

## WHAT'S COMING UP

### **February 1st**

National Freedom Day

### **February 1st**

Chinese New Year

### **February 1st**

Black History Month Begins

### **February 2nd**

Groundhog Day

### **February 4th**

National Wear Red Day

### **February 12th**

Lincoln's Birthday

### **February 14th**

Valentine's Day

### **February 21st**

Presidents' Day -  
Washington's Birthday

### **February 25th**

Carnival



## FEBRUARY 2022 NEWSLETTER



### ***Dear Residents and Families,***

February is a wonderful month, full of love. My parents were married on Valentine's Day, so the day is especially important to my family and me. We at Regency love to see the photos our residents share.

Anyone else married on Valentine's Day? Let's get out some of those old wedding photos! It's so wonderful to see residents who have been married for 50 years or more and still being just as much in love today and they were then. Simply reminiscing over a picture can bring up old feelings, awaken new ones and remind you of the special memories and love that was shared.

The funny thing about love is that it tends to spread. Like a smile, it's contagious. Now is the perfect time to spread even more smiles and love to those around you. A simple loving word or hug means the world.

We plan on having a wonderful Valentine's Day celebration at Rosewood with special music, decorations, great food, and our wonderful loving Rosewood residents. A lifetime of love is shared among our residents, their families, and staff. Love is always in the air at Rosewood!

Happy Valentine's Day,  
**Greg Pflug,**  
*Executive Director*



## Christmas at Rosewood

In case you missed it, Christmas at Rosewood was a wonderful time! We had our annual Christmas Candlelight Dinner. Residents dressed in their Sunday best and enjoyed a fine meal of steak, potatoes, and green beans. Tracy, our Business Office Manager, made some delicious homemade eggnog. International Guitar Champion, Wesley Crider, and his brother, Jay Crider, provided beautiful Christmas-inspired entertainment. The giant Christmas tree, tea light candles, elegant outfits, and lovely Christmas music created a magical ambiance.



## Christmas Caroling

Residents volunteered to sing Christmas carols to some of the other residents that are not able to get out of their rooms. Under the "guidance" of Karina, our Life Enrichment Coordinator, they picked out songs and even decided to do a Christmas program during lunch. They picked out attire for the Christmas program, chose solos and special parts, and a few even played bells! Betty Wheeler told the Christmas story of Jesus's birth before the performance. Chaplain James came and played the guitar for the program and caroling. It was a truly inspiring performance. The residents were so happy and appreciative of the volunteers' gift of song. We always say we are one big family, and the residents proved that. It was so sweet and inspiring. We have decided to start a Rosewood Choir and look forward to seeing what the new year will bring!



## Paint by Number / Art Club

The new clubs have taken off! The Paint By Number/Art Club has been a hit. It's exciting to offer something more individualized to our specific residents' interests, and give them a chance to socialize with others that have similar hobbies. Even if you don't consider yourself "artsy" you can still participate! We have had people that have never painted in their lives come. It's wonderful to see people trying something they have never done before, all because they thought they couldn't. What a wonderful way to relax and get to know others.



## Special Visitors

Two different churches brought Christmas gifts to all of the residents. Cherokee Valley Baptist Church even provided stockings on Christmas Eve so that residents would wake up to a Christmas surprise! Heritage Pointe Baptist brought gift bags the weekend before. Each resident received socks, tissues, crayons, pens and candy. Thank you to everyone who gave to our residents! We couldn't do what we do without the support of our community.





## Friends of the Zoo

Tuesday, February 1st from 9:00 am – 10:00 am

Friends of the Zoo will be here Tuesday, February 1st from 9 am-10 am. Each month they bring a different animal and share information about it and how we can help ensure that they don't go extinct. You may even get to hold or pet it if it is safe to do so. We can't wait to see what they bring this month!



## Chinese New Year

Friday, February 4th, at 2:30 pm

Celebrate the Chinese New Year with us Friday, February 4th, at 2:30 pm in the Discovery Center. We will have light refreshments and a game to celebrate this holiday with all residents.



## Community Outreach

Every Thursday at 10:45 am

We have begun a community outreach program. It meets every Thursday in the Discovery Center at 10:45 am. This is an opportunity to get involved in the community and make a difference. If you have any ideas on outreach opportunities, please come to our weekly meeting.



## Valentine's Day Party

February 14th at 2:30 pm

Join us on February 14th at 2:30 pm in the Discovery Center for our Valentine's Day Party. We will serve light refreshments and play games. If you are feeling spirited, bring your dance shoes and show us your moves!



## Enlighten Program

All Month in the Pathways Unit

We will be officially kicking off our Enlighten program this month in our Pathways Unit. We're excited to be partnering with the Weston Group to give our residents an individualized activity program that will promote their social and emotional well-being and make the everyday task more meaningful.



## How to Keep your 2022 New Year's Resolution.

A New Year's resolution can serve as inspiration throughout the year. Even if a day or two is missed, returning to and maintaining the promise can bring about positive changes in one's life, and help inspire and empower others! If you've had regular disparities between making New Year's resolutions and keeping them, consider a few ideas below to make 2022 a year of goal setting, reflection, confidence, and community.

### Goal Setting

Deciding on a resolution is an exercise in setting goals for yourself. Goals can provide direction for your day. A goal is a map that can give you an idea of where you are heading and what path you need to take. Not all goals have to be larger than life! Resolutions in particular can serve as fun, low-pressure goals. Think of them as practice for bigger life changes!

### Reflection

Resolutions are opportunities to reflect on your past and decide what you'd like for your future. Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future. Figuring out what has been working and what may need to be changed can serve as a catalyst for positive change.

### Confidence

Keeping up your resolution promotes self-esteem and empowerment! Making resolutions and maintaining them can provide the sense of accomplishment that naturally comes through goal-setting and following through. Accomplishing small goals also can boost self-esteem!



### Community

Resolutions are ongoing accomplishments that you can share with family and friends. Consider attending an event to reach your goals, such as a class or organizing a gathering with other residents. Having someone to share your successes and struggles with makes your journey that much easier and less intimidating.

Regardless of your resolution, take some time to talk to others about their hopes and dreams for this year. What resolutions did they make? Make a list of others' resolutions and revisit them every month or so. Be encouraging when you notice others struggling to maintain their resolutions, and celebrate when you notice others succeeding!

Save  
the  
Date

**February 1st** — Friends of the Zoo

**February 4th** — Chinese New Year

**February 14th** — Valentine's Day

**Thursdays** — Community Outreach

**All Month** — Enlighten Program



### Mina "Mickey" Nance

Mickey was born in Canada but moved to Washington state as a young girl. She spent her younger days playing in the woods with her brother and friends. As she got older she hung out in the tavern that her parents owned.

She met her husband, Norman, in Washington at a USO Dance. His ship was being decommissioned after fighting in the Korean war. They fell in love, got married and he got a job with the railroad down in Atlanta. They made the drive down to Georgia in their "Forty Ford." Just like her parents, Mickey was a hard worker, as was her husband.

She was a secretary for the ATF and the Federal Aviation Administration.

Norman and Mickey had three kids, two boys and one girl. They have many grandchildren and great-grandchildren, nieces, nephews, and other family members all across the United States.

Mickey is a phenomenal cook and baker, her husband grew food and Mickey cooked it. She was a ceramic master and even owns a kiln! Mickey also enjoys knitting and crocheting. She's very intelligent and quick-witted.

We chose to do a spotlight on Mickey because of her go-getter attitude. She is always on the move and always willing to help with special projects. She cares deeply about the other residents around her and it's not uncommon to see her giving one of her signature backrubs. We are so blessed to have Mickey as a part of our Rosewood family. Thank you, Mickey!

### FUN FACTS

- » February fluctuates between having 28 and 29 days. The 29th day only occurs every 4 years during leap years.
- » The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
- » If you were born in February, your birthstone is an amethyst and your flower is a primrose.
- » The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which is until March 20th.
- » Over time, the length of February kept changing. At one point, it had as little as 23 days.
- » In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the Northern and Southern Hemispheres, February is the equivalent of August.

### WELCOME NEW RESIDENTS! 🏠

George Burks  
Johnnie Longley

## Happy Birthday

#### Resident

Judy Williams Feb. 11  
Opal Roark Feb. 12  
Dorothy "Dot" Kirk Feb. 16  
Jean Hatch Feb. 21

#### Employee

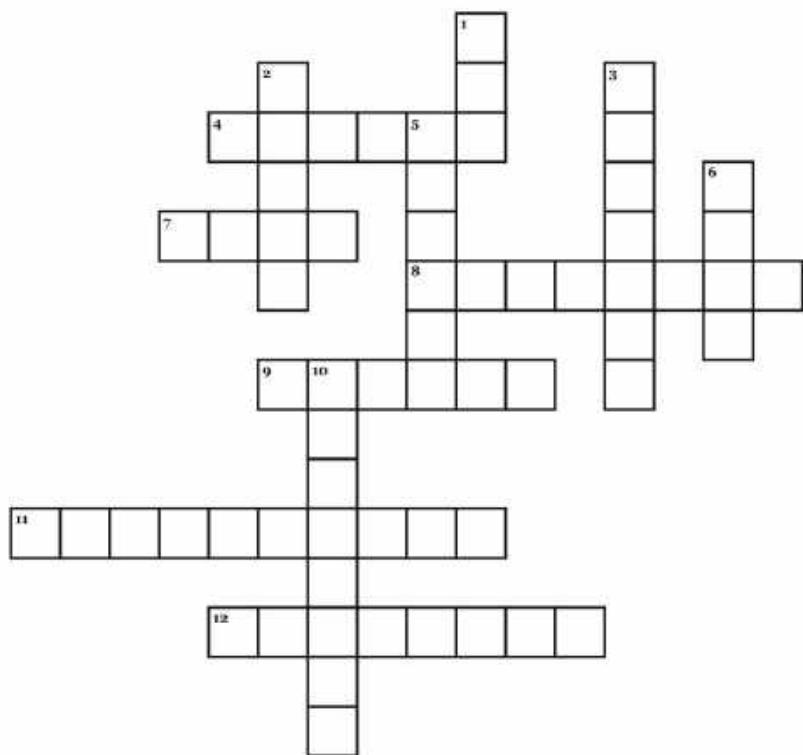
Scott Davis Feb. 2  
Mickey Caradine Feb. 5  
Amanda Downs Feb. 28

### 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

### 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

### Cecilia "CeCe" Johnson



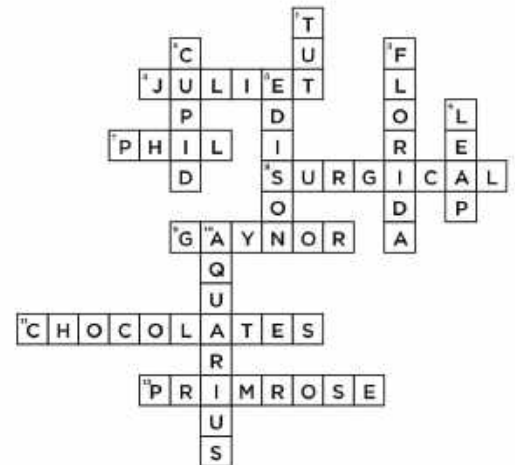
CeCe has worked at Rosewood for a year and a half as a cook in the kitchen. Her first job was at a nursing home and she fell in love with the residents and never looked back! Cece works very hard, sometimes

12+ hour days and she does it with grace and composure. She's kind to the residents and the people around her. She seems shy until you get to know her, then you get to see how big her heart is. She is a proud momma to two wonderful young men and three cuddly cats. When she's not at Rosewood she enjoys crafting.

We chose Cece as our Employee of the Month because of her commitment to excellence with her food and in how she treats the residents. She works hard, is a good friend, and has a fun attitude. Thank you for all you do for us! We are truly blessed to have you as a part of our Rosewood family.


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