

WHAT'S COMING UP

- August 1st**
Legends Show
- August 2nd**
National Ice Cream Sandwich Day
- August 6th**
National Root Beer Float Day
- August 7th**
National Purple Heart Day
- August 9th**
National Women's Day
- August 15th**
National Relaxation Day
- August 16th**
National Tell a Joke Day
- August 21st**
National Senior Citizens Day
- August 23rd**
Women's Outing
Men's Outing
- August 26th**
Women's Equality Day



AUGUST 2022 NEWSLETTER



Greetings Dear Residents and Families,

How is everyone enjoying the weather? It's so refreshing to spend some time in our courtyards, listening to the fountains bubbling, fans blowing a breeze, birds singing a song, and all the colorful flowers in full bloom. If you get too hot, come back inside for a cool drink of iced tea or some refreshing water. After all, it is summer!

We were so excited to have our first formal family night event—a carnival affair! We hope you were able to meet new folks and their families. We are already planning for another event a few months from now.

We have developed a special “Anytime Dining” menu of items you can request from the dining staff. We plan to have select breakfast, lunch, and dinner items for you throughout the day, starting at 8:00 am to 6:00 pm. These items are meant to tide you over, especially if you were away for a doctor's appointment or decided to sleep in.

These items will be served to you in the dining room and require a very short preparation time. Hopefully, this additional service will make your day more enjoyable and demonstrate how much we care about your nutritional needs.

Many of our residents have benefited over the years from being seen by the in-house Podiatrist, Dr. Martin. She is a wonderful, caring doctor who has served our residents over the years with dedication and professionalism. She visits Rosewood every 61 days. Please ask our nurse or Med Tech for more information.

Have a great summer! God bless!

Greg Pflug,
Executive Director



Exercise Class with Tammy — Mondays & Thursdays in July

This new exercise class with Tammy from the Weston Group is in full swing! Each Monday and Thursday, our residents are led in chair exercises to increase and maintain mobility, balance, and strength. Our residents love the challenge and have even begun adding weights to increase difficulty.



Independence Day Parade — July 4th

In celebration of Independence Day, our residents and staff had a fun time decorating the building (and themselves) in the most patriotic way possible. We helped the residents decorate their walkers, wheelchairs, and canes! We even had a fun parade around the building for residents and staff to enjoy.



Flower Arranging in Memory Care

We began flower arranging in our Memory Care Unit last month. Using a strainer and pre-cut flowers, residents assemble beautiful flower arrangements for everyone to enjoy. This activity helps our residents utilize their creativity while exercising their fine motor skills.



Shark Week Party with Melissa and Bryce

This summer we have enjoyed having new volunteers join us for activities. Melissa and her son, Bryce, have been amazing, and our residents have loved seeing them. We had a fun Shark Week Party with games, snacks, and educational videos. We learned a lot and had a great time with our wonderful volunteers.



Weekend Activities

Every Weekend

Beginning the first weekend in August, we are introducing our weekend activities program. We'll now have activities seven days a week! You'll see the added activities on this month's calendar. This new program will also allow our Life Enrichment department to meet with more residents for individual activities each week. We look forward to providing more activities for our residents and creating a more engaging activities program.



Music Therapy Group

Thursdays at 10:30 am

Our Life Enrichment Director, Tori, is a board-certified Music Therapist. She has been doing music therapy sessions with our Memory Care unit since June. Beginning in August, she will be doing group sessions with our Assisted Living and Personal Care residents every week. These sessions will include sing-alongs, songwriting experiences, learning about different artists and genres, and various musical games. These activities address a variety of goals for our residents including socialization, physical movement, improving mood, processing emotions, and reminiscing.



The Legends Show

August 1st at 3:30 pm

The Legends Show consists of Stacy and Gina Cooper—a husband and wife duo. Stacy and Gina have performed 4,690 concerts together in the last 15 years. They have had the privilege to sing on Carnival Cruise Lines, Royal Caribbean Cruises, Las Vegas, Dollywood, Branson, Red Hatters National Convention, Opryland Hotel, Churches, Convention Centers, and Senior Living Communities. The Legends Show has something for everybody. Enjoy music from Sinatra, Dean Martin, Louis Armstrong, Patsy Cline, Judy Garland, Dolly & Kenny, Etta James, The Carpenters, Willie Nelson, Elvis, Debbie Boone, Aretha Franklin, and more.



Show and Tell Social

August 16th at 4:00 pm

This social will be an opportunity for residents to bring something important, meaningful, or unique to share with other residents. You can bring a handmade quilt, a family heirloom, a medal or certificate that you received, etc. Please be creative and be prepared to tell us a little about the item and what it means to you.



Ladies Outing

August 23rd departs at 12:45 pm

On this special bus trip for our ladies, we will be taking a ride to downtown Chattanooga. We will visit the Statue Garden at the Hunter Art Museum, get a sweet treat at The Ice Cream Show, and enjoy the beautiful view from the Walnut Street Bridge overlooking the Tennessee River. Each resident will need to bring money to purchase their own ice cream, about \$10. Residents will need to sign up beforehand.



Men's Outing

August 23rd departs at 1:30 pm

This outing is specifically for our men. We will be taking a bus ride to the Lookout Mountain Battlefield Visitor Center. We will be learning about the Battle of Lookout Mountain and stop for a sweet treat on our way back to Rosewood. Bring \$5 to purchase snacks. Residents will need to sign up beforehand.



Blue Tuesday: National Grief Awareness Day,

August 30th at 2:30 pm

This event will be hosted by Hearth Hospice. Their chaplains will be presenting information on the stages of grief and faith-related grief. This presentation will be an educational opportunity for our residents, staff, and community to learn about grief and how it can affect you and your loved ones. Hearth Hospice will also be providing light refreshments during this event.

Save the Date

Aug. 3rd — Tai Chi with Chris

Aug. 6th — Book Club Reading

Aug. 10th — Balloon Tennis

Aug. 20th— Po-Ke-No

Aug. 23rd — iN2I Games

Aug. 26th — Cranium Crunches

Fred Tucker

This month's resident spotlight is Fred Tucker. He has been living at Rosewood for one year and has been an active community member since day one.

He is a veteran of the United States Army (served from 1965-1971) and worked in electronic communications. He also worked at Ready Mix USA for ten years. During his time at Rosewood, Fred and a few other community members have enjoyed decorating the upstairs common area in Personal Care. They take time to locate and purchase beautiful seasonal decorations and change them frequently. Our residents and staff love looking at the decorations each season.

Fred has two cats living with him at Rosewood, Sarah Jo and Ruthie. Fred also makes sure to introduce himself to every new resident and ensures they feel welcomed into their new home. Fred, we are so grateful you are a part of our community here at Rosewood.



Resident

Gwendolyn Stewart	August 2
Charles Baker	August 17
Thomas Miller	August 20
Marjorie Robinson	August 21
Beverly Thompson	August 23
Wanda Hilley	August 24
John Sloan	August 28
Shirley Hix	August 29

Employee

Earl Clowers	August 1	Kimberly Spivey	August 19
Rhonda Sharp	August 2	Maria Bates	August 20
Kassi Marsh	August 3	Tonya Sizemore	August 20
Cindy Patterson	August 9	Thomas Land	August 25
Karen Robinson	August 9	Laura Neely	August 28
Deshunna Bennett	August 11	Tommy Brashier	August 30
Rilee Baker	August 15	Jacqueline Sanford	August 31
Cheryl Grimes	August 18	Chloe Watkins	August 31

WELCOME NEW RESIDENTS!

Beverly Thompson
Fluorine Sturgill
Gwendolyn Stewart

Marie Smith
Bill Radcliffe
Shirley Hix

Larry Coppit
Barbara and Wes Bowden



WORD FIND

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

SEXTILIS

LEGEND

POMPEII

LAVA

GLADIOLUS

ROMAN

ROCK

VESUVIUS

PERIDOT

PEACH

SUMMER

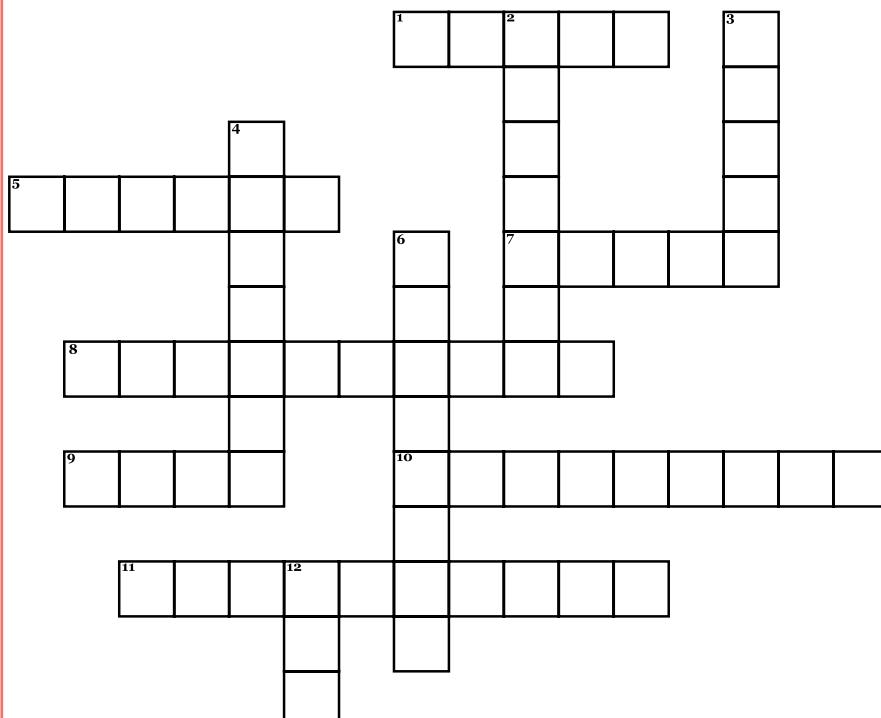
PANINI

PUMICE

TONGA

MOSQUITO

CROSS-WORD



Down

- Mount Vesuvius erupted near the city of _____.
- Plants that grow the fastest in the month of August?
- August birthstone?
- August 20th is _____ Day
- If you were born before August 22nd, you're considered to be a _____.

Across

- August has two birth flowers — the Gladiolus and the deep crimson _____.
- August is a common name for boys in _____.
- Rock music legend that died on August 16, 1977?
- Leos are said to be very proud people who display great _____.
- In August, the US celebrates National _____ Cheese Month.
- August 5th is National _____ Day.
- Virgos are _____, hardworking, kind, and loyal people.

EMPLOYEE OF THE YEAR

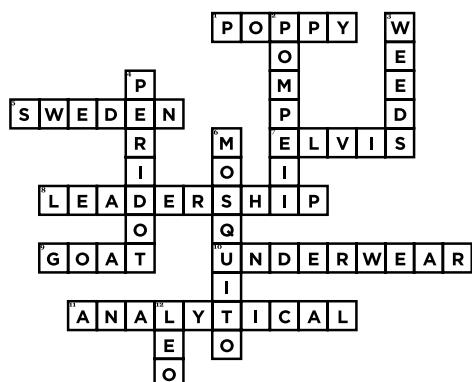
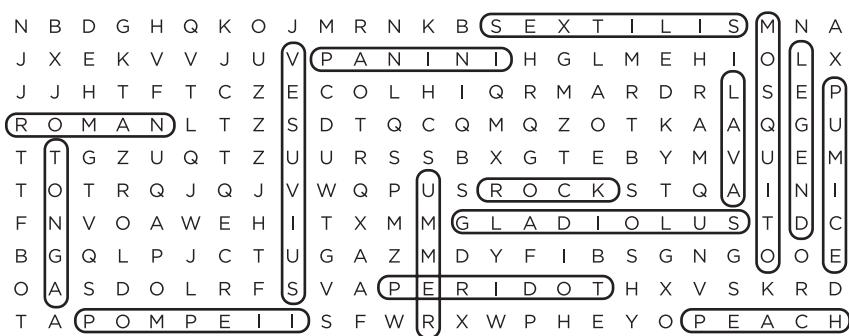
Maria Medina



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.

ANSWER KEY



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