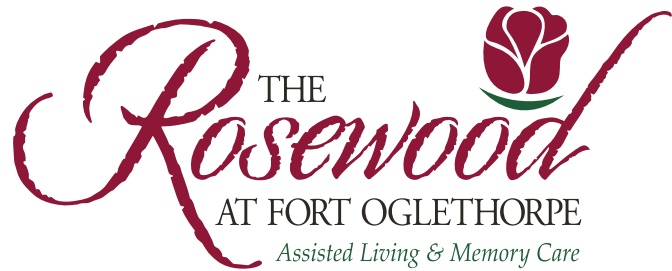


SEPTEMBER '19 NEWSLETTER



Hello Residents,

National Assisted Living Week is celebrated September 8-14 every year. This week long celebration provides us the opportunity to recognize all of our residents, their families, all our staff, volunteers, and partners who make our community a success. So get ready! September 8-14 is a week to share all the amazing things that happen in our community.

Here are some interesting facts about Assisted Living and Aging.

1. We are living longer. By 2040 it's estimated that there will be 14.1 million people over 85.
2. The Assisted Living Federation of America has estimated that the female to male ratio in Assisted Living communities is 7:1.
3. Growing older adds cost: 1 in 5 seniors will accrue more than \$25,000 in medical costs in a given year.
4. Its never too late to start exercising. Research has found that beginning to exercise at 75 or even 80 can help reduce unwanted effects of aging.
5. Most of us will need long term care. Almost 70% of Americans will need some type of assisted living to long term care in their life.

Come and join in the many activities we have planned to celebrate living at Rosewood. Our entire Leadership Team is appreciative of the honor bestowed upon us to care for all our wonderful residents and to share a chapter in their lives.

Greg Pflug,
Executive Director

September 2

Labor Day

September 8

Grandparents Day

September 8-13

National Assisted Living Week

September 11

Patriot Day

September 18

Pathways Hot Wheels Derby

Dining Committee Meets

September 19

Residents Council Meets

September 23

Start of Fall

September 26

Family Night "Senior Prom"

Contact Rosewood

Main Number 706-866-4443

Executive Director ext. 121

Director of Nursing ext. 124

Director of Operations ext. 122

Director of Life Enrichment
ext. 133

Director of Pathways ext. 126

Director of Dietary ext. 129

Director of Maintenance ext. 112





Pathways Groovy Tie-Dye Friday — August 2nd

August's Frivolous Fridays have been a blast for Pathways residents! With each Friday hosting a different theme (from Who-Done-It Day to Rodeo Roundup), Pathways' residents have enjoyed the fun. Groovy Tie-Dye Day was an especially big hit. Residents created their own tie-dye art with gorgeous results. They were also treated to rainbow-colored desserts. Thanks to the IN2L program, residents were able to listen to favorite tunes from the 1960s. They also accessed historical information and trivia of that era. Despite being frivolous, Fridays in August have been educational, interesting and groovy!



Lunch Outing to Logan's Roadhouse — August 15th

We had a Smokin Summer Block Party at Logan's Roadhouse with our residents. We sat around a large family table. We laughed and talked as we waited for the wonderful staff to serve us. Each week we gather on Thursdays to take our residents out to lunch at restaurants of their choice. All residents are welcome to come. Residents in Pathways will have a lunch outing the first Friday of each month. Check the Rosewood calendar for locations and dates. Please RSVP in the outings notebook. The bus can only accommodate one secured wheelchair per trip. Seats are filled on a first-come, first-served basis, so please sign up early.



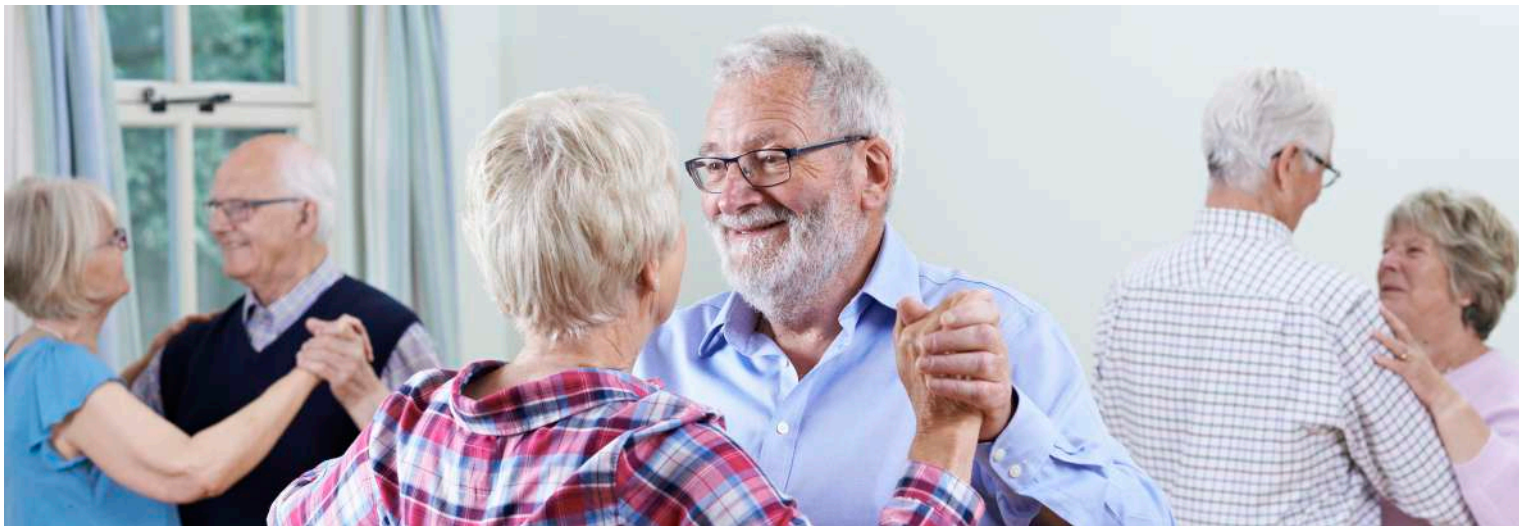
Pathways “Beach” Party with Lee Univ. Students — August 19th

August 19 was sunny and hot, the perfect day for beach balls, Bingo, and surfing music! When Lee University students visited Pathways, residents and students alike got into the summer groove. The Beach Party began with a rousing (and luck-filled) game of Bingo. Bingo prizes were snatched up in the blink of an eye! Bingo was followed by an enthusiastic and impressive round of hula dancing and karaoke. Then came the beach ball toss. Students and residents showcased their competitive spirit. It was a day worthy of summer! Pathways at Rosewood would like to sincerely thank the Lee University students for a wonderful, fabulous day!



DEKE Day with Lee University Freshmen — August 19th

Our residents had a wonderful afternoon painting and socializing with the Lee Students. As we listened to the smooth jazz playing in the background, hot popped corn and Hawaiian Punch were served, and a chatty game of Quiddler was being vigorously played at a table nearby. We look forward each year to DEKE Day. It’s an inter-generational partnership we are proud to be part of here at Rosewood. Thank you to all who attended to make this day a great success!



Family Theme Night: Senior Prom

September 26th

Come join our residents as they relive a joyous time from years gone by. We will recreate the Senior Prom Night. We are asking family members to assist all residents in dressing up, and getting their hair and make done for the occasion. This will be the last Family Night this year so please join us in making this one special and very memorable. Everyone who attends is asked to also dress up for the occasion. Please RSVP your intentions and the number of family reservations by Friday, Sept.20 to our receptionist, Megan at 706-866-4443.



National Assisted Living Week

September 8th - 13th

Please join us as we celebrate NALW. The theme this year is “A Spark of Creativity.” All Departments at Rosewood have come together to plan a wonderful week. Please check your calendars for daily listed activities and happenings. We will have Joy Fest Music Day, Penny Auction, and a Mini Health Fair. Be sure to mark the dates.



Pathways Hot Wheels Derby

September 18th at 10:30 am

Pathways residents will feel the need for speed on September 18. The Official Pathways Hot Wheels Derby will take place at 10:30 am. Residents will be able to choose their favorite Hot Rods and place Tootsie Roll bets on the cars. There will be a grand prize or two as the derby winners take their place in Pathways’ Derby history!



Why is Exercise Important for Seniors?

Tues. at 2:00 & Thurs. at 10:00

For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve mood. As we age, our muscle mass begins to decrease. Muscle is an essential contributor to our balance and bone strength; it keeps us strong.



Sing-Along with IN2L

Thursdays at 11:00 am

Pathways residents love to sing! Perhaps that's why IN2L's music programs are among the residents' favorite activities. On Thursdays, at 11:00 am, Pathways residents will be able to enjoy singing along with IN2L's Susie Q and Mary Sue. These musicians perform a wide variety of cherished and well-known songs.



Pathways Lunch Outings

First Friday of the Month

Beginning in September, Pathways residents will be offered lunch outings to favorite local restaurants. From O'Charley's, to Applebee's, to Park Place Restaurant, the choices will be diverse and delicious! The Rosewood bus will leave for the lunch outings at 10:50 am, on the first Friday of each month.



Pathways Sunshine Tours

Fridays at 1:30 pm

In September, Pathways residents will be offered the chance to enjoy local scenic tours. Beginning September 11, the Sunshine Tours will depart each Friday from Rosewood at 1:30 pm. From the beauty of Chickamauga National Battlefield to the lovely back roads and mountains of northwest Georgia, residents will enjoy the view!

Save the Date

September 26 — Family Night Senior Prom at 5:00 pm. RSVP by September 20th.

October 29 — Trick or Treat Night from 6:00 - 8:00 pm

November 27 — Life Line Screening: All Day



Charles Moses

The brightest smile you'll ever see belongs to Pathway's Charles Moses. He has a well-earned reputation for being a very lovable person. Charles is quite the family man, according to his daughter Carol. With two grandsons, seven great-grandchildren, and two great-great grandchildren, Charles is part of a five generation family. He is considered to be a Jack of All Trades. Besides being a heavy equipment operator for the city of East Ridge, Charles was also an enthusiastic woodworker and general fix-it-all expert around the house.

FUN FACTS

- » The Continental Congress changed the name of the United Colonies to the United States on September 9, 1776.
- » There are three traditional flowers of the month of September: the aster, symbolizing love; the forget-me-not, representing memories and love; and the morning glory, symbolizing unrequited love.
- » Birth data shows that 9 of the top 10 days to give birth fall between Sept. 9 and Sept. 20 in the U.S., and September is the busiest month for births overall.
- » September 5th is National Cheese Pizza Day.
- » Traditionally, September is considered the month that marks transitions between seasons, it is often one of the most temperate weather-wise.

WELCOME NEW RESIDENTS!



Mary Jo Yates
Ann Tarrant
Betty Lemons
Evelyn Bowden
Maurice Miller
Lois Dietz
Geneva Smith
Verbia Bennecke



Resident

Dean Stephens
Roger Catlett
Rodonna Eubanks
Mary Nell Day
Dorothy Chambers

HAPPY BIRTHDAY!



Sept. 1	Dillard Hall	Sept. 19
Sept. 7	Margie Harless	Sept. 21
Sept. 13	Helen Richardson	Sept. 21
Sept. 14	Kenneth Venters	Sept. 24
Sept. 17	Carla Williams	Sept. 25

Employee

Sept. 6	Lisa Arnold	Sept. 21
Sept. 13	Jana Perry	Sept. 25
Sept. 13	Geraldine Salmon	Sept. 25
Sept. 17	Jessica Varnell	Sept. 30
Sept. 18		

WORD FIND

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ACORN
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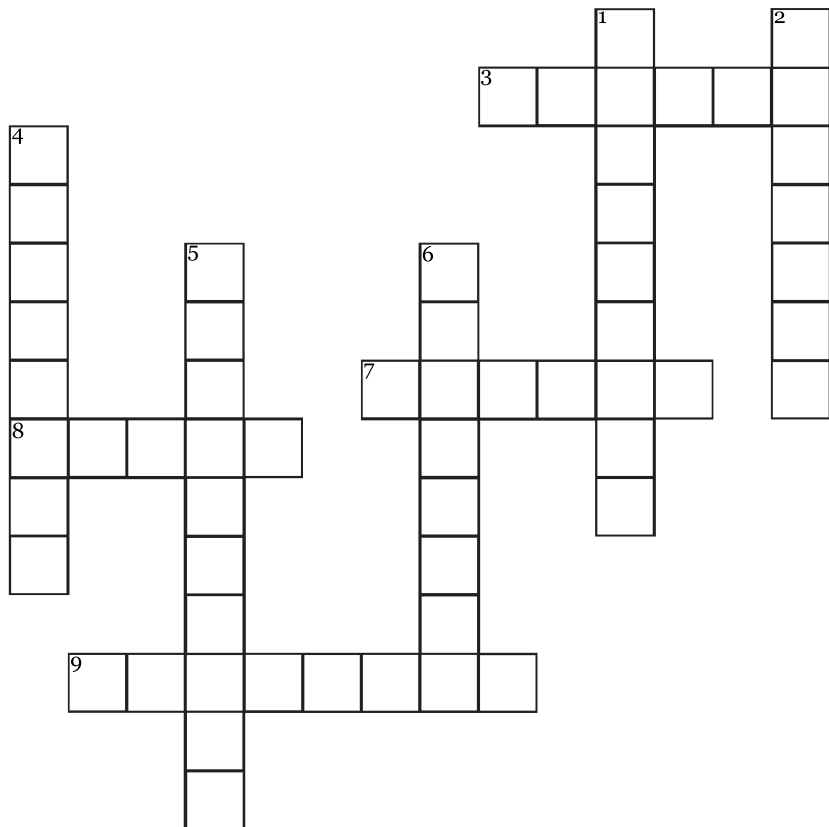
JOB
 DECIDUOUS
 HARVEST

LABOR
 MONDAY
 MOVEMENT

PATRIOT
 RALLY
 SCARECROW

STRIKE
 UNION
 WORKERS

CROSS-WORD



Across

- 3. In the late 19th century, the average working day consisted of ___ hours.
- 7. A caretaker of a church or graveyard.
- 8. Nut from an oak tree.
- 9. Production sector.

Down

- 1. Tree that sheds annually.
- 2. The first Labor Day celebration in the United States was in _____.
- 4. Today Labor Day often signals the beginning of the _____ season.
- 5. Sept. 11th, also known as _____.
- 6. Maker of arrows.

MANAGER SPOTLIGHT

Tracey Scott



We would like to congratulate Tracy Scott who celebrated her 10th anniversary working at Rosewood on August 7, 2019. Tracy started working at Rosewood in 2009 as a Cook and is currently working as the Business Manager. Tracy

is married to Chris Scott. They are proud parents of Elizabeth and Christopher, as well as one lovely granddaughter, Olivia.

EMPLOYEE OF THE MONTH

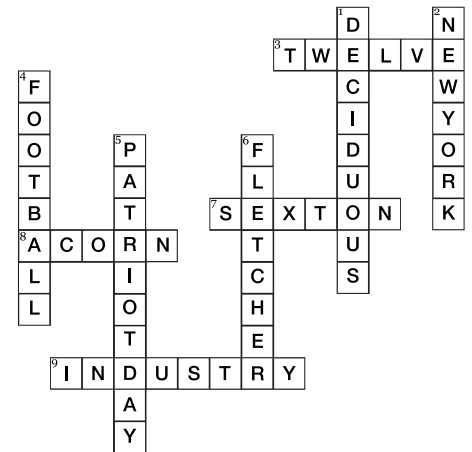
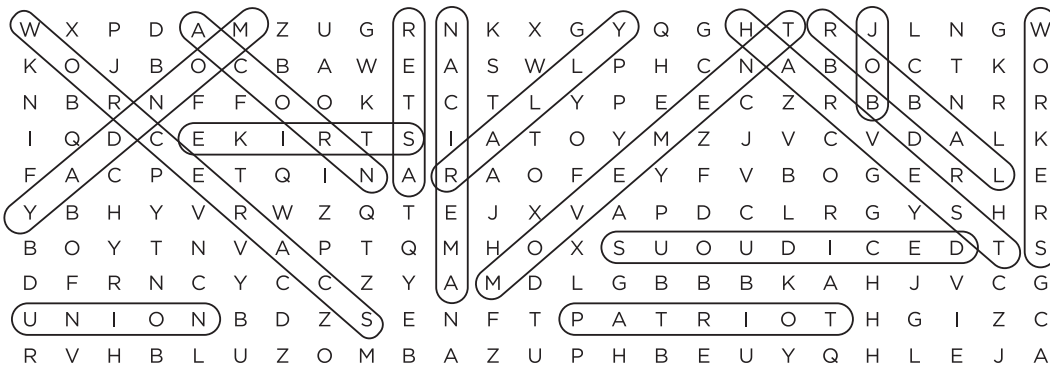
Jessica Montgomery




Jessica has been chosen as employee of the month because of her outstanding performance in her department. Her work ethics and care for our residents shines bright each day.

Jessica has been working as a Care Giver and Medical Technician for 8 years. She is a proud mother to Jordan and Naikya. We are so proud of Jessica. Please join us as we celebrate!

ANSWER KEY



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