WHAT'S COMING UP

October 2

World Smile Day

October 2

World Teachers' Day

October 12

Indigenous Peoples Day

October 29

National Cat Day

October 31

Halloween



OCTOBER 2020 NEWSLETTER



Dear Residents & Families,

At Rosewood we continue to focus on the health, safety, and welfare of our residents and care teams daily. Throughout the months we have only had one resident test positive for COVID-19, while all others have been negative, thats only .01% out of 100%. We are grateful that are efforts to mitigate COVID-19 have proven so successful. Our testing of care teams thus far has shown no positive results, thanks to their constant efforts. We will continue to report testing and the results as required by Georgia Dept of Public Health and CDC, and communicate to our residents and their families any changes.

We are carefully following community guidelines and progress through the new Facilities Reopening Guidance received from DPH. These guidelines define the phases for deescalation of restrictions and vary by county in Georgia. The 3 phases have criteria and progressive protocols that must be met before moving to the next phase. We appreciate your understanding, as we take a measured and safe approach to these new guidelines. We will continue our email communications to all POA's and residents to keep you informed. A heart felt thank you goes out to all residents and families for your trust, well wishes and continued patience. Our care teams and leadership staff will reassert our efforts to bring happiness and health to all we serve. We ask our Lord to have his angels stand beside each resident and caregiver as they live out each day, and in some way his Holy Spirit touch their lives in a meaningful way to bring Joy and Peace. Be safe!

Warm regards,

Greg Pflug,Executive Director



WHAT WE'VE BEEN UP TO

We've been having loads of fun at Rosewood! BINGO, crafts, devotionals, snacks, and more! The Kona ice truck has stopped by and given the residents a cool and fun treat. The residents have had a special visit from Maize the puppy. National Assisted Living week was September 13th through September 18th, and we had fun dressing up for the theme each day:

Monday - 'Merica Monday

Tuesday - Team Tuesday

Wednesday - Western Wednesday

Thursday - Throwback Thursday 50's Day



Friday - Fantastic Friday

Overall, we have enjoyed staying in touch with families via video calls, window visits, and garden visits.

FUN FACTS

- » Fall colors are caused by the amount of sugar in leaves. The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don't change, because their leaves have a thick wax covering that protects the chlorophyl (green) in the leaves.
- » Did you know that today Americans spend an estimated \$2.6 billion on Halloween candy, according to the National Retail Federation? That renders the day itself the nation's second-largest commercial holiday on the calendar.
- » People born in Autumn live longer. A study in the Journal of Aging Research found that babies born during the autumn months are more likely to live to 100 than those born during the rest of the year.
- » Did you know that candy corn was first called "chicken feed"? Because corn is what's used to feed chickens, the popular Halloween candy had that name originally, and the box was decorated with a colorful rooster.
- » According to the University of Illinois, there are 7,500 varieties of apples in the world and 2,500 varieties in the United States.
- » The last week of October is the only time of the entire year when all four major American sports have games at the same time: the MLB, NHL, NFL and NBA.
- » Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. So, the lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes. Well, at least some of it.



WHAT'S NEW?



Walking Club

We have implemented a Walking Club for the residents, and we meet in the lobby at 4:00 pm on Tuesdays. Our participating residents enjoy exploring our community, while maintaing social distancing practices, and always wearing masks!

Sunshine Tours

Sunshine Tours are back! We drive through the Chickamauga Battlefield, Ringgold, Rock Spring, and other destinations as requested by residents. It's nice to get out and see the beautiful scenery North Georgia has to offer.



COLORING PAGE



FROM THE BLOG





DID YOU KNOW?

Today Americans spend an estimated \$2.6 billion on Halloween candy, according to the National Retail Federation. That renders the day itself the nation's second-largest commercial holiday on the calendar.

Halloween Fun Through the Decades

As fall begins to settle in, there seems to be an undertone of excitement that always accompanies it. Perhaps it's the thrill of slightly cooler temps? Maybe the anticipation of the string of holidays that parade across the last remaining months of the year? But no matter what it is that gets you in your feels for fall, we know the fun all starts with Halloween!

This holiday is a favorite of many, from the fun of dressing up, or seeing the costumes others piece together, to enjoying fall treats and our favorite candies. Does this season also conjure for you childhood memories of trick-or-treating, time with family and friends, and maybe even passing out candy to the little ones who rang your bell, shouting "trick or treat!" in their cutest disguises? However you like to celebrate this spooky season, we're excited to share it with each of you at Regency.

Though it's always a fun time, the way we celebrate Halloween changes over time just like we do. From DIY costumes mom made from household items to watching your sweet grandchildren dress up as their favorite Disney characters, the way we do Halloween evolves right along with us. Costume trends have also evolved over the years, and we thought a round up of popular costumes from each decade would be a fun way to reminisce about this fall holiday.

1920s

Popular costumes during this era included the Pierrot clown featuring dramatic black and white face paint, and other classic staples like ghosts, witches, gypsies, and farmers.

1930s

In the 1930s, things took a turn toward more store bought costumes over those handmade at home by mom. Ben Cooper, Inc. was a privately owned American corporation which produced and sold Halloween costumes from the late 1930s to the late 1980s. Becoming one of the largest costume manufacturers in the country, Ben Cooper worked with Disney producing iconic costumes we're sure some of you remember—primarily the beloved Mickey and Minnie Mouse!

1940s

The 40s were all about spooky skeletons and cute clowns. We also started to see costumes that drew on bodysuits, fishnets, high heels, and heavy makeup.

1950s

Aloha! In the 1950s, grass skirts, leis, floral Hawaiian shirts, and beach party vibes a la Elvis films influenced costumes, and so did the ever popular western genre. Zorro, Davy Crockett, and Tarzan costumes are other popular choices you may recall from this time!

1960s

This era was all about superheroes! Superman, Spiderman, Catwoman, and Batgirl were all popular choices in the 60s, as well as other pop culture figures like the Beatles! Do you remember what your kids dressed up as during this groovy decade?

1970s

In the 70s, Star Wars took center stage! Other hits from this time period were Raggedy Ann and Andy, Charlie Brown, Snoopy, and the crew from Peanuts, and even Barbie and Ken. I bet we have a few residents who went as some of these favorites, or perhaps your kids did!

1980s

Ah, the 8os. The decade of big hair, bright colors, spandex, and more. We bet you remember some iconic costumes from this time which include Elvira, Hulk Hogan, and even the king and cuddly Care Bears. Do you remember?

1990s

Go, go Power Rangers! The Mighty Morphin Power Rangers were wildly popular with kids and teens during the 90s. This was also a popular time for group costumes! Grab a few friends and choose a theme. It's more fun together, isn't it?



2000s

The 2000s were a pop culture bonanza, and that didn't end with Charlie Brown Halloween. From Harry Potter costumes to Britney Spears and the Disney Channel's Hannah Montana— if it was on TV, it was in costume form as well come October 31st.

2010s

Sisters Ana and Elsa from Disney's Frozen have to take the cake for Halloween costume popularity for this time frame. Other common costume selections include the cast of Game of Thrones and the throng of heroes from the Marvel Avengers films.

FEATURED RESIDENT

Adrian Allen

Adrian is from Miami Beach, Florida, but has lived in Georgia for many years. He was in the Army for 2 years as a Telephone and Teletype Operator repairman during the Korean War. He enjoyed his civilian career as a salesman. Adrian and his wife were married for more than 50 years, and had 3 kids. Adrian is very kind and enjoys working word-searches and playing pool, as well as playing BINGO and the game monopoly. He submitted many ideas for the newspaper cartoon called "They'll Do It Every Time!"

QUARANTINE HEALTH TIPS



Healthy ways to cope with stress

- 1. Take care of your emotional health, it will help you think clearly.
- 2. Take breaks from watching, reading, or listening to news stories, including those on social media.
- 3. Take care of your body.

Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep.

- 4. Make time to unwind. Try to do other activities you enjoy.
- 5. Connect with others. Talk with people you trust about your concerns and how you are feeling.

SOURCE: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

WELCOME NEW RESIDENTS! 🏫



Mildred Brewer Stephen Smartt Arthur Smith

Carol Smith Hortense Turner

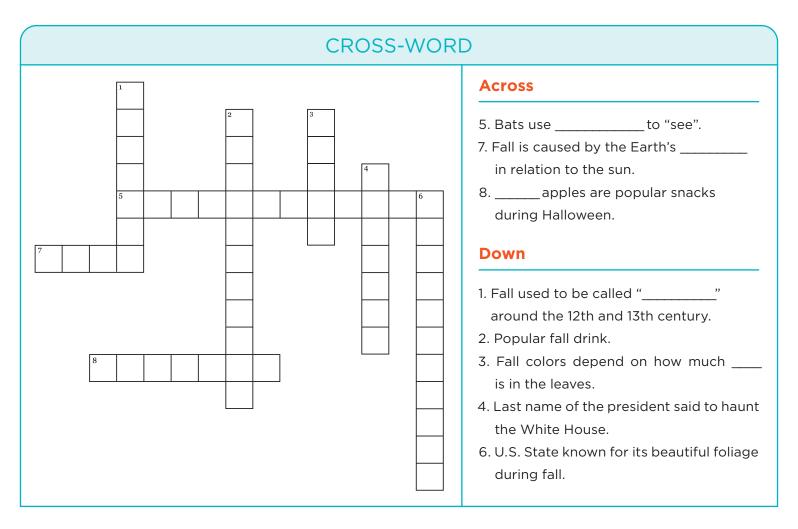
Resident

Oct. 3
Oct. 5
Oct. 6
Oct. 7
Oct. 7
Oct. 9
Oct. 16
Oct. 17
Oct. 18
Oct. 22
Oct. 25
Oct. 27
Oct. 31

Employee

Lori Winslett	Oct. 5
Shasta Meloche	Oct. 6
Darlene Derryberry	Oct. 9
Kristina Goleman	Oct. 12
Allison Ray	Oct. 15
Micah Robles	Oct. 21
Renee Young	Oct. 21
Tracy Kilgore	Oct. 24







Thank You,

for your outstanding service & care!

EMPLOYEE OF THE YEAR

Pamela Harris

We are so pleased to have Pamela Harris as our employee of the year! She is dedicated to our residents' care, and always puts her best foot forward for their good! The Personal Care team would be incomplete without her gentle, quiet demeanor. Pam has a big heart for her team members, and they respect and look up to her too.

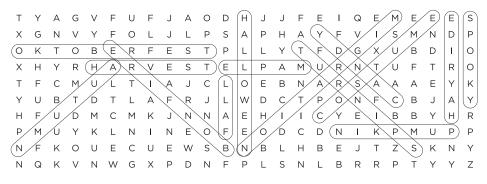
Pam is a great leader and example for us all to aspire to be like! Congratulations, Pam! Proud of you!

EMPLOYEE OF THE MONTH

Cecilia Johnson

Cecilia has worked in our community for several months now as a cook in our kitchen. She is a true team player, and is always willing to go the extra mile to serve our residents. Cecilia is very dependable and dedicated. We are proud to have her on the Rosewood Team! Way to go, Cece!

ANSWER KEY





CONNECT WITH US

- facebook.com/pages/The-Rosewood-at-Fort-Oglethorpe/
- RosewoodFortO.com