

## WHAT'S COMING UP

### March 3

World Wildlife Day  
National Anthem Day

### March 6

National Oreo Cookie Day

### March 9

National Meatball Day

### March 15

Ides of March  
National Napping Day

### March 17

St. Patrick's Day

### March 19

Red Nose Day

### March 20

National Corn Dog Day

### March 23

National Puppy Day



## MARCH 2021 NEWSLETTER



### *Dear Residents and Families,*

We are excited that the majority of our residents successfully received their second COVID-19 vaccines on February 12th. Those who had their first vaccine on that day will be given the second vaccine on March 5th. We are so grateful for the CVS clinic that was held at Rosewood. At this time, we've had very few reports of any reaction to the vaccine with the exception of a few minor sore arms. We are so proud of our residents for their courage and patience this past year.

As we move forward, I want to take this time to update you on some exciting news at Rosewood. Our company has invested in our residents this year by providing them a new, larger bus in which to enjoy sunshine tours. Our new bus is due to arrive this week. It has more seats and space to accommodate wheelchairs, large windows, more doors for easier storage, and a PA system that will enable the driver and Activity Director to easily communicate with the passengers.

Within the next two weeks, we will begin the remodel of the common areas in the Personal Care Community. We are changing the color scheme to reflect a more modern feel, providing new seating arrangements, adding new activity tables and chairs, and a new, expanded cabinet and counter area for use in special events. All this will be completed in a two-month period, and we do not expect it to have any impact on our residents. We thank you in advance for your understanding and patience during this exciting refresh to our PC community. Looking forward to an exciting new phase with our lovely residents and their families!

God Bless and Be Well,

***Greg Pflug,***  
*Executive Director*

## WHAT WE'VE BEEN UP TO

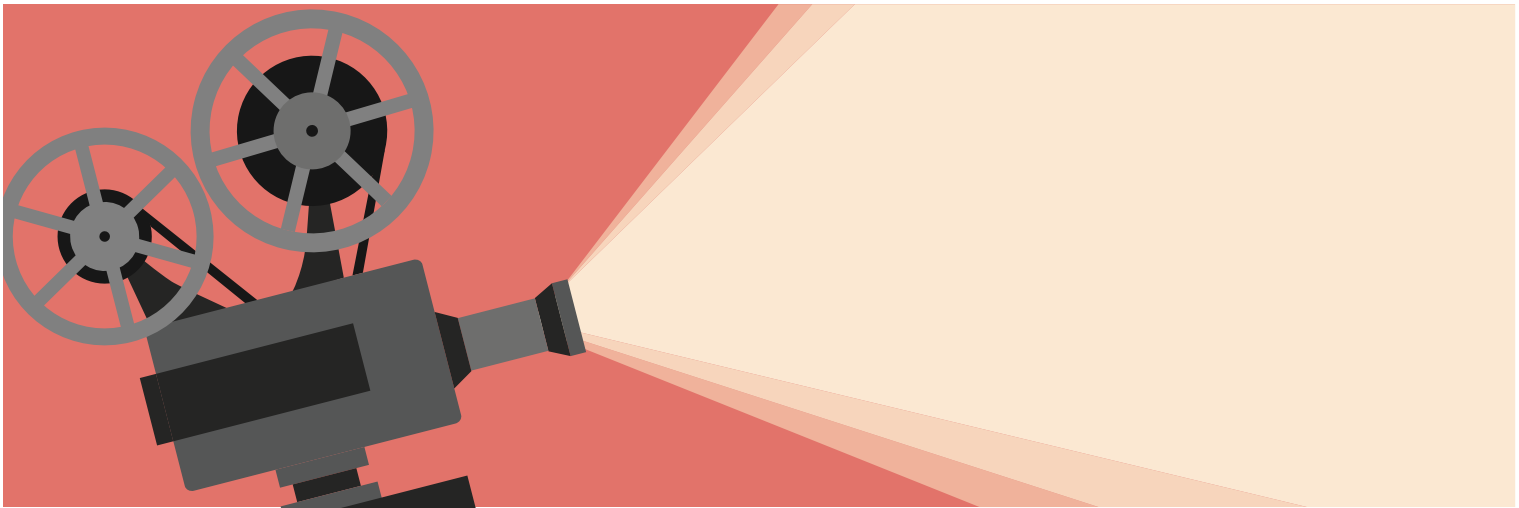
February was fabulous! We celebrated the month of love with a pink party on Friday, February 12th! We had games, music, all pink and red snacks, and the residents were able to spend quality time together celebrating each other. On Valentine's Day, the Life Enrichment and Dietary Team held a special brunch for the residents. We served pink, heart-shaped pancakes with strawberry and whipped cream topping, along with several delicious treats throughout the day. The February activities calendar was filled with crafts, daily devotionals, exercise, and so much more. Plus, the cooking club whipped up so many tasty treats!



The walking club has continued to grow and we even had some warm days, so we were able to walk outside of the community. For Mardi Gras the residents made their own masks, and of course, we had our beads on! During our Mardi Gras party, we shared a sparkling toast and hor d'oeuvres. As always, safety is our top priority during all social activities. Residents and staff members always wear masks, practice good hand hygiene, and maintain social distancing.

## FUN FACTS

- » March was actually named for the Latin Martius—aka Mars, the Roman God of war and a mythical ancestor of the Roman people.
- » The Anglo-Saxons called the month Hlyd monath which means Stormy month, or Hraed monath which means Rugged month.
- » On March 1, 2007, a detachment of 170 Swiss infantrymen accidentally invaded neighboring Liechtenstein when they got lost on a training mission. Luckily, after explaining the mistake to Liechtenstein, the Swiss army was given directions and returned home safely.
- » The Day of The Dude, March 6th, encourages participants to honor The Big Lebowski by takin'er easy all day, man.
- » Early depictions of St. Patrick show him wearing blue, and the official color of the Order of St. Patrick, part of Ireland's chivalry, was a sky blue known as "St. Patrick's Blue." One of the reasons green replaced blue was because of Ireland's nickname, The Emerald Isle. The green stripe in the Irish flag also played a role. Traditionally, the green represents the Catholics of Ireland, the orange represents the Protestant population, and the white in the middle symbolizes the peace between the two religions.
- » March's birthstones are aquamarine and bloodstone. Its flower is the daffodil, and the zodiac signs of March are Pisces and Aries.
- » Each year, National Read Across America Day is celebrated on March 2nd, the birthday of Dr. Seuss. The annual event is part of Read Across America, an initiative on reading created by the National Education Association.
- » On March 1, 1961, President John F. Kennedy issued an executive order establishing the Peace Corps.



## HOW WELL DO YOU KNOW THE MOVIES?

Test your movie quote knowledge by pairing the iconic movie quotes below with the movies they came from. Just draw a line from the quote on the left to the correlating movie title on the right. Then you can check your answers on the bottom of this page, but no peeking!

- |   |                             |
|---|-----------------------------|
| “Here’s looking at you, kid.”                         | The Terminator, 1984        |
| “You’re gonna need a bigger boat.”                    | When Harry Met Sally,1989   |
| “There’s no crying in baseball.”                      | Casablanca, 1942            |
| “You can’t handle the truth!”                         | Jaws, 1975                  |
| “Here’s Johnny!”                                      | A League of Their Own, 1992 |
| “I’ll have what she’s having.”                        | A Few Good Men, 1992        |
| “Nobody puts Baby in a corner.”                       | Cool Hand Luke, 1967        |
| “You complete me.”                                    | The Shining, 1980           |
| “I’ll be back.”                                       | Dead Poets Society, 1989    |
| “I have a feeling we’re not in Kansas anymore.”       | Dirty Dancing, 1987         |
| “What we’ve got here is a failure to communicate.”    | Jerry Mcguire, 1996         |
| “Seize the day, boys. Make your lives extraordinary.” | The Wizard of Oz, 1939      |

“Here’s looking at you, kid.” -Casablanca, 1942 | “You’re gonna need a bigger boat.” -Jaws, 1975 | “There’s no crying in baseball.” -A League of Their Own, 1992 | “You can’t handle the truth!” -Jaws, 1975 | “There’s no crying in baseball.” -A League of Their Own, 1992 | “I’ll have what she’s having.” -When Harry Met Sally, 1989 | “Nobody puts Baby in a corner.” -Dirty Dancing, 1987 | “You complete me.” -Jerry Mcguire, 1996 | “I’ll be back.” -The Terminator, 1984 | “I have a feeling we’re not in Kansas anymore.” -The Wizard of Oz, 1939 | “What we’ve got here is a failure to communicate.” -Cool Hand Luke, 1967 | “Seize the day, boys. Make your lives extraordinary.” -Dead Poets Society, 1989



## FROM THE BLOG

### Birdwatching in the Southeast

#### 10 Birds You Might See Out Your Window

When the spring season is again upon us, often coming abruptly here in the Southeast, it's as though the world comes alive again with flora, fauna, and all kinds of wildlife. Spring is regarded as a time when all things are new, and there's something interesting and beautiful about watching nature begin again. When glorious spring does arrive, you're likely to notice some increased bird activity outside your windows, as the spring season is often deemed the most exciting time for birdwatching.

There are a lot of bird species you may see around these parts, and here is a roundup of some of the most popular types to keep an eye out for during your birdwatching in the southeast. Most of these species can be observed in the area year-round, but spring is a great time to keep a lookout for them from your coziest seat by the window!

#### 1. NORTHERN CARDINAL

A very popular feeder bird, the Northern Cardinal is an easy one to spot. These gorgeous birds have a crest of feathers on their heads, and short, thick bills that are ideal for cracking open seeds. The males are a stunning red with a black masks and throats, and females are a pale brown color with hints of red on their crests, wings, and tails.

#### 2. BLUE JAY

Bold of personality, Blue Jays sometimes get a bad rep, yet their extreme intelligence often makes them quite interesting to watch. Their bold, blue plumage makes them easy to spot with black bars running across their backs, a black necklace of feathers, blue crested heads, and white bellies. Males and females look the same.

#### 3. AMERICAN GOLDFINCH

The American Goldfinch is another popular bird in the area, and a favorite at that. These delightful little birds are artful feeders, and can even feed upside down! In the spring and summer, the males are a bright yellow with a black cap and black wings, and the females are a more subdued yellow, and don't have the black caps.



#### 4. HOUSE FINCH

House Finches have a pleasant song, and can be seen across almost the entire continent of North America. Adult males feature rose red heads and upper breasts, with brown streaks on their backs, tails, and bellies. Females are brown with darker streaks on their backs, tails, and bellies, but without the red flourishes. These birds feature conical beaks designed to eat seeds and notched tails.

#### 5. HOUSE SPARROW

House Sparrows are an invasive species originally from the Middle East, and are now one of the most common bird types in the world. You can spot these sweet little birds in and around your yard. Males have gray crowns, black bib, white cheeks, and chestnut brown sides, faces, and necks. Their backs are mostly brown with black streaked patterns. Females are a duller brown color with black streaks, and their undersides are a lighter shade of brown. They can be easily distinguished by the tan line that extends behind their eyes.







## 6. MOURNING DOVE

You may have heard the coo of a Morning Dove, a soft call that is sometimes mistaken for the hoot of an owl. These common birds are grey in color with black dots on their wings. They have thin, black bills, long slender tails, and legs that are a pinkish color. You'll also notice a beautiful blue ring around their eyes.

## 7. BLACK-CAPPED CHICKADEE

These personable little birds feature short, thin bills, black bibs and caps on their heads, and white cheeks. The rest of their plumage is predominantly grey, and they have light tan bellies. They typically don't stay long at feeders, swooping in to grab a bite to eat elsewhere; however, they can be trained to feed from the hand with some patience.

## 8. AMERICAN CROW

Many people dislike crows, but they are highly intelligent birds, and they help keep hawks away. These large birds are all black with glossy feathers, thick, long bills, and they are smaller than ravens, which they are sometimes confused with. You've likely seen them around.

## 9. EUROPEAN STARLING

This invasive species often likes to travel in flocks, and

can sometimes chase away other feeding birds nearby. They are stocky of build, and about the size of an American Robin, and they feature black feathers with a sheen. They have short tails, and long slender beaks. They often have a green-purple tint, and in the winter they develop white spots all over.

## 10. RUBY-THROATED HUMMINGBIRD

This beautiful showstopper of a bird is small in size, but mighty in color and showmanship. Males have metallic green backs, black masks, and vibrant red throats (hence the name), and females are green with white underbellies. Both males and females have long bills designed to insert into flowers for feeding.

Our area is teeming with beautiful birds, and watching them can be a fascinating practice. Robert Lynd wrote, "In order to see the birds, it is necessary to become a part of the silence." It's amazing what we can see and appreciate when we slow down, and open our eyes. Happy bird watching this spring! May you find joy through these little creatures as they flit about with happiness, not a care in the world.



## FEATURED RESIDENT

### Nina Machen

Nina has lived in our community for almost 2 years! She was born in Scottsboro, Alabama, and worked as a pharmacy tech for more than 25 years. She was married to her husband, Kenneth, for 26 years before he passed away, and together they had two daughters named Kim and Karen. A few years later, she ran into a childhood sweetheart, James Machen, and they were married for 16 years before he passed away. Nina is a big fan of Elvis! Her favorite color is blue, and one of her favorite foods is a peanut butter and banana sandwich. Nina thoroughly enjoys music, playing BINGO, card games, and being outside. She is one of the University of Tennessee's biggest fans, and she proudly says "GO VOLS!"

## HAPPY BIRTHDAY!

### Resident

T. Sara Williams-Smith	Mar. 3
Elizabeth Taylor	Mar. 10
Ethel Marshall	Mar. 27
Carolyn Culp	Mar. 29

### Employee

Jason Mowry	Mar. 11
Haley Bynum	Mar. 28

## FUN FACTS ABOUT ST. PATRICK'S DAY

**St. Patrick's Day is coming up this month, and here are a few fun facts about the holiday and Irish culture to help get you in that lucky holiday spirit.**

- » This holiday commemorates St. Patrick and the arrival of Christianity in Ireland.
- » It also celebrates Irish heritage and culture in general.
- » Celebrations often include public parades and festivals, and the wearing of the color green.
- » Why green? Wearing green and sporting shamrocks is a nod to St. Patrick because he is said to have used the three-leafed shamrock plant to explain the Holy Trinity to the pagan Irish.
- » St. Patrick's Day became an official public holiday in Ireland in 1903.
- » The very first St. Patrick's Day parade was also held in 1903 in Waterford.
- » Some of the most iconic names in poetry and literature hail from the Emerald Isle such as Oscar Wilde, Bernard Shaw, W.B. Yeats, and Samuel Beckett.
- » The potato was imported in the 17th century, and still today remains a symbol of Irish culture and hospitality.
- » Another important part of Irish culture is dancing—jigs, reels, and step dancing—popularized in the 1990s as a result of popular touring shows like Riverdance.
- » Traditional Irish music sees the use of instruments such as the fiddle, piano, and acoustic guitar, as well as native instruments like bouzoukis, uilleann pipes, and the Celtic harp.

## WELCOME NEW RESIDENTS!

Jerome Vonderheide

Nancy Alton

## WORD FIND

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

MARCH

PATRICK

SEUSS

YAHOO

READ

DAFFODIL

IRELAND

ARIES

PISCES

ALAMO

AQUAMARINE

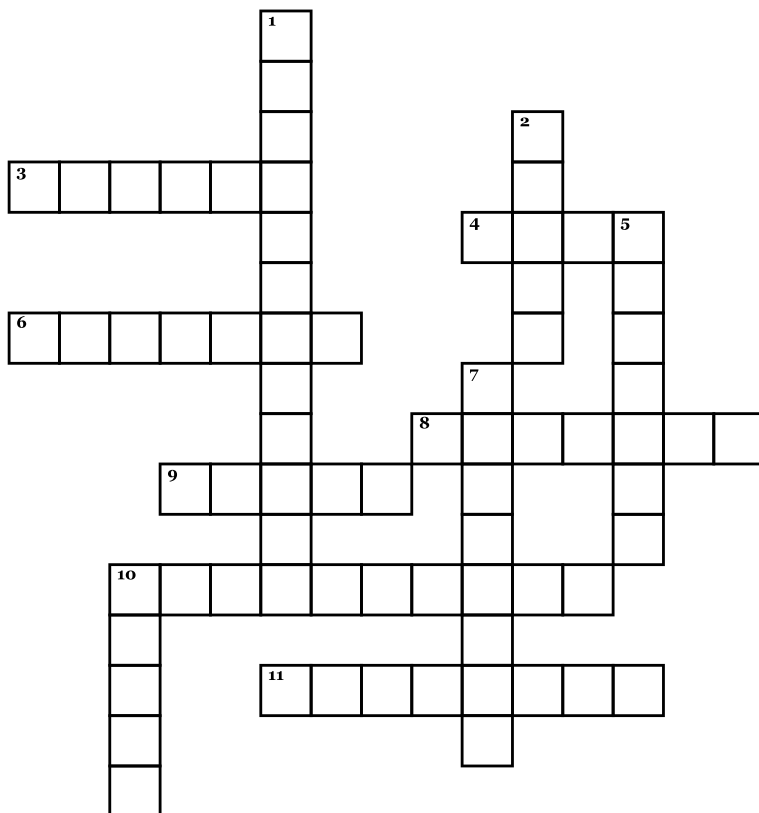
PEACE

CROCHET

TELEPHONE

DAYLIGHT

## CROSS-WORD



### Across

3. Tower built for the 1889 World's Fair
4. In like a lion, out like a \_\_\_\_\_
6. Craft involving looping yarn with a hooked needle
8. Primary patron saint of Ireland
9. "Yet Another Hierarchical Official Oracle"
10. One of the two birthstones of March
11. "Won't you be my \_\_\_\_\_?"

### Down

1. Home city of the first zoo
2. Corps established by JFK
5. The Dude's favorite pastime
7. \_\_\_\_\_ Saving Time
10. Remember the \_\_\_\_\_!



## 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!

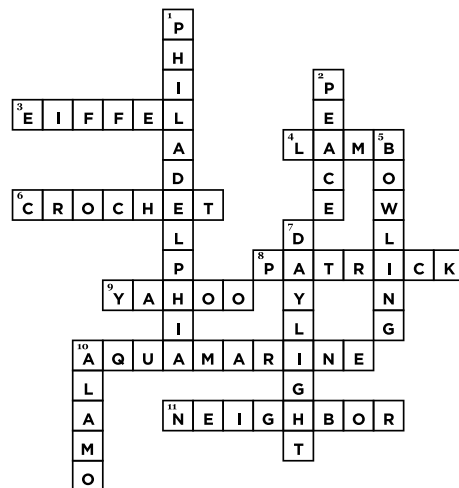
## EMPLOYEE OF THE MONTH

### Fannie Bolton

Fannie is a full-time LPN who works in our Assisted Living and Memory Care units. Fannie has been on the Rosewood team for more than a year now. She administers medications, monitors residents, assists managing the care staff, and tackles any other task or issues that arise in our community. She is caring and compassionate with an exceptional work ethic. Fannie is reliable, and she is always willing to cover any extra shifts to fit the needs of the community and our residents. She is a fantastic advocate for our residents, their families, and our staff. Anyone who has ever met her will remember her infectious laugh and positive attitude. We are all lucky to have her as part of our Rosewood family!

## ANSWER KEY

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



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