

WHAT'S COMING UP

November 1

Daylight Savings Time Ends

November 3

Election Day

November 11

Veterans Day

November 13

World Kindness Day

November 15

America Recycles Day

November 26

Thanksgiving Day

November 27

Black Friday

November 28

Small Business Saturday

November 29

Advent Begins

November 30

Cyber Monday



NOVEMBER 2020 NEWSLETTER



Dear Residents and Families,

We're so grateful to still be COVID-19 free at this time. Our residents and the care teams continue to exercise precautions that have been in place for mitigating COVID-19. What we know so far is that social distancing, wearing masks, and hand sanitizing has been helpful. Everyone is helping to flatten the curve. The Georgia Governor's office and DPH have provided a path forward in the way of Phases; Phase 1, Phase 2, and Phase 3. We monitor the phases/process daily and will inform you of the changes that affect our residents and their families via emails to the family POA's and by circulating the information to our residents and staff as they occur/change. Sharing and working together has brought us all closer and has enabled all of us to know each other even more. One of our goals throughout these months of COVID-19 has been to honor, respect, and value each resident and thank them for how they personally have coped with the many changes COVID-19 has brought. This special generation that we serve is still teaching us and sharing their life experiences with all of us at Rosewood. We are grateful and all the better for it!

The reality is that every decision that we make will impact the well-being of the residents we serve physically, emotionally, and spiritually. What we must do during this time is learn from each other, monitor our results of the actions we take, and continue to work together to lead Rosewood's residents and care staff through this difficult time. Thanks to all the families for the many sacrifices that you have made during our cause to fight COVID-19.

Many of you have asked about the Thanksgiving holidays and what options you may have for visitation with your loved ones. We are evaluating and working with the many health agencies to determine those options that may be available to the residents during the Thanksgiving holidays. We will be advising you shortly. At Rosewood, we realize how important this special time together is and we will explore every possible option on your behalf. To that end, for all of our residents, we are planning a wonderful Holiday meal with special servers that are dressed for the Thanksgiving celebration. In the meantime, if you have any questions for me or the leadership team, please do not hesitate to call or email. We are here to serve and we ask you for special prayers for all our residents, families, and the entire Rosewood team. God bless and be safe!

Greg Pflug,
Executive Director

WHAT WE'VE BEEN UP TO

In October, we celebrated Halloween with the residents. We enjoyed many tasty treats from chocolate covered spider web pretzels to witches brew, all while following all social distancing guidelines and wearing our masks. We had a very spooky time! The residents played candy corn bingo and bowling and, of course, we ate the candy corn, too!

Sunshine tours have grown this month, and we have seen several new places that bring so much joy to our community.

The Rosewood Walking Club meets on Tuesday afternoon. The cooler weather has given us the opportunity to venture around our facility and see the beautiful area surrounding us.

We are all looking forward to the holidays coming up and all of the fun activities that have been planned.



FUN FACTS

- » In the United States and Canada, November is also known as National Beard Month or “No-Shave November” as a way to raise cancer awareness and encourage participants to donate the money typically spent on shaving to cancer research and awareness instead.
- » In Old English, November was called Blotmonth (Blood month) referring to the time of slaughter of farm animals.
- » On November 12th, 1954 Ellis Island in New York closed after providing entrance to the U.S. for 12 million immigrants between 1892 and 1924.
- » The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians. It lasted three days.
- » Sunday, November 3rd, at 2:00 am is the end of Daylight Saving Time. Set your clocks back one hour on Saturday night at bedtime!
- » The name ‘November’ comes from the Latin term for nine (novem), as it was the ninth month of the Roman calendar.
- » November’s birthstone is the topaz, and its flower the chrysanthemum.



WHAT'S NEW?



Thanksgiving Celebration

This year our Thanksgiving meal will be slightly different than usual. However, we will make it a celebration for our residents to remember. Our Thanksgiving meal will take place on Thursday, November 26 at our designated lunchtime for each department. The dietary serving staff will be dressed in festive pilgrim attire to bring joy to our residents. Pictures will be uploaded to The Rosewood Facebook page for families to be a part of our celebration and enjoy.

Sunshine Tours

This month we added a third sunshine tour to our weekly schedule! We now offer tours Monday and Wednesday at 1:30 pm for our Personal Care and Assisted Living residents and on Friday at 1:30 pm for our Pathways residents. We made this increase to allow more participation weekly. We are requesting that residents only attend one trip per week to allow others to attend due to limited seating under COVID-19 restrictions. *If you have any questions please call the Life Enrichment Director, Megan Jones at (423) 762-2895.*



COMMUNITY STORY

Let's Celebrate Our Veterans

Veterans Day is November 11th.

Let's join together and thank those that have served our great country! We have the following veterans at Regency:

Residents

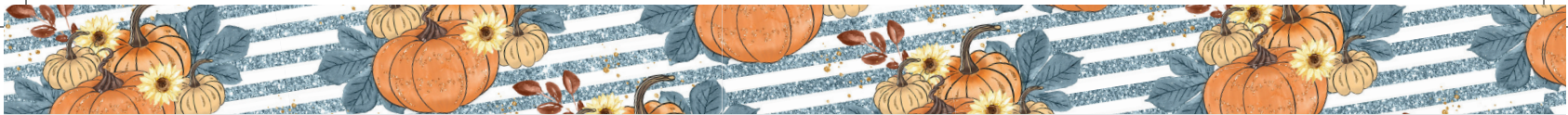
- | | |
|-----------------------------------|-----------------------------------|
| » Adrian Allen (Army) | » Bobby Padgett (Coast Guard) |
| » Jim Beasley (Army) | » George Palmer (Marines) |
| » Don Ellis (Army National Guard) | » Doyle Parker (Coast Guard) |
| » Rex Evatt (Army) | » James Patterson (Army Air Core) |
| » Robert Hall (Army) | » Ed Phillips (Navy) |
| » Frieda Lynn (Army) | » James Phillips (Army) |
| » Ethel Marshall (Navy) | » Charles Raborn (Navy) |
| » Tom Miller (Air Force) | » Opal Roark (Cadet Nurse) |
| » Charles Moses (Navy) | » J.L. Smith (Army) |



Employee

- » Becky "Tater" Atkinson (Army)
- » Jimmy Cribb (Air Force)
- » Lynn Roberts (Marines)
- » Lori Winslett (Air Force)





FROM THE BLOG



DID YOU KNOW?

The first American mention of a Christmas tree was in 1747, and, strictly speaking, it wasn't a tree at all but a wooden pyramid covered with evergreen boughs and decorated with apples.

Self-Care Tips for the Holiday Season

Remember It's Important to Take Care of You

The holiday season is such an exciting time—lots of things to look forward to, sharing traditions with family and friends, meals, gifts, gatherings (with distancing measures in place for safety, of course). The holidays can also be a time of great stress. Maybe you overbook yourself and try to do too much, maybe you overextend yourself in other ways. We're here to remind you that self-care is imperative, and especially during this, the busiest time of the year. Try some of these self-care tips to keep your season merry and bright, but also healthy physically, mentally, and emotionally.

1- Morning Routine

It's a great idea to have a morning routine during any time of the year, but this can be especially helpful during the holiday





season. Set aside a little time at the beginning of each day just for yourself. Maybe you journal, or meditate, or have a little quiet time with your coffee or hot tea. It's a great way to set your intentions for the day while also cleansing your mind of seasonal stresses.

2- Respect Your Budget

It's so easy to overspend during the holidays. Holiday gifts, treats, and spoiling your loved ones comes naturally, but you don't want to get yourself into a bind financially. Be mindful of your holiday spending, and set a budget for gifts and such, so as to avoid the stress that follows overspending.

3- Use the "One in, One Out" Rule!

Tis the season of gift giving! Things can tend to get cluttered easily during the holiday season, and living with clutter can be very stressful. One easy way to mitigate this is using the one in, one out rule. When you receive a gift or treat or add a new decoration to your space, make sure you also try to let something else go. It's a little easier to find some balance this way. Apply the rule to gifts, clothing, decorations, and more to combat the clutter in your space.

4- Eat Well

This doesn't mean to forego your favorite holiday treats and sweets. It's ok to indulge a little and enjoy the merriment of the season. That said, it's also really important to continue eating well. Try to remember to eat greens with each meal, don't feel like you always have to clean your plate, and enjoy those most decadent holiday dishes in moderation.

5- Regift!

The best gifts are often the least expensive ones. Sometimes you can even repurpose something you



already have to make a friend or loved one feel special during the holidays. Regift your favorite, well-worn book and write a meaningful inscription inside the cover, or remind someone near and dear to you of a favorite memory you have by sharing an old photograph. 'It's the thought that counts' isn't just a saying— it's the truth.

No matter how you practice self care, we hope you'll set aside time for you during these busy remaining months of the year. Just remember, sometimes slow is okay. Slow can be healthy.



FEATURED RESIDENT

Opal Roark

Opal has been in the Rosewood community for just over 7 months. She was born in West Monterey, PA in 1923 and moved to Chattanooga, TN to go to nursing school at Baroness Erlanger School of Nursing as a cadet nurse during World War Two. After graduation, she married her husband Jeff Roark, who has since passed away. Opal has one daughter, two granddaughters, and two great-grandchildren.

Opal loved to travel. She's even been to Europe with her granddaughter! Opal enjoys many activities in our community like BINGO, Devotionals, Gospel Singing, and Sunshine Tours! She loves to knit and crochet in her free time. Her smile lights up the room, and she is so kind to each person she meets.

DID YOU KNOW?

No Shave November

Perhaps you've heard of No Shave November, or you've noticed particularly scruffy-looking men during this time of year and wondered what was going on? Well, No-Shave November is an annual charity event during which some men (and women) forego shaving throughout the month of November. Cancer awareness and fundraising for further research and education is at the heart of this event.

The fundraiser phenomenon began back in 2009 as a Facebook campaign to draw attention to the importance of cancer research, and to help fund the work of various charities in that same vein. The idea is based on growing out one's hair as a way of appreciating that ability, as many cancer patients lose their hair while undergoing treatments such as chemo.



Happy Birthday

Resident

Elaine Stroud	Nov. 6
Margaret Wilson	Nov. 8
Catherine McNally	Nov. 14
Bobby Padgett	Nov. 24

Employee

Ella Ragland	Nov. 1
Novella Hinton	Nov. 6
Kathy Bullard	Nov. 16
Jennifer Hensley	Nov. 22



WELCOME NEW RESIDENTS! 🏠

Faye Bruning
Grace Denton

Norma Hulsey
Waymond Watts

WORD FIND

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

ACORN
BLACKFRIDAY
BLESSING

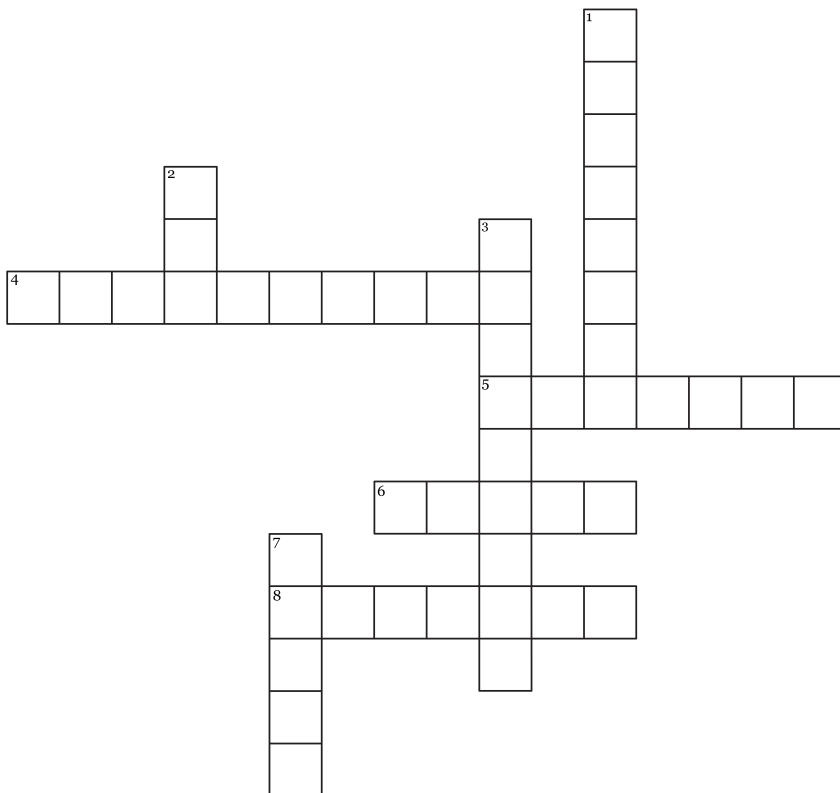
COLONY
GOBBLE
GRATITUDE

HOLIDAY
MAIZE
MAYFLOWER

PARADE
PIE
PURITANS

SCARECROW
SETTLERS
THANKFUL

CROSS-WORD



Across

4. Horn of Plenty - an emblem of abundance.
5. In the minds of the Pilgrims, "Thanksgiving" was a religious observance of prayer and _____ (the opposite of feasting).
6. A red ornament that grows from the turkey's forehead over its bill.
8. Gathering of crops.

Down

1. 16th and 17th English Protestants.
2. A female turkey.
3. English ship that transported the first Pilgrims to the New World.
7. The now-famous first feast lasted a total of _____ days.

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!

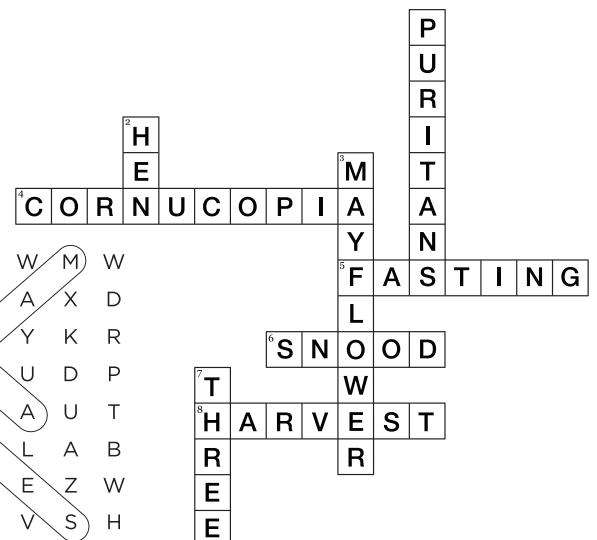
EMPLOYEE OF THE MONTH

Becky "Tater" Atkinson

Tater has been on the Rosewood team since July of 2019. She joined our team as a CNA, and she is now our Staffing Coordinator. Tater is responsible for scheduling all of our care staff, as well as our training and orientation processes. She was chosen as employee of the month because of her diligence in staffing each shift appropriately and keeping Rosewood state compliant. She is always willing to help and goes above and beyond what is expected of her, no matter what the task is. We are so proud of her. She is a wonderful addition to the Rosewood Team. Thank you, Tater!

ANSWER KEY

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



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