

WHAT'S COMING UP

February 1

National Freedom Day

February 2

Groundhog Day
Candlemas Day

February 4

World Cancer Day

February 7

Super Bowl Sunday

February 14

Valentine's Day

February 17

Presidents' Day

February 19

Mardi Gras

February 25

National Chili Day



FEBRUARY 2021 NEWSLETTER



Hello Residents,

We LOVE our residents and their families. By the time you receive this newsletter, your loved one will have had their first COVID-19 vaccine injection. We hope that this will begin to have a major impact in reducing the chances of getting COVID-19. CVS is planning to have the second vaccine clinic on February 12th. We are all hoping that families can also get the vaccine as well. We are being informed that for the vaccine to be 95% effective, you will need both doses. They indicate that if the general population reaches 80% vaccinated, then herd immunity will minimize the viruses impact greatly. The vaccine was found to attain effective levels after 21 days after each dose.

We are almost through this pandemic, so don't let up now. Let's keep doing what we can! Wear face masks, wash hands frequently, practice social distancing and follow doctor's instructions.

We want to thank families for being so supportive of getting all the personal items that their loved ones need and making the weekly delivery to Rosewood. Please consider using Appalachian Medical for an easy pre-ordered monthly delivery of many hygiene type items... briefs, disposable washcloths, and bed pads. They are competitively priced and delivered. Now that's convenience.

I want to thank our residents for being so understanding and cooperative. Throughout these long months, we have dealt with the impossible. The care staff and leadership has endured as well. God bless all of you for your patience and fortitude. Rosewood is truly a family caring for families.

Greg Pflug,
Executive Director

WHAT WE'VE BEEN UP TO

January was a joyful time in our community. The residents were proud to ring in the New Year with a toast led by our Executive Director. We prayed that the year 2021 would bring many blessings to our residents, families, and our community.

In January we continued with some of our favorite activities, such as BINGO, exercise, cooking club, and so much more!



FUN FACTS

- » Every Valentine's Day, Romeo and Juliet's hometown of Verona, Italy, receives more than 1,000 letters addressed to Juliet.
- » February 12 is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor.
- » There was only one Grammy for Best Disco Recording ever, and it was awarded to Gloria Gaynor for I Will Survive in February 1980.
- » On February 28th, 1983, the CBS sitcom M*A*S*H ended after 11 seasons, airing a special two-and-a-half-hour episode watched by 77% of the television viewing audience.
- » Launching from Cape Canaveral, Florida, in February 1962, John Hershel Glenn Jr. successfully went into space aboard the Friendship 7 spacecraft on the first orbital flight by an American astronaut.
- » In February 1923, English archaeologist Howard Carter entered the sealed burial chamber of the ancient Egyptian ruler, King Tutankhamen, in Thebes, Egypt. He had been looking for King Tut's tomb since his first trip to Egypt in 1891.
- » The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury, a scion of a British chocolate manufacturing family.
- » February's birthstone is amethyst, and its flower is primrose.
- » Chinese New Year 2021 falls on Friday, February 12th, 2021, and celebrations culminate with the Lantern Festival on February 26th, 2021. 2021 is the year of the Ox.
- » The western zodiac signs in February are Aquarius and Pisces.
- » February has been African-American History Month for more than 40 years.
- » On February 1st, 1893, Thomas A. Edison finished construction of the first motion picture studio, the Black Maria in West Orange, New Jersey.
- » The Southern Pacific Railroad completed its transcontinental "Sunset Route" from New Orleans to California on February 5th, 1883.

WHAT'S NEW?



We are excited for the month of love! Life Enrichment and the Dietary Department will be hosting a Valentine's Day pancake breakfast that will be socially distanced on Sunday, February 14th for the residents! We have also planned a Mardi Gras party that will be socially distanced on Friday, February 19th!

The Life Enrichment Department is excited to present a new addition to the It's Never 2 Late program, the IN2L tablet. This tablet has many features for the residents to learn and connect with what is going on outside of our community, and can allow them to connect with their families. If you have any questions about this new system, please call the Life Enrichment Director, Megan Jones, at 423-762-2895.



WAYS TO CELEBRATE BLACK HISTORY MONTH

February is Black History Month, and there are a lot of little ways we can celebrate. Here are a few ideas:

- Support a black-owned business.
- Spend time reading about black history and civil rights.
- Donate funds to a black organization.
- Read a book by a black author.
- Learn about a hero of black history.
- Read the biography of an influential black figure.



Self Care Quote Corner

"It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself."

**-Diane Von
Furstenberg**

"A man cannot be comfortable without his own approval."

-Mark Twain

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

-Buddha

"Love yourself first and everything else falls into line."

-Lucille Ball



FROM THE BLOG

The History of Valentine's Day & Other Interesting Facts

On February 14th, all across the world, loved ones exchange greeting cards, chocolate candy, flowers, and other tokens of affection all in the name of St. Valentine. But what do we really know about the origins of this holiday of love? Who is this saint, and where do these traditions come from?

3 SAINTS, 1 HOLIDAY

The Catholic Church actually recognizes three different saints named Valentine or Valentinus, all of whom were martyred. That said, one popular legend contends that Valentine was a priest who served in Rome during the third century. When Emperor Claudius II decided that single men yielded better soldiers than men who were married with families, he outlawed the marriage of young, able-bodied men. The priest, Valentine, saw such injustice in this decree that he defied the ruler, continuing to perform marriages in secret. When discovered, Claudius ordered that the priest be put to death.





VALENTINE'S ACCORDING TO THE ANCIENT ROMANS

While some believe that Valentine's Day is celebrated mid February to commemorate the anniversary of the death of Valentine, which likely occurred around A.D. 270, others claim

that the Christian church may have decided to set St. Valentine's feast day in the middle of the month in an effort to Christianize the pagan celebration known as Lupercalia. Lupercalia was celebrated at the ides of February (February 15th), and was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to Roman founders, Romulus and Remus.

VALENTINE GREETINGS

Although written Valentines didn't begin to appear until after 1400, Valentine greetings date back to as early as the Middle Ages. The oldest known valentine still in existence today was a poem written by Charles Duke of Orleans to his wife in 1415 while he was imprisoned in the Tower of London. That particular artifact is now a part of the manuscript collection of the British Library in London.

By the middle of the 18th century, Valentine's Day began to be popularly celebrated. It became custom for friends and lovers of all social classes to exchange small tokens of their feelings, including handwritten notes. By 1900, printed cards began to replace the letters as a result of improvements in printing capabilities.

Though Americans probably began exchanging hand-made valentine notes in the early 1700s, it wasn't until the 1840s that Esther A. Howland began selling the first mass-produced valentines in America. Known as the "Mother of the Valentine," Howland made elaborate valentines with real lace and ribbons, as well as colorful pictures. Today, people continue this tradition of sending cards, and it's estimated that each year, roughly 145 million Valentine's Day cards are sent.

MORE INTERESTING VALENTINE'S DAY FACTS

Vinegar Valentines— During the Victorian Era, those who didn't want attention from certain suitors would anonymously send "vinegar valentines," also sometimes referred to as "penny dreadfuls," to ward them off. These cards were filled with comical insults and rejections for unwanted admirers.

Wear Your Heart on Your Sleeve— The turn of phrase "wear your heart on your sleeve" may have originated from a Roman festival during the Middle Ages during which men would draw the names of women who they'd be coupled up with for the upcoming year, wearing those names on their sleeves to show their bond during the festival.

The Beginning of Cupid— The cherub sporting a bow and arrow that we all recognize as Cupid has long been associated with the Valentine holiday; however, before he was renamed "Cupid," this figure was known to the ancient Greeks as Eros, the god of love. The son of Aphrodite, Eros used two sets of arrows, one for love and one for hate, in order to toy with the emotions of his targets.

X Means Kiss, But Why?— We've come to recognize X as a symbol for kiss, but where does this meaning come from? The use of the letter X came to represent Christianity or more specifically the cross in the Middle Ages. During that time, X was used to sign off on documents, and after marking them with the X, the writer would often kiss the mark as a sign of their sworn oath. Those records were said to have been "sealed with a kiss."

Though Valentine's Day has an intriguing history, it's become something we look forward to celebrating now with our friends, families, and significant others. There's never a bad time to show a little love to those around us, but it's also nice to have a whole day each calendar year to dedicate to doing just that. Here's hoping you can show and feel some love this February 14th, and every other day of the year too!



FEATURED RESIDENT

Waymond Watts

Waymond has been a resident of Rosewood for more than three months! He grew up in Rome, Georgia, and lived there most of his life. Mr. Watts was a school teacher for Walker County Schools, and he was also a cattle farmer! After he retired, he volunteered at the Shriners Hospital, which provides quality care for children with special healthcare needs, in Kentucky and Ohio. He really enjoyed volunteering. Waymond has met many new friends, and is a joy to all of the people that he meets.



**HAPPY
BIRTHDAY!**

Residents

Judy Williams	Feb. 11
Virginia Harvey	Feb. 12
Opal Roark	Feb. 12
Grace Denton	Feb. 16
Jean Hatch	Feb. 21
Joetta Roderick	Feb. 28

Employees

Scott Davis	Feb. 2
Rhonda Scott	Feb. 9
Wanda Ahlers	Feb. 28
Amanda Downs	Feb. 28

LOVE LANGUAGE BREAKDOWN

You may already be familiar with the concept of love languages, but this concept is a fascinating one that can help us better understand the ways in which we (and others) give and receive love. In his 1992 book, Gary Chapman outlines five general ways in which people express and experience love, which he refers to as “love languages.”

Chapman asserts that each person has a primary and secondary love language, and tapping into and understanding this about ourselves and our romantic partners can lead to better understanding and more overall success in relationships.

Do you know what your love language is?

The 5 Love Languages

Acts of service

Gift-giving

Physical touch

Quality time

Words of affirmation

WELCOME NEW RESIDENTS! 

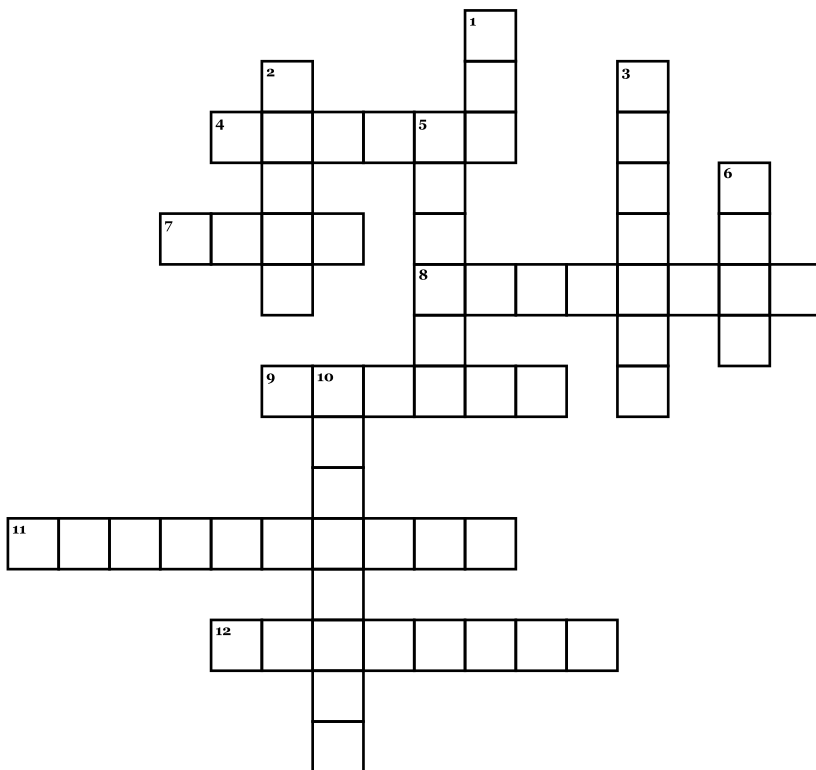
Jean Hatch

WORD FIND

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

FEBRUARY	AMETHYST	AQUARIUS	VALENTINE	MASH
GROUNDHOG	PRIMROSE	PISCES	RAILROAD	HEARTS
LINCOLN	OX	ASTRONAUT	LOVE	GRAMMY

CROSS-WORD



Across

- Receiver of thousands of letters every Valentine's Day
- The central figure in the annual Groundhog Day celebration, familiarly
- "Mobile _____ Army Hospital"
- Sole winner of the Best Disco Recording Grammy
- These can be found in heart-shaped boxes this time of year
- Flower that expresses you can't live without someone

Down

- King whose burial chamber was unsealed in February 1923, familiarly
- The ancient Roman god of love
- Home state of Cape Canaveral
- Inventor behind America's first motion picture studio
- Year with an extra day
- "This is the dawning of the age of _____"



EMPLOYEE OF THE YEAR

Faye Wise

Nurses understand, plan, encourage, wipe tears, bandage, teach, hold hands, laugh, listen, comfort, monitor, 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 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

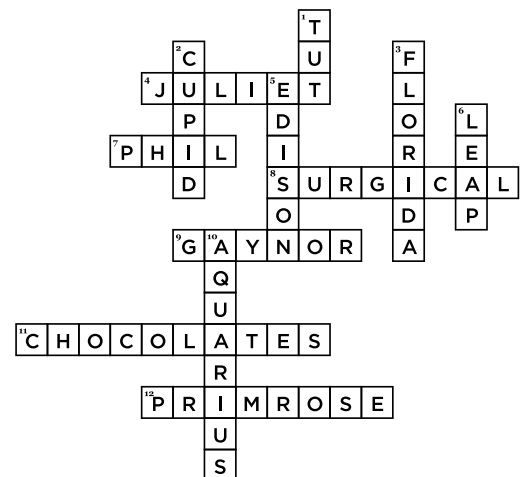
Leeann Chapman

Leeann has worked in our community for two years, starting in an entry level caregiver position, and working her way up to our most senior caregiver on the 2nd shift in the Assisted Living department. She has provided phenomenal care to our residents. Leeann's primary responsibility is to provide assistance with all activities of daily living to all of her residents, but she reaches above what is expected of her, and always looks for the little things she can add that mean so much. Residents are always complimenting her on her positive attitude.

It is no surprise that Leeann always comes to work with a smile on her face. She is a great employee and makes for a great friend. Thank you, Leeann!

ANSWER KEY

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



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