

## WHAT'S COMING UP

**January 1st**  
Commitment Day

**January 13th**  
Korean American Day

**January 14th**  
Ratification Day

**January 18th**  
National Thesaurus Day

**January 19th**  
Good Memory Day

**January 20th**  
Coffee Break Day

**January 22nd**  
Chinese New Year

**January 25th**  
Opposite Day

**January 28th**  
Fun At Work Day

**January 31st**  
National Hot Chocolate Day



## JANUARY 2023 NEWSLETTER



### ***Happy New Year!***

Wow, 2023 is finally here! It seems that every year passes by faster and faster. Why is that? Have you stopped to think why the past ten years have appeared to go by in the blink of an eye, whereas your childhood moved in slow-motion by comparison?

Researchers are uncovering fascinating clues as to why time sometimes appears to go by fast when other times don't. In 2005 two psychologists surveyed nearly 500 participants between the ages of fourteen and ninety-four. It seemed that patterns emerged between the various age groups. Scientists noted that there are two ways the human mind perceives time:

***Prospective vantage:*** This is how we perceive time in the present moment.

***Retrospective vantage:*** This is how we perceive time when looking back on a memory.

So the reason why time feels like it's going by so fast when we get older exists in our retrospective vantage point. In addition to the above, there are two factors. Whether the task is a new experience and how we feel about it both affect our perception of time in addition to the two vantage points. When we enjoy what we are doing, time actually appears to be moving by more quickly. The more important factor is whether an experience is new to us.

Just like there are two ways of perceiving time, there are two ways of obtaining joy and happiness in daily life: in the moment or through the retrospection of positive memories. By creating as many new and unique positive memories as possible, your retrospective memory will be much more positive and because of this, you'll feel as though your life was fuller due to the way we perceive time.

Wishing each of you an amazing 2023, to create new positive experiences, learn and grow. Let's all encourage one another in 2023 to have more positive experiences throughout the year. Let's get started now, time is flying by!

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







## Ringgold Christmas Parade

We had a great number of residents join us for a trip to Ringgold to be a part of their Christmas Parade. There were many laughs and good cheer to be had. This was a great night for not only the residents who joined but the awesome staff who came along to help. We hope to make this a yearly tradition.



## Rosewood Christmas Parade

The Rosewood Community really enjoyed seeing a few residents decorate their walkers/wheelchairs to walk in the Rosewood Christmas Parade. It was a great time and next year we hope for even more residents to participate. Christmas spirit is alive and well here at Rosewood and the residents really are having a MERRY time.





## Nightshine Tour Christmas Lights

Rosewood residents and staff members boarded the Rosewood bus to enjoy Christmas lights. Everyone had a great time and was in awe of the lights that they saw. An entire local neighborhood has garnered quite the Christmas light reputation in the past few years. We had a total of 11 residents in attendance! What a great night for all.



## Dessert at Acropolis

National Baklava Day went off without a hitch for the residents who joined our trip to Acropolis Mediterranean Grill. Only a couple had tried Baklava before, but all of them really enjoyed it. The coffee was an added bonus. Fun Fact: Baklava is an ancestor to strudel.





## Manicures

January 3rd at 3:00 pm

Ladies AND gentlemen, come and get pampered by your Life Enrichment Department! We provide fingernail (no toes) trimming, filing, and polishing. We also will be providing a hand and arm massage after your nail care. Please be in the Discovery Center at the allotted time. It is a first come, first serve service, and we can only accommodate 7-10 residents.



## Apple Tree Day

January 6th at 1:00 pm

January 6th is Apple Tree Day! We are going to have a day filled with apple activities, trivia, taste tests, and more. We are going to learn and eat all things apple. As the story goes, "an apple a day keeps the doctor away." So, let's hope we take in enough apples to keep Rosewood safe all year!



## Lunch Outing to Park Place

January 12th at 11:30 am

We will be taking our monthly lunch outing to Park Place Restaurant in Fort Oglethorpe. This is a home-style restaurant with down-home cooking the residents will enjoy. It is handicap accessible and has a wholesome family environment that will be enjoyed by all who attend. Do not miss out on this lunch outing!

**Residents are responsible to pay for their own lunch.**

Make sure to sign up in advance. There is a sign up sheet in the front lobby at the desk.





## Rosewood Market

January 18th at 10:30 am

It's time again for the Rosewood Market. Join the Life Enrichment Department in the Discovery Center to spend those Rosewood Rubies! We will have plenty of snacks, personal care items, household items, and more for you to choose from. This is a great time to grab some essentials that may not have been on your Christmas list, but you want or need!



## Hearth Hospice Activity Time

January 19th at 11:00 am

The wonderful ladies from Hearth Hospice will be in the Discovery Center to provide an activity for the residents. These ladies always know how to give a great party/activity that includes great fellowship and fun. Do not miss out on this activity that we know you all will most certainly enjoy!



## Hobby Month Activities

January 24th at 3:00 pm

January is National Hobby Month. Join the Life Enrichment Department on the 24th as we talk about our favorite hobbies. We will have a time of discussion, reminiscing, learning, and fun. Hobbies can be so much fun, so why not take the time to learn about the favorite hobbies of those in our community here at Rosewood? Bring your smiling face and best hobby!



## January Birthday Party

January 30th at 3:30 pm

We will be having our monthly birthday party for the month of January. With the holidays, we missed November and December. Everyone please, join us in celebrating our wonderful residents at Rosewood who had a birthday in those months. Let's make this a bash so no one forgets!

Save  
the  
Date

- Jan. 1st — Commitment Day
- Jan. 6th — Apple Tree Day
- Jan. 16th — MLK Jr. Day Observed

- Jan. 18th — National Thesaurus Day
- Jan. 22nd — Chinese New Year
- Jan. 25th — Opposite Day



## Lou Phillips

This month's resident spotlight is Lou Phillips. She has been at Rosewood for almost one year and is a regular activities attendee. Lou was born in Oklahoma where she lived for many years. She has one sibling, two children, and several grandchildren. She and her husband were married for 50+ years and Lou said, "They had a great life together."

Lou enjoyed hand-making women's clothing. She was taught how to in a home economics class but loved it so much that she took it further. Lou added, "It was nice to see women enjoy looking nice and appreciating something I made." She also enjoys reading a good mystery novel and of course, being with friends. One of the things she most enjoys about being at Rosewood is meeting new people.

When asked about what she most enjoys about being at Rosewood she shared, "I am grateful to have a safe place to live with no worries. I am really glad that I am here."

Lou can always be seen around the Rosewood community with her wonderfully decorated walker and sweet smiling face. She is always willing to lend a helping hand, while also having a great attitude. She has a caring heart and also has great respect for others. Lou wanted to thank all of the staff for how caring and kind they are to her.



### Resident

Midge B.	Jan. 1st
Aris T.	Jan. 7th
Joann B.	Jan. 13th
Carl H.	Jan. 16th
Doris P.	Jan. 17th
Bobbie L.	Jan. 22nd
Carolyn T.	Jan. 28th

### WELCOME NEW RESIDENTS! 🏠

Eric Glover  
Phil Jenkins  
David Lyons  
Helen Murray  
Mary Slattery  
Mary Roser

### FUN FACTS

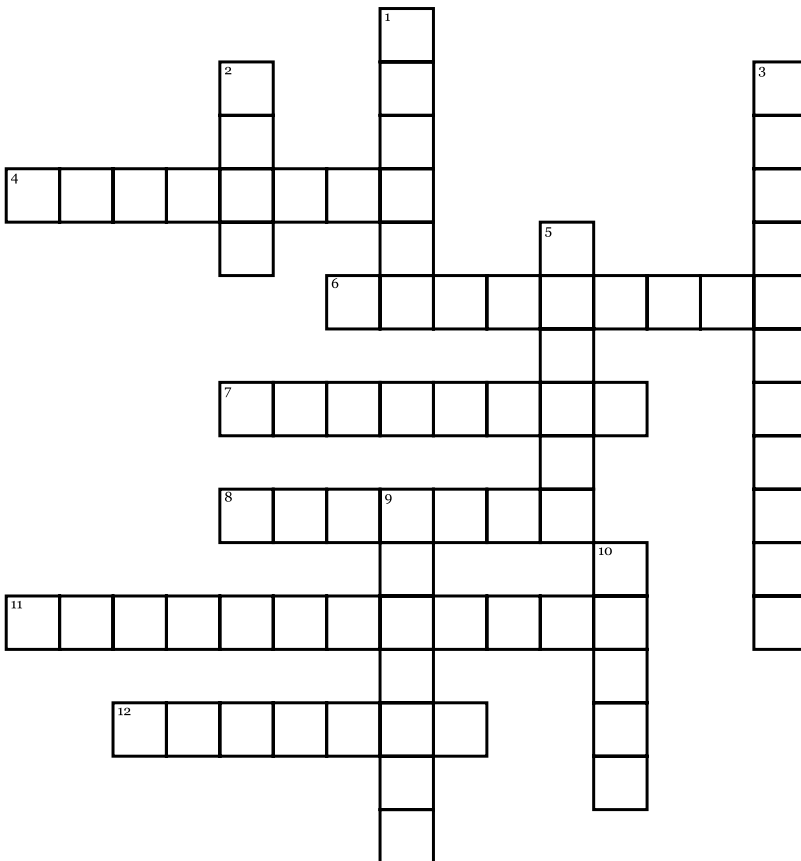
- » The two-faced God Janus who represents the month of January. Janus in mythology is often depicted as a two-sided face that looks forwards and backwards at the same time.
- » According to numerology, people born in January are ruled by the number one for obvious reasons. People born in January tend to be independent, high-spirited, analytical, and born leaders. Famous January birthdays include Muhammad Ali, Jeff Bezos, Elvis Presley, Michelle Obama, Ellen Degeneres and Oprah Winfrey.
- » Often nicknamed 'divorce month' by lawyers, this is the most common month for couples to divorce or break-up. It's unknown if this uptick in uncouplings is related to the fresh starts January is so famous for, or if it's the proximity to the pressure cooker that is the Christmas holidays.
- » On January 3rd 1924, over a year after its initial discovery, Howard Carter opened the doors to the last shrine, revealing the stone sarcophagus of the Pharaoh Tutankhamun. The shrine wall was then demolished and the tomb of King Tut was pillaged of its valuables. A curse is said to have come down on several people associated with the tomb.
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcasted worldwide and is typically viewed in over 100 countries around the globe.
- » The day after Epiphany (January 6) was once called Distaff Day and marked when the women went back spinning after the 12-day Christmas celebration. A distaff is a wooden rod (staff) that holds flax or wool.

## WORD FIND

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

GARNET	AQUARIUS	ORTHODOX	JANUS	JULIAN
PROMETHEUS	CAESAR	LUNISOLAR	NUMA	CALENDAR
GALANTHUS	GREGORIAN	IRELAND	ROMAN	LONDON

## CROSS-WORD



### Down

1. In 1959, \_\_\_\_\_ became the 49th state of the United States
2. \_\_\_\_\_ Shelley, Author of the novel "Frankenstein"
3. Egyptian Pharaoh
5. The birthstone for January
9. January is often nicknamed "\_\_\_\_\_ month" by lawyers
10. Two-faced God

### Across

4. January zodiac signs are Capricorn and \_\_\_\_\_
6. January birth flower is the \_\_\_\_\_
7. The Rose Parade started in \_\_\_\_\_, California
8. In the northern hemisphere January is the \_\_\_\_\_ month
11. The first United States Computer was built in \_\_\_\_\_
12. The \_\_\_\_\_ Channel was launched on January 1st, 1995.



## EMPLOYEE OF THE YEAR

### Cindy Romines



Cindy has been an employee with Rosewood for almost three years. She is our Business Office Manager. Cindy was unsure about accepting this position, so she asked God to send her a sign. Well, He answered in the form of a white van with a big "YES!" right on the side.

She started as the receptionist — helping residents and their families. She is dependable, compassionate, understanding, loving, and prayerful. She is easy to talk to and helps everyone. Cindy enjoys studying the Bible and collecting old Bibles to compare to others. Her prayer closet is her car where she journals, talks to God, and prays for everyone.

Cindy has 4 children, 13 grandchildren, and has been married for 18 years. Thank you, Cindy, for your prayers, encouragement, listening ear, helping hand, and caring attitude. We are so glad to have you in our community. You are the epitome of what an Employee of the Year should be.

## EMPLOYEE OF THE MONTH

### Elizabeth Pooren



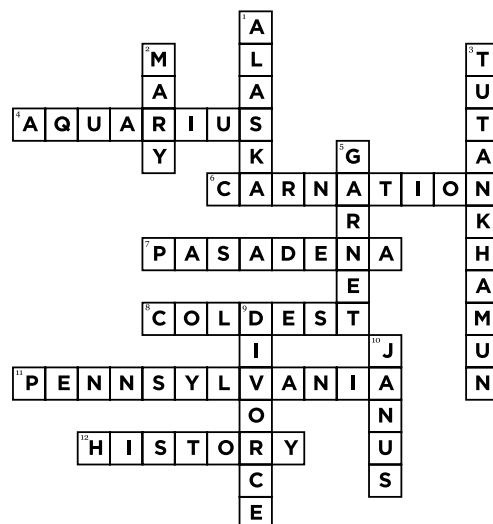
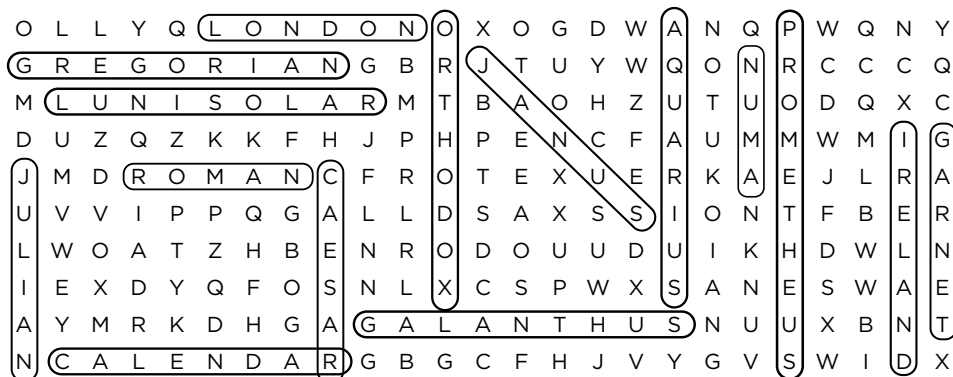
The Employee of the Month for January is Elizabeth Pooren, who has been employed at Rosewood for two years.

Elizabeth was born and raised in Georgetown, Guyana. When she first

came to the United States, she did not know if she would like it here, but she adjusted and enjoys living here. Elizabeth has two daughters, two grandchildren, and enjoys outdoor activities.

While she does like to stay to herself, she enjoys spending time with the residents. Thank you, Elizabeth, for the care you provide the residents and your hard work shown in our Rosewood community.

## ANSWER KEY



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