

WHAT'S COMING UP

January 1
New Year's Day

January 2
National Buffet Day

January 4
National Trivia Day

January 15
National Strawberry Ice
Cream Day

January 17
Martin Luther King, Jr. Day

January 19
National Popcorn Day

January 23
National Pie Day

January 25
National Opposite Day

January 29
National Puzzle Day



**Happy
New
Year!**



JANUARY 2022 NEWSLETTER



Happy New Year!

A year has rolled by and another approaches. A poet put it this way:

*"With a new beginning and fresh start,
Full of inspiration and positive thoughts,
Let's begin this year with an optimistic thought.*

*Gone are the days of regret and guilt,
Those rooms full of darkness,
It's time to move with courage,
Full of confidence and hope.*

Let's begin this year with an optimistic thought."

All of us at Rosewood wish our dear residents an abundant and healthy New Year. Let us reflect on what brings us inspiration, family, new friends and love to name a few. So what about that optimistic thought? A new vision or hope for friends, how best can we put an optimistic thought into action?

When my sons were young, I read a short story called, "The Three Questions." The story takes the form of a parable and it concerns a king who wants to find the answers to what he considers the three most important questions in life.

-When is the right time...

-Who are the right people...

-What is the most important thing to do...

I would like to share his answer, its insight, if applied, will make a difference in your life and others around you.

-The right time is NOW

-The right people are the ONES you are with NOW

-The most important thing to do, is to do GOOD

Wow, what an inspiration to start the New Year! I wish all of our residents, their families and care team the best in 2022!

God Bless You,

Greg Pflug,

Executive Director



Lookout Mountain

Residents enjoyed our trip up Lookout Mountain. With the fall foliage showing off its beautiful colors, we seized the opportunity to stretch our legs and appreciate God's beauty. We sang Christmas carols as we were approaching the holiday season, reminisced about the "good ol' days" before clicking seatbelts, and marveled at the height and colors of creation. We took two separate trips so that all of the residents that wished to go were able to.



Decorating Cookies

Our Memory Care/Pathways residents enjoyed decorating cookies to kick-off the holiday season. They helped cut out different shapes, picked their icing colors and choose the toppings. Some decorated their cookies completely on their own while others decorated as we guided their hands. It was fun, it was messy, but most importantly, it was delicious!





Friendsgiving

Since many of our residents were going without their families for Thanksgiving, we wanted to do something special to celebrate together with our Rosewood family. We decided on a modified “Friendsgiving.” Residents brought their favorite snacks to share with each other. We listened to Christmas music, talked about our favorite foods and what we were grateful for and ate delicious snacks. We nearly burnt our taste buds with jalapeno popper dip and nearly ate ourselves into a food coma with cookies, candy, and fruit! We even had sugar-free cookies and candies so everyone could participate. Many residents had never heard of Friendsgiving but are excited to do it again next year. Residents were grateful for the new “friends like family” they have met and bonded with at Rosewood. Others were thankful for “life,” “food,” and in my opinion the most important one, “Jesus dying for my sins and saving me.”



Thanksgiving Lunch/What’s Cooking Wednesday?

Our theme for November’s “What’s Cooking Wednesday?” was Thanksgiving. Some of our staff weren’t in-house on Thanksgiving Day so we wanted an opportunity to eat together as a family. We enjoyed homemade turkey and dressing, green beans, and cranberry sauce. We had an amazing spread of dessert to choose from ranging from chocolate raspberry cheesecake to baklava to red velvet cake. We even had a special visitor come!





Papa Sway

January 6th at 12:30 pm

Papa Sway is coming to entertain our Pathways/Memory Care residents with song and his electric guitar. He's friendly, easy-going and has a little bit of "funky swag." You will never see him without his fedora! He plays through the classics from Frank Sinatra, Elvis and Van Morrison.



Men's Prayer Breakfast

Tuesday, January 18th at 7:45 am

We are excited to start Men's Prayer Breakfast back this month after a brief break due to the busy holiday season. The men will have the option of a huge breakfast spread with plenty of coffee. We are blessed to have many Godly men on our Management team that are willing to step in and lead the prayer and share a short devotion. Please sign up with Amber Jordan, Life Enrichment Director, if interested. We look forward to seeing our men there!



Ladies' Tea

January 25th at 1:30 pm

Ladies will enjoy an afternoon of different flavored teas, snacks and great fellowship. Dress up in your Sunday Best and come ready to share one of your favorite childhood memories. We are looking forward to seeing all of our ladies there! Please sign up with Amber Jordan, Life Enrichment Director if interested.





Small Groups in Pathways

All Month

We are thrilled to start small groups in our Memory Care unit this month. In order to serve all of our residents intentionally, we have decided to make smaller group activities in Memory Care the norm. As we have a wide range of residents on different sides of the Global Dementia Scale, we want to be able to give a wide range of activities that are catered to their physical and mental capabilities. Each group will still get to participate in art, music, or other activity, but it will be a little different for each group. We hope that as we try this approach, we will see more engagement.



Puzzle Club

Every Saturday at 10:00 am

We have started a puzzle club that meets every Saturday. This month they are working on a “puppy puzzle.” There’s a special rolling table that has been designated as our official puzzle table. If you are interested in the puzzle club, all you have to do is come to the Discovery Center at 10:00 am every Saturday! Once we finish the puzzle we will glue it and collectively decide who to give it to. We hope to see our residents grow closer as they challenge their minds and fingers.

Save
the
Date

January 6th — Papa Sway

January 18th — Men’s Prayer Breakfast

January 25th — Ladies’ Tea

All Month — Small Groups in Pathways

Saturdays — Puzzle Club



Ben Landress

Ben is a native of Chattanooga. He was the oldest of five children and took care of his family during the Great Depression. Ben has always been a philanthropist, and wanted to serve his city in any way possible. He started an advertising firm from the ground up, then managed the Tivoli Theatre, and then became a founding partner for CBL, a prominent development firm in the Chattanooga area. He was an active member of Ridgedale Baptist Church, and has taken several trips within the United States and abroad. Ben has gone scuba diving, skiing, and even toured the Holy City of Israel. He has one child, eight grandchildren, four siblings, and multiple nieces and nephews.

Ben was chosen for our resident spotlight, because of the interesting life he has led, his willingness to share with others, his charming personality, and his happy disposition. He is always smiling, and has never met a stranger. We are proud to have him as part of our Rosewood family.

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 head to look forward into the New Year!
- » Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcast worldwide and is typically viewed in over 100 countries around the globe.
- » If you were born in January, your birthstone is a garnet!
- » In leap years, January always starts on the same day as April and July.
- » London is famous for its extensive subway system, nicknamed “The Tube.” This makes sense because they’re also responsible for opening the first operational underground railway on January 10, 1863.
- » Some historical names for January include “Wulfmonath,” which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it “Wintermanoth” meaning “winter/cold month.”

WELCOME NEW RESIDENTS! 🏠

Vernon Headrick

Carl Howard



Happy Birthday



Resident

Mildred Brewer (Midge) Jan. 1
 Freida Lynn Jan. 10
 Carl Howard Jan. 16
 Dorothy Paris Jan. 16
 Frank Perchalski Jan. 18
 Faye Bruning Jan. 27
 Ben Landress Jan. 29

Employee

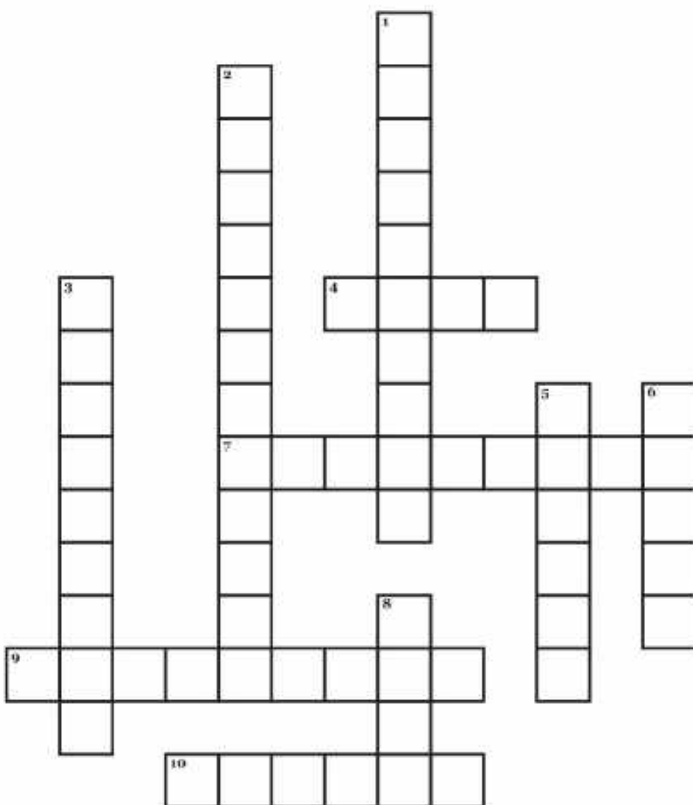
Emma Sanders Jan. 4
 Maria Medina Jan. 11
 Conrad Gregory Jan. 19
 Christina Zeigler Jan. 27
 Jessica Montgomery Jan. 29

WORD FIND

A O A Z J C U F C K J C N C G I N Y C A D O P W O
 U C L R T A L I L I U O K A L A N I A Q I S S S B
 S S A O J P K D V D P M X R D V G A L U A I L U L
 T K S M Y R T P H W A N J N L Y A I I A N Y O B Z
 R J K M N I L A E G S V A A I P R H F R T E N W S
 A R A D I C M R S G A N N T U E N V O I H J D A N
 L L I Y X O Q A A N D H U I E S E T R U U B O Y F
 I R B R E R S D E T E Z S O Y W T G N S S B N I V
 A O A V J N I E J J N J A N U A R Y I O V D B Z Q
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|--------|----------|-----------|----------|--------------|
| JANUS | JANUARY | CAPRICORN | LONDON | CALIFORNIA |
| GARNET | ALASKA | AQUARIUS | SUBWAY | LILIUOKALANI |
| PARADE | DIANTHUS | CARNATION | PASADENA | AUSTRALIA |

CROSS-WORD



Down

1. What the Anglo-Saxons used to call January
2. Who was the last queen of Hawaii?
3. The birth flower of January is what?
5. _____ officially became the 49th State of the United States.
6. Roman God with two heads
8. London is famous for its extensive subway system, nicknamed "The _____"?

Across

4. Parade held every year since 1890 in California
7. The first Penal Colony was established in January 1788 by the British in _____
9. The second king of Rome, responsible for adding both January and February to the Roman calendar?
10. The birthstone is for January is the _____



EMPLOYEE OF THE YEAR

Maria Medina



Maria has been an employee with Rosewood for over nine years. She works in our Personal Care department and is a model employee. She balances resident care, family needs, and department function with skill and professionalism. Maria is cherished among the

residents. She always looks out for their best interest and well being. Maria's primary duties include passing and recording prescribed medication. She may address wounds or other health issues as well. She is responsible for guiding the care staff and directing the daily function of her department. Maria works very hard to ensure the utmost standard for anyone in her care. She is always directing and promoting care staff to develop and execute the best care possible. Honest, reliable, and full of integrity are just three character traits that describe Maria and her work ethic. Her love for the residents is seen in everything that she does. She is praised weekly by residents, residents' families, and coworkers. Maria sets a very high bar with her abilities, and challenges those standards daily to make herself even better than the day before. She is strong in her purpose and dedicated to detail in everything she does. Maria is the very definition of Employee of the Year.

EMPLOYEE OF THE MONTH

Nicole Morrison



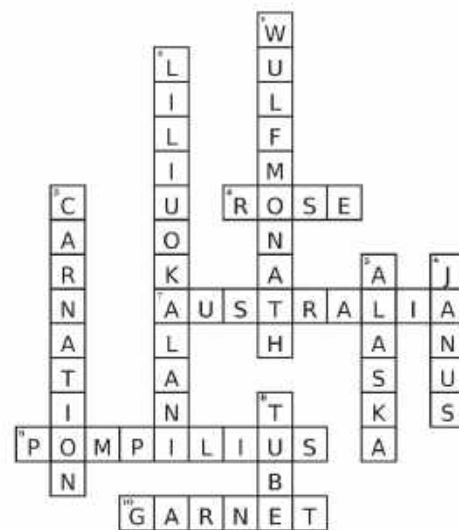
Nicole works as a CNA in our Personal Care unit. She has worked at The Rosewood for six and a half years. She has also worked in our Memory Care unit during her time at The Rosewood. As a member of our carestaff, she helps residents with daily hygiene tasks including bathing, getting dressed and brushing their

hair and teeth. She does light cleaning, assists residents with getting around and, most importantly, loves them. She helps our residents when they are confused or having a hard day, and laughs with them on the better days. You can catch her singing, dancing and being silly with residents all throughout the day. She was chosen as our employee of the month because of her hard work, willingness to help where needed and attention to detail. She knows her residents like they are her own family.

She is a proud momma of three beautiful girls, Freedom, Baby Jo, and Supa, the prettiest dog in the world. When she isn't at The Rosewood you can find her walking or going for rides with her "baby girl" (Supa). Thank you for your hard work, Nicole! We appreciate you and all you do for our residents. Congrats!

ANSWER KEY

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



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