

WHAT'S COMING UP

October 1

International Coffee Day

October 4

National Taco Day

October 13

Navy Birthday

October 21

National Apple Day

October 28

National First
Responders Day

October 29

World Stroke Day

October 31

Halloween



OCTOBER 2022 NEWSLETTER



Our Wonderful Residents and Families

Do you know that “pumpkin spice” is now an official word in the dictionary? Who would have thought that all things pumpkin would become so popular? Think of all the items... pumpkin spice donuts, pumpkin spice lattes, pumpkin spice cereal, and pumpkin spice milkshakes. I guess there is truth to pumpkin spice and everything nice! They say that is what Fall is made of. I agree that anything with pumpkin ingredients is wonderful, just like our residents.

I encourage all our residents, new and established, to enjoy these breezy October days as we begin the transition to cooler weather. We are so excited to see so many new residents joining our Rosewood family. Please take some time to meet someone new at Rosewood.

I encourage residents to take me up on the “Greg It's So Much Fun” challenge. I am going to take the first 5 residents out to lunch who bring me the signed document that Tori can provide. This document will ask you to identify 1-3 things about 20 residents and to get their signatures. The questions include what city were they born in, what did they do for a living, and what is their favorite food. This challenge will last from October 1st to 31st. Who wants lunch provided by the Executive Director?

Let me also take this time to recognize our staff who have shown so much care and devotion to all of you. Please let them know how much you care... a simple smile and thank you are always so appreciated. Thanks for being the best residents served by the best care staff!

*God Bless,
Greg Pflug,
Executive Director*



Resident Outings — September

Over the past two months we have been able to go on three outings with the residents:

- In late August we went to the Hunter Art Museum Statue Garden and got a snack at the Ice Cream Show downtown.
- Later that week we went to Point Park and explored the Visitors Center, on our way back we got Pelican's SnoBalls.
- In early September we went out to lunch at Lupi's Pizza Pie in Cambridge Square.

Our residents have absolutely loved getting out and exploring different areas of the city. We are looking forward to going on even more outings in the next few months.



Tai Chi with Chris — September

Chris Campbell has been leading an amazing Tai Chi class for residents twice a month for quite a while at Rosewood. Each time he leads the class, we have more and more residents attend. With a mission to provide effective & joyful exercise therapy, Chris Campbell draws on over 45 years of ongoing, lifelong learning in the subjects of meditation, qigong, taiji, and related healing arts to provide a dynamic curriculum that is easy and fun to learn and rewarding to do. He shows Health & Wellness Exercise Therapies to strengthen your immune system, improve your balance and agility, and release stress while providing joy and peace to the body and mind.



Blue Tuesday Presentation with Hearth Hospicee — September

On August 30th, Sabrina Pepper and her team from Hearth Hospice gave an amazing presentation and discussion about grief. They provided wonderful refreshments for everyone in attendance. The chaplains provided music and led discussions while residents and staff discuss their own experiences with grief and how it can look different for everyone. We are so thankful for Sabrina Pepper and her team at Hearth Hospice for going above and beyond for our residents and staff.



National Assisted Living Week — September

We celebrated every day of National Assisted Living Week! We had dress-up days, parties, face painting, and even a special round of farm-themed BINGO. A special thank you to Hearth Hospice and Tapestry Hospice for bringing special treats for our staff during the week. Our residents and staff really enjoyed being silly and we had a great time!



Sunshine Tour to the Pumpkin Patch

October 4th Leaving at 1:00 pm

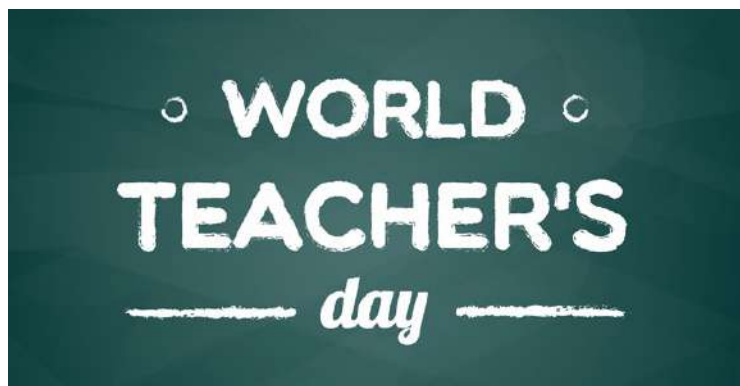
We will be taking a special trip to the Pumpkin Patch in Ooltewah, TN. Due to the weekend hours of the business, we won't be able to get off the bus but we will be able to see all of the different pumpkins and see the beautiful changing leaves on the way there. There is limited space on the bus, so please make sure to sign up with Tori beforehand.



Movie Matinee: Elvis

October 6th at 1:30 pm

The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley.



World Teacher Day Trip

October 11th at Leaving at 1:00 pm

In order to celebrate some teachers in our area we will be assembling goody bags for Grace Baptist Academy. In 2020 Grace Academy's building was destroyed by the tornado that went through Chattanooga. Their teachers have worked tirelessly to provide for their students without a permanent building. On Tuesday, October 4th we will take 7 residents to Grace's temporary building at Morris Hill Baptist Church to hand deliver these goody bags to the elementary teachers. You must sign up with Tori in advance as there are limited seats available. We are looking forward to getting out in the community and encouraging these amazing teachers.



Buggin' Out

October 13th at 2:30 pm

October 13th is National Chocolate Covered Insect Day. In the United States, we don't typically think of eating bugs as a delicacy, let alone covering them in chocolate. However, 80% of the world's population eats bugs. We will spend time learning about these different cultures and the health benefits of eating certain bugs. Don't worry, we won't be consuming the chocolate-covered insects ourselves! We will have tasty versions that are bug-free.



Pumpkin Party

October 25th at 2:30 pm

Hearth Hospice is once again partnering with Rosewood's Life Enrichment Department. We will be voting on the pumpkins we decorate, trying all sorts of pumpkin-flavored snacks, and making pumpkin decorations for the Discovery Center.



Pink Out Dress Up Day

October 20th

October is Breast Cancer Awareness Month. In order to show support and bring awareness to the brave people fighting this disease, we will have a Pink Out Dress Up Day! Show your support and wear all pink. We will also be having a presentation about how to support those with breast cancer. We will provide light refreshments and make cards to give to the Oncology Unit to provide some encouragement.



Caramel Apple Social

October 26th at 1:30 pm

One of the most popular fall snacks is caramel candied apples, but they are also one of the messiest snacks to eat. We will be making an adapted version of this classic treat that is significantly less messy and easier to eat! We hope you will join us for this fun little party.

**Save
the
Date**

Oct. 6th — Movie Matinee: Elvis
Oct. 11th — World Teacher Day Trip
Oct. 13th — Buggin' Out

Oct. 20th — pink Out Dress Up Day
Oct. 25th — Pumpkin Party
Oct. 26th — Caramel Apple Social



Mary Belcher

Mrs. Mary Belcher has lived with us at Rosewood since 2017. She is a constant smiling face and is always participating in activities.

She was born in Tullahoma and moved to the Chattanooga area in 1946 so her father could continue his work with the railroad. She married the love of her life, Robert, in 1953. He worked with Southern Chemical and she worked at Hamilton National Bank on Brainerd Road for most of their working lives. Together they had three children, Joy, Cathy, and Robert Jr. They loved their lives together and spent time traveling to beautiful places like Hawaii.

To this day, Mary loves being outdoors and active. Horseback riding and hiking are two of her favorite activities. We are so happy to have Mary in our Rosewood family. We love you, Mary!

WELCOME NEW RESIDENTS!

Joann Black
Carolyn Case
Imogene Ausmus
Betty Sloan
Fred Creech
Earlene Franklin
Iris Harrell
Norma Hulsey
Bobbie Land
Roger and Joy Martin
Aris Tilley



Happy Birthday

Resident

George Burks	Oct. 3
Pauline Allen	Oct. 7
Vernon Headrick	Oct. 13
Margaret Creel	Oct. 16
Charles Trundle	Oct. 20
Bobbie Blackshear	Oct. 24

Employee

Jessica Jent	Oct. 1
Tracy Kilgore	Oct. 24



FUN FACTS

- » Tourmaline and opal are the official birthstones of October.
- » The birth flower of October is the bright orange calendula, also known as the marigold.
- » The star sign of everyone born in October is either a Libra or a Scorpio. Libras are born between September 23rd and October 22nd and Scorpios are born between October 23rd and November 21st.
- » Shakespeare never mentioned October in any of his plays or sonnets!
- » Matt Damon, Julie Andrews, Hillary Clinton, Bill Gates, Katy Perry, Julia Roberts and even Christopher Columbus were all born in October!
- » In German and Dutch, October is called 'Oktober', in Italian it is 'Ottobre', in Turkish it is 'Oketopa' and in Korean it is 'Siweol'.

WORD FIND

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

DISNEY

MARIGOLD

COLUMBUS

SMILE

HISPANIC

OPAL

SCORPIO

OCTOBER

LIBRA

LIBERTY

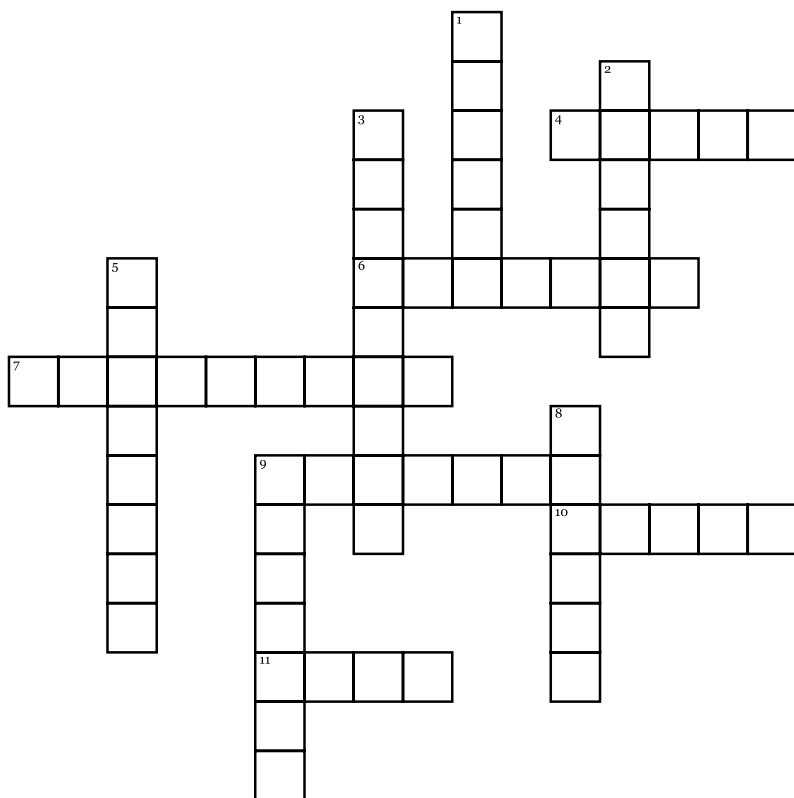
CALENDULA

COOKIE

MEXICO

LATIN

CROSS-WORD



Down

1. In October 1968, the 19th Summer Olympic Games were held in _____ City.
2. _____ World in Florida opened in October 1971
3. October 28th is National _____ Day
5. On October 12th, 1492 _____ arrived in America
8. The Country that donated the statue of liberty? _____
9. The Turkish name for October? _____

Across

4. October is the month of _____
6. October first is National Homemade _____ Day
7. The birth flower of October is the bright orange _____
9. In German, October is called _____
10. Author of "Little Women"? Louisa May _____
11. The official birthstone of October is the Tourmaline and 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

Kristy Reynolds



Our Employee of the Month for October is Kristy Reynolds.

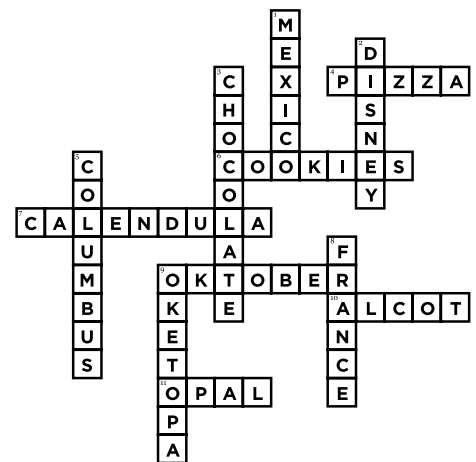
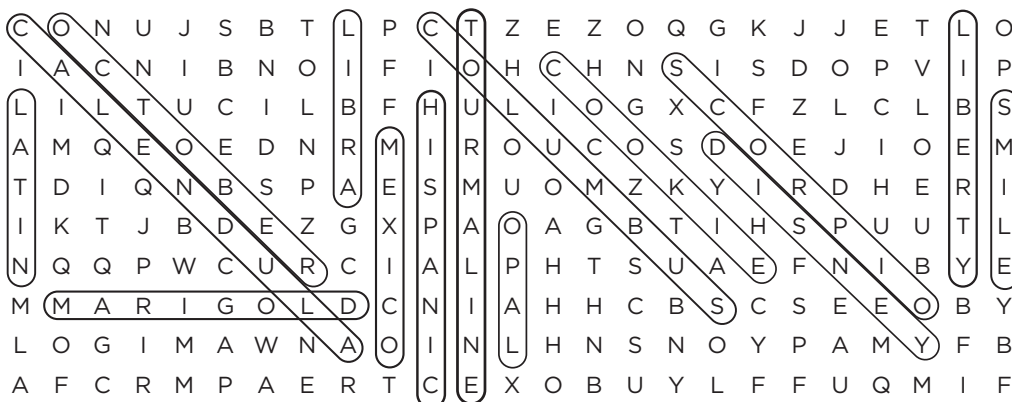
If you spend any time at at The Rosewood, you will most likely see Kristy. She is constantly picking up extra shifts

to make sure our residents get the care they need. She is a wonderful caregiver and goes above and beyond to make sure the residents have everything they need.

She has been working at Rosewood since March of 2022. She loves getting to know the residents and helping them be as independent as possible.

We are so thankful for Kristy and her passion for caring for the residents.

ANSWER KEY



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