

# Haywood Lodge & Retirement Center

**Creekside Villas**

February 2018

**Spicewood Cottages**

## Creekside Resident of Month

Congratulations to Catherine Francis for being chosen as resident of the month. Catherine was born and raised in Haywood County. She has one daughter and four sons, eight grandchildren, and three great grandchildren. After receiving a teaching degree from Meredith College she taught school for two years. Catherine and her husband owned a farm so they decided that it would be best for her to stay at home with children and help on farm. Her favorite part of the farm was taking care of the baby chicks. She would have thousands at a time. There is a garden in her room

## Spicewood Resident of Month

Debra Phillips has been selected as resident of month for February. She came to live with us in December of 2013. Debra is the proud mother of one daughter and one son. She is always in a good mood. She is also respectful and quick to help whoever may need it. If you are ever over her way stop in and have a cup of coffee with her because she loves company and coffee. Her favorite activity is Bingo and is actually really good at it or maybe just lucky. When there is a shopping trip planned you can bet that she will be on the bus when it pulls out. Thank you Debra for being

## Lodge Resident of Month

We are excited to announce that Janie Prentice has received resident of the month. She was born in Ypsilanti, Michigan but came to us in July of 2017 from Cullowhee, NC. She has two daughters, one son, several grandchildren, and a precious dog, Maggie Mae. Janie is Haywood Lodge's Diva. She loves clothes and has a lot. Her apartment looks like it is out of Better Homes and Garden. We love having her around. She is fun and enjoys having a good time. Every time we have music she will break out dancing. She enjoys most all activities. Her favorite thing is shopping, especially with her

*Happy  
Valentine's  
Day*

## Was There a Real Valentine?

One of the earliest popular symbols of Valentine's day is Cupid, the Roman god of love, who is represented by the image of a young boy with bow and arrow.

Three hundred years after the death of Jesus Christ, the Roman emperors still demanded that everyone believe in the Roman gods. Valentine, a Christian priest, had been thrown in prison for his teachings. On February 14, Valentine was beheaded, not only because he was a Christian, but also because he had performed a miracle. He supposedly cured the jailer's daughter of her blindness. The night before he was executed, he wrote the jailer's daughter a farewell letter, signing it "From Your Valentine." Another legend tells us that this same Valentine, well-loved

## Special Delivery

Mikaela Burnette would like to introduce her new daughter, Paislee Dayle Oneal. She was born on December 26 and weighed 6 lbs 1 oz. Mother and baby are doing well. Mikaela works the night shift at Haywood Lodge.



## New Residents

### Spicewood

Joan Ensley  
Linda Mathus  
Wiley Parker  
June Snyder (welcome back)

### Creekside

Charles White

### Haywood Lodge

Cleo Leatherwood  
Thomas Hastings  
Glenn Kirschke

**WELCOME**

## **February Birthdays**

Natalie Abbott Feb 3  
Tracy Simonds Feb 4  
Jordan Johnson Feb 8  
Judy Mills Feb 8  
Kimberly Adams Feb 14  
Alice James Feb 19  
Micaela Burnette Feb 20  
Tammy Roberts Feb 23  
Karen Staley Feb 25  
Savannah Presnell Feb 28

### Spicewood

Bruce Rhinehart Feb 2  
Jimmy Watts Feb 2  
Chris Hall Feb 9  
Freida Hall Feb 21

### Haywood Lodge

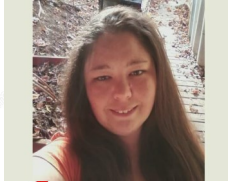
Herbert McCuiston Feb 6  
Helen Rorvik Feb 11  
Ruth Worsham Feb 11  
Alice Evans Feb 14  
Thelma Strong Feb 21  
Mildred Caldwell Feb 28

**Happy Birthday**



### February Employee of The Month

Congratulations to Cynthia Cardwell for being selected as EOM. February is great month because she is definitely a sweetheart of a Valentine. She is also a work-a-holic. It doesn't really matter which facility, which shift, or which job position, if we need somebody to work she will do it. She gets along well with residents as well as co-workers. She is also very dependable. It is like was said when she got EOM in May 2016, Cynthia is an asset as an employee and an important part of our team.



Paul was telling his barber about his wife, "I married a girl who was one of twins."

The barber asked, "How do you tell them apart?" Paul replied, "Her brother has a beard."

### National Wear Red Day February 2



The American Heart Association encourages people to wear red today to show support for people who have been effected by cardiovascular disease. Join us in the fight against heart disease and stroke. When we all

### LITTLE BIT OF VALENTINE'S DAY TRIVIA

Valentines Day in South Korea is celebrated with a twist. It is a day where women show their love for their men by giving chocolates and gifts to their husbands or boyfriends. On March 14, Koreans celebrate White Day, where men buy gifts for their ladies, but they are suppose to spend three times the amount they received on Valentine's Day. In fact, the 14th of every month is a romantically-themed holiday in the country including Kiss Day (June) and Hug Day (December). The saddest of all days is April 14, which is known as Black Day, and single Koreans mourn their lack of love by eating sticky, black noodles called jajangmyeon.

### February is S.O.B. Month

I guess everybody is wondering what S.O.B. month is. It stands for Spunky Old Broad. This month is sponsored by Dr. Gayle Carson, the original Spunky Old Broad and three time breast cancer survivor. She has had sixteen surgeries, went through the death of a husband and her eldest son. She wants all of women to know that we are survivors. It celebrates women who want to live a regret-free life. It is also about women who want to stay positive and deal with the hiccups in our lives. There are three types of S.O.B.s: Spunky Outrageous Broads who are 40 to 50 , Spunky Outspoken Broads who are 50 to 60, and Spunky Old Broads who are 65 and older. It is very important for women to find their happiness, make new friends, be inspired, have a good self esteem, and most important of all is knowing they can become whatever it is they

### Proud of What We Do



Annual Pride in Foodservice Week is February 5-9. This recognition week applauds nutrition and foodservice professionals and other members of the dietary team for their hard work and dedication on the job. When you have a chance please stop by the



### WORK OF ART

February is National Embroidery and Cross Stitch month. Barbara Thompson is a resident at Haywood Lodge. These are three of the many cross stitch projects she has done over the years. I asked her how much time she spent doing these. She said she has no clue but her husband worked out of town a lot and while the children were down for a nap or at school she would do her cross stitch. She would love to







### **Pets and Elderly**

The power of pet therapy is thought to be stronger than any medication. For the elderly who live in a group facility pets can help reduce stress, lower blood pressure, increase social interaction and physical activity and help them learn. Pets provide other intangibles. Dogs and other pets live very much in the here and now. They don't worry about tomorrow. And tomorrow can be very scary for an older person. By being around an animal with the sense of now, it tends to rub off on people. Dogs can also reduce depression and lessen loneliness. Elderly have commented how lonely their lives would be without their dog's companionship. Psychologist Penny B. Donnenfeld, has even witnessed animals' ability to rev up elder people's memories. She said she has seen those with memory loss interact and access memories from long ago. Having a pet helps the senior focus on something other than physical problems and negative preoccupations about loss or aging.

At our facility we have dogs come visit, a couple of workers bring their dogs daily and a couple of residents have dogs. They are a very special part of our facility and are loved by all. Starting at top left and going to right is Max, he belongs to the owner/administrator. Next is Rezzie who belongs to a resident and lives here with us. Then there is Tucker, he is the baby of the bunch and he comes daily. His owner is Janice, our human resources director. To the left is Corda, he belongs to Mary Ann and Jim Johnson. Jim brings Corda to see his wife who lives at the Lodge. We also have Maggie Mae and Sneakers. They also live at the facility. At Creekside we have a facility cat, Sally and one at Spicewood, Pearl.



### **WEATHER FOLKLORE**

"Wild geese fly high in pleasant weather and fly low in bad weather."

"When bubbles are rising on the surface of coffee, and they hold together, good weather is coming. If the bubbles break up, weather you don't need is coming."

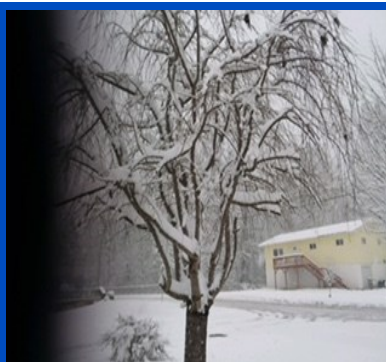
"Frogs croak before a rain, but in the sun are quiet again."

"Red skies in the morning, sailors take warning. Red skies at night, sailors delight."

"A good supply of acorns in the fall is a sign of cold weather."

"The taller the weeds in the summer. The deeper the snow in the winter."

"If leaves fall from the trees in the fall while still green, it will be a mild winter." Unfortunately only 10% of leaves fell while still green this fall so this



The weather outside was frightful but the inside was delightful. The residents loved the snow. Some of them got to go out and enjoy it. The ones that didn't got to stay on the inside and enjoy chocolate and popcorn while watching it snow. Luckily all the employees were able to get to work safely. Thanks to the maintenance crew the sidewalks and parking lots stayed clear. Due to the extreme cold weather we had some frozen pipes but they were taken care of without much trouble.



B U S I N E S S   N A M E

Primary Business Address  
Address Line 2  
Address Line 3  
Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
Email: someone@example.com



## Organization

B U S I N E S S  
T A G L I N E   O R  
M O T T O

**We're on the Web!**  
**example.com**

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.



Caption describing picture or graphic.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently

asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.