

WHAT'S COMING UP

January 1

New Year's Day

January 3

International Mind-Body
Wellness Day

January 4

National Spaghetti Day

January 15

National Bagel Day

January 18

Martin Luther King, Jr. Day

January 19

National Popcorn Day

January 21

National Hugging Day

January 21

National Pie Day

January 24

Belly Laugh Day

January 25

Opposite Day

January 26

National Spouses Day

January 28

National Puzzle Day

January 31

National Hot Chocolate Day

JANUARY 2021 NEWSLETTER



Happy New Year, Residents and Families,

2020 is now in the rear view mirror. We have seen that scenery, and we have had enough. We can now focus on the new horizons that are approaching. The song "Tomorrow" says, "When I'm stuck with a day that's grey and lonely, I just stick out my chin and grin, and say the sun will come out tomorrow so you gotta hang on till tomorrow, come what may!" Many of us have experienced hardships in 2020, but many have experienced miracles. All of the residents and care staff are choosing to hang on 'til tomorrow... so keep smiling and lifting each other up. I have said from the beginning that together, we can get through anything. Let's all pray for a better day tomorrow.

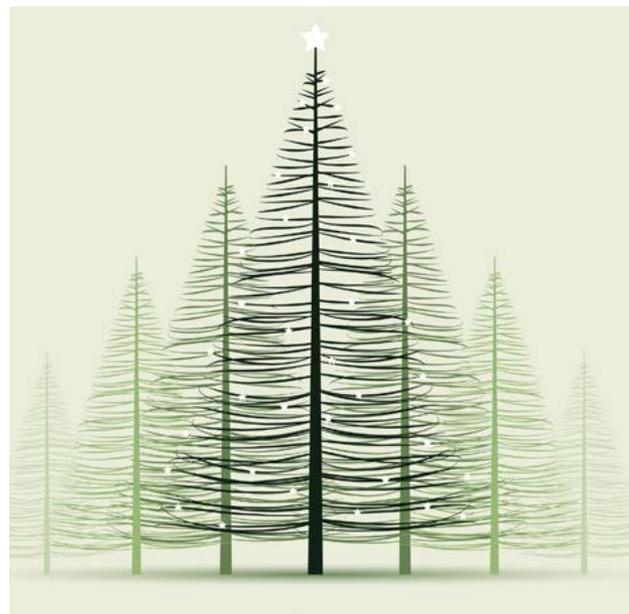
We have had a few of our dear residents pass in 2020, and we want to share with those families our profound condolences. We will miss them. We have also received further information from CMS, and where they comply with Georgia state guidelines we will attempt to accommodate the immediate family for: Compassionate Care Situations. We may be able to arrange limited and controlled visits in our library for some situations, and provide the means to address some of the other situations, i.e., 1. A resident struggling with a recent admission to ALF and is struggling with the change of environment and limited family support, 2. A resident grieving after the recent death of a family member or close friend, 3. A resident who has been confirmed to have become withdrawn, suffering, and crying frequently, 4. A resident who needs assistance with eating or drinking previously provided by family or caregiver and is experiencing confirmed weight loss or dehydration. Please contact me for further details if appropriate.

Now, let me share some information about the COVID-19 vaccine. During Phase 1 of the vaccine distribution plan, the CDC has chosen to distribute and administer the COVID-19 vaccine through the retail pharmacy networks, Walgreens and CVS as part of the Pharmacy Partnership for Long Term Care program. We are currently awaiting further details around consent forms, timing, vaccine type and benefits of use. We will keep you updated as we receive additional information. We have been told that Long Term Care communities will be a top priority for the vaccine, and that is a good thing! Thanks to all of you for your trust and support during this time.

*Be safe,
Greg Pflug,
Executive Director*

WHAT WE'VE BEEN UP TO

December was a blast! We celebrated the season surrounded by beautiful Christmas trees and cheerful decor. It was truly a winter wonderland. The residents enjoyed walking the halls of our community to see the lights and trees, and listened to peaceful Christmas music during meals. Mr. and Mrs. Claus, the Grinch and a few elves stopped by Rosewood to deliver gifts from the Rosewood families to our residents during our gift drop off! The smiles on our residents' faces were magical as we delivered their gifts from loved ones. The residents enjoyed many delicious treats, like apple cider, eclairs, and puff pastries. We have really enjoyed our holiday season together. We know that 2020 did not allow us to celebrate with our typical traditions, but we created a season together to remember and we all look forward to the New Year.



FUN FACTS

- » The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other to look forward into the New Year!
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcasted worldwide, and is typically viewed in more than 100 countries around the globe.
- » King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year.
- » Julius Caesar added the 31st day to the month, rendering it the full month of January we observe now.
- » Alaska officially became the 49th state of the United States on January 3rd, 1959.
- » The Dianthus caryophyllus is the birth flower of January— more commonly known as the carnation.
- » On January 1st, 1892, Ellis Island opened, allowing for the immigration of more than 20 million people!
- » January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.
- » President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863.
- » January's birthstone is red garnet. It is said that the garnet represents balance.
- » The First AFL-NFL World Championship Game in professional American football, known retroactively as Super Bowl I, was played on January 15, 1967 at the Los Angeles Memorial Coliseum in Los Angeles, California.
- » On January 2nd, 1870, construction began on the Brooklyn Bridge to cross the East River, in New York City.

COMMUNITY STORY

2021 New Year's Resolutions

Midge Brewer is a big Disney fan! Her New Year's resolution for 2021 is to live happily ever after just like the characters in the movies.

Jary Ledbetter would like to get more rest in 2021.

Elaine Stroud said she would like to go out to eat more in 2021 when we are able to go on our weekly lunch outings again!

Laura Raulston said she would enjoy seeing her family at the park in 2021.



FROM THE BLOG



21 Good Things That Happened in 2020

It's no secret that the last year has been a doozy. Everyone jokes about 2020 being the worst year ever. Though it was a notoriously difficult year for everyone, there are many silver linings, and positive things that have come out of this strange time. We want to dwell on those things, and share some of them with you! So here is a list of 21 good take-aways from 2020.

- 1** People had to slow down, and spend more time at home with their families.
- 2** Many folks rediscovered the joy of cooking at home, even preparing meals together and enjoying that time with the ones they love.



3 Many Americans have adopted and fostered pets in need during the pandemic, spreading a little love, and finding a little joy in the companionship that animals can bring.

4 People found new hobbies and joys like baking and gardening. Doing things with our hands is good for us!

5 Puzzles and board games made a comeback, and provided great opportunities to step away from the cell phones, iPads, and screens.

6 Many rediscovered a connection with the outdoors, as this has been the safest place to decompress.

7 First responders have gotten the praise they deserve for being everyday heroes for the work they do regularly.

8 We've been pushed to recognize how important educators are, and how vital their work is to our children and communities.

9 Many distilleries around the U.S. stepped up to make hand sanitizer due to shortage, banding together to create a widely needed item.

10 Major corporations such as Apple shifted production and resources to manufacture millions of masks to help keep people safe during the pandemic.

11 Crayola launched a box of crayons which included diverse skin colors, so all children could accurately color themselves and their families. Inclusivity is powerful!

12 Celebrities stepped in to surprise 2020 graduates at virtual commencement ceremonies. How cool is that?

13 Many musicians have used the power of social media to bring us new music and at-home concerts as live shows have been cancelled.

14 Work-from-home culture has made comfy sweatpants totally acceptable attire for everyday wear.

15 Restaurants have shifted the way they approach business, making take-out dining an appreciated commodity this year.

16 Drive-in movie theaters made a comeback, reminding us how fun simple joys can be.

17 NASA named its Washington, D.C. headquarters after their first Black female engineer, Mary W. Jackson.

18 Many families and friends connected safely with Zoom and other virtual platforms to stay in touch and engaged.

19 Amazon introduced new shipping boxes that can be converted into robot costumes or cat forts, spreading a little joy and fun while also encouraging reuse!

20 Walmart stores were closed on Thanksgiving Day this year to allow employees to stay home and celebrate with their families.

21 Telemedicine options have been developed to make healthcare safely accessible during the pandemic.

So no matter how tough things seem, there is always light to be found. Helen Keller said, "Keep your face to the sunshine and you cannot see shadow." As we press on through difficult circumstances, may we always find something to be thankful for and positive things to dwell on. *Cheers to all the beautiful things that happened in 2020, and all the good that will come our way in the year ahead!*

FEATURED RESIDENT

Jim Beasley

Jim has been a resident in our community for several months now. He and his family are from Birmingham, Alabama. Jim met his wife of 57 years at their workplace, where they were both social workers. They have one daughter and one grandson. Jim was an Assistant Chaplain in the United States Army, and he went to Wofford College in South Carolina.

He has been very active all of his life, playing several sports, and was active in many chess tournaments. He has also been in several choirs. He has brought so much joy to our residents and care staff, and has made some great companions. Jim participates regularly in BINGO, exercise, and devotionals. He is an Alabama fan, and you can always find him representing his team sweatshirts!



QUICK FACTS ABOUT MLK DAY

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

Martin Luther King, Jr.

MLK Day is January 18th, 2021. It is celebrated on the third Monday in January.

Martin Luther King, Jr. was actually born on January 15, 1929 in Atlanta, GA.

In 1980, Stevie Wonder released a song in honor of this iconic civil rights activist, celebrating his birthday and lamenting the fact that anyone would oppose a holiday remembering him.

This national holiday was observed for the first time in 1986.

It wasn't until the year 2000 that every state in the Union finally observed Martin Luther King, Jr. Day.

Happy Birthday

Resident

Mildred Brewer	Jan. 1
Patsy Gant	Jan. 1
Freida Lynn	Jan. 10
Geneva Smith	Jan. 13
Doris Griffin	Jan. 14
Dorothy Paris	Jan. 16
Violet Hays	Jan. 17
Arthur Smith	Jan. 21
Faye Bruning	Jan. 27
Charles Raborn	Jan. 28
Carolyn Terry	Jan. 28

Employee

Kayla Hayes	Jan. 2
Sonya Bean	Jan. 10
Maria Medina	Jan. 11
Tammy Bennett	Jan. 19
Christina Ziegler	Jan. 27
Jessica Montgomery	Jan. 29

WELCOME TO OUR
NEW RESIDENT! 🏠

Judy Gibson

WORD FIND

S D Q E B C L I N C O L N Q N E Y G A J Q Z A J J
 G U B U Y A S Z S P S A F H B J N Y G N L E M A P
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SUPER BOWL
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 GARNET

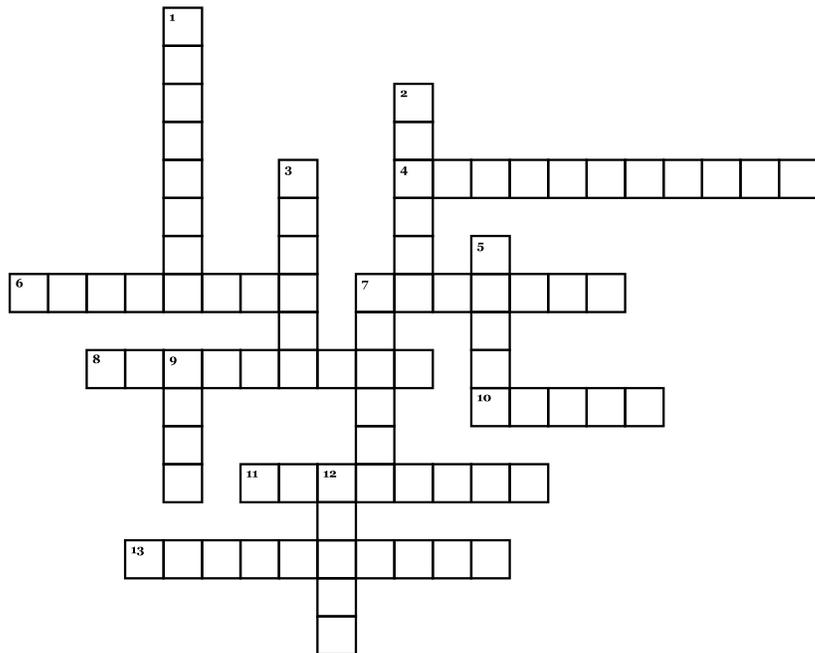
CARNATION
 YANKEES
 ELEVATOR

LINCOLN
 THESAURUS
 RESOLUTIONS

NEW YEAR
 ELLIS ISLAND
 PRESIDENTIAL

MLK
 MOLASSES
 JANUARY

CROSS-WORD



Across

4. Declarations of goals made at the beginning of the year
6. You'll find plenty of these in a thesaurus
7. City where Martin Luther King, Jr. was born
8. This part of the traditional Southern New Year's Day meal represents gold
10. Famous American Football Bowl
11. This sweet, thick liquid wreaked havoc on Boston in January 1919
13. First President of the United States of America

Down

1. This bridge crosses the East River in NYC
2. This gemstone is said to represent balance
3. This Roman general was responsible for adding the 31st day to the month of January
5. Roman god always depicted with two heads
7. The 49th state of the United States
9. Parade featuring floats covered in floral blooms
12. A ____ year has approximately 354 days

EMPLOYEE OF THE YEAR

Faye Wise

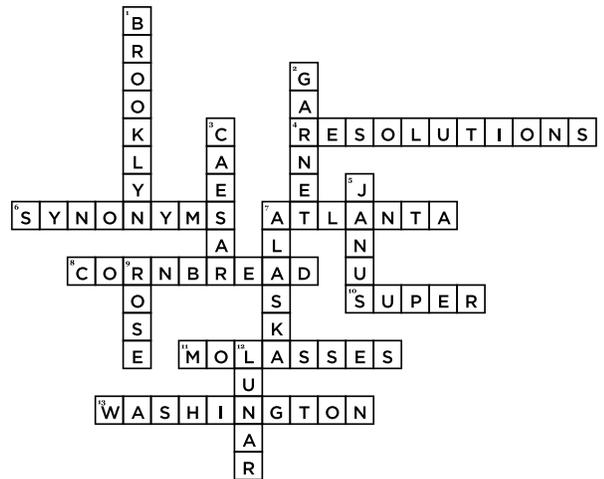
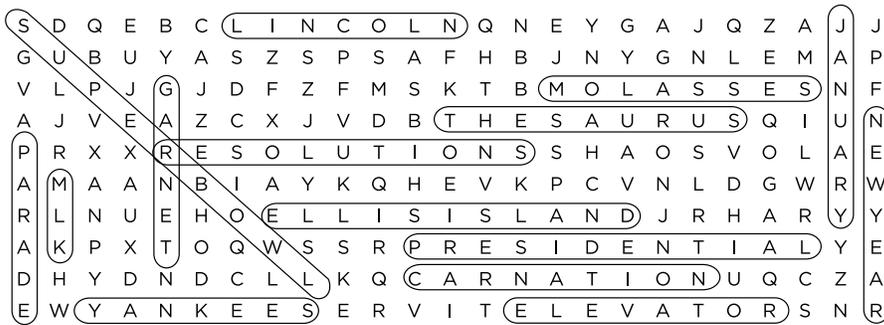
Nurses understand, plan, encourage, wipe tears, heal, bandage, teach, hold hands, laugh, listen, comfort, monitor, respond, and care, all without a prescription. Faye is one of our wonderful nurses in the Memory Care unit. She has been a nurse at Rosewood since 2016, and she constantly shows how much she genuinely cares about our residents. Her expertise in the field has added great judgment of clinical care, which has been beneficial to our facility and the hospice and home health nurses who enter the facility. She has proven her commitment to service time and time again, and is faithful, providing communication reports to all parties necessary. Faye has trained many nurses over the years, but that is just the tip of the iceberg for her. Medication management is extremely important, but so is comfort care provided to our aging residents. Such as when Faye brings her curling iron and scissors to style a resident's hair or when she brings snacks from home because she knows how happy it will make a resident. Faye recognizes that music lifted the spirits of memory care residents, and realized we did not have any musical instruments in the department. As such, Faye and her husband donated an electric piano that is played frequently to the delight of our residents and families. Faye, the entire team respects and applauds you for your commitment and servant leadership!

EMPLOYEE OF THE MONTH

Alma Beal

Alma is a caregiver on the 3rd shift in Personal Care. She is always willing to lend a helping hand, and goes above and beyond to provide exceptional care for our residents. She has been part of the Rosewood family since 2019, and has been such a wonderful asset to us. Residents rave about the personal touch that she applies every single day. Alma has recently stepped up to assist with training new staff on our 3rd shift, which is just one prime example of her servant's heart. Alma is a go-getter, and we admire her for all that she does! Alma, you rock!

ANSWER KEY



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