submitted by: Bethany Davis.

***SAVE
THE
DATE***

August 9th

The Management Team makes Fruit Smoothies for the Front Line Associates. Time and location will be announced.



Margaret Thacker

We love to talk to Mrs. Thacker, as she has a way of getting you all excited just about anything. She loves to talk, and to play Quiddler and Bingo with friends at Rosewood. We really enjoy spending time with her. She has a way of making anything fun and funny. On those long busy days, there's nothing like getting a hug from her as you pass through the dining room. Please join us as we celebrate Mrs. Thacker as our resident of the month of August.

AUGUST FUN FACTS

- August is the month of the Perseid meteor shower. You can view its peak on the nights of August 11-12 and 12-13.
- The Mona Lisa was stolen from the Louvre in Paris on August 21, 1911, but was recovered two years later.
- Watermelon is a great summer treat and just happens to be a vegetable, not a fruit.
- August's birth flowers are the gladiolus and the poppy. Its birthstone is peridot.
- Babe Ruth hit his 500th career home run on August 11, 1929.
- The Magellan spacecraft reached Venus orbit on August 10, 1990.



WELCOME NEW RESIDENTS!



Marjorie Robinson

John & Evelene
Parker

HAPPY BIRTHDAY!

Resident

Joyce Henry Aug. 4
Margaret Shelton Aug. 12
"Tootsie"L. Dietzen Aug. 17
Doris Ragan Aug. 18
Virginia Durham Aug. 30
Edna Johnson Aug. 30

Employee

Rhonda Sharp Aug. 2
Megan Jones Aug. 9
Cindy Patterson Aug. 9
Karen Robinson Aug. 9
Jami Johnson Aug. 13
Myna Baker Aug. 17
Vicki Pettyjohn Aug. 17
Hazel Christopher Aug. 22
Jerry Paterson Aug. 24
Sheila Sparks Aug. 26

(Five Ways to Improve Well-Being, Continued from Cover Page)

2. Be physically active: walking, running, dancing, walking outdoors on a nice day. Physical activity helps you feel good, giving a sense of balance in your life. Exercise helps the automatic nervous system rid your body of stress.

3. Stay Alert: Enjoy the choices others make about themselves, their clothing, hairstyle, appearance. Be curious. Register what is beautiful. Notice how the trees change from season to season. Live in the moment, whether walking or sharing food with family, friends and neighbors. Appreciate how you look and feel, look afresh at your surroundings and people. Listen closely to the music and share your zest for life with those around you.

4. Keep Learning: Find opportunities to do something new. Rediscover an old interest. Learn to play an instrument or sing. Set yourself up an interesting challenge. Look at each step as a bit of progress you make, of something new as a success, enjoy it and let it boost your confidence.

5. Give: Try to empathize with someone who is doing something good for you. Do a small, nice thing once a week, for someone you know cares for you. Look for people who need your help or support. Smile. Think about getting some of your happiness from being part of a group or by helping others.

We are so grateful for all of our Residents. Please know that our entire Rosewood care team is here to serve and love you, it's why we do what we do every day. If you feel well served, please let our staff know by completing the recognition cards that are located near the ballot boxes located throughout the buildings. Or let us know if you have some suggestions, we would love to hear from you. You never know that what you give today may be returned in greater portion tomorrow.

Live well, Love well!

Greg Pflug

WORD FIND

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

BEACHBALL

ICECREAM

POOL

SUN

THUNDERSTORM

CAMPING

LEMONADE

POPSICLE

SUNGLASSES

TRAVEL

HOT

OCEAN

SANDALS

SWIM

WATERMELON

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

Destney Williams



Destney is a great asset to her department in Personal Care and to Rosewood. She wears a smile as she takes care of the residents, and she is always willing to jump in and help during a crunch! Please join us as we celebrate and congratulate the hard working efforts of Destney Williams!



ANSWER KEY:

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

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