

The Gardens of Statesville & Cardinal Village
2147 Davie Ave
Statesville, NC 28625

The Garden Post

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Resident Spotlight

Rosa Lloyd

Rosa was born on June 29 and is the mother of two sons.

Rosa has been such a blessing here at the Gardens! Almost every morning I find her helping her friends with their hair, or helping me guide them to the next activity.

Rosa, we are very glad you chose to make the Gardens your home!



January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Residents

Dorothy Thompson 1/3

DeAnn Hobbs 1/20

Ruth Williams 1/23

Ethel Campbell 1/25

Staff

Jessica Murdock 1/12

Brittany Norwood 1/12

Cardinal Village

Joyce Huff 1/29



Celebrating January

Braille Literacy Month

National Blood Donor Month

Soup Month

Fruitcake Toss Day

January 3

Cuddle Up Day

January 6

Follow us on Social Media:

Gardens of Statesville & Cardinal Village

@Premier_GOS

gardens_of_statesville

Also on

www.osbornvision.com/Gardens-Statesville

Resident Referral Bonus

Refer a friend, they move in and stay more than 30 days...you could get \$750 off your next months' rent. See Mechelle or Cyndi for more information.

Visit our website:

www.premierseniorliving.com/statesville



Good bye 2018!

What a fun filled year it had been! We have experienced so

many wonderful things together since I began last January.

I would like to thank our residents and coworkers for all of your support with my programs. We had great fun enjoying the sounds of Jazz, Americana, Gospel and Country, just to name a few! We made new friends on our many outings as we traveled to The Yellow Deli, Village Inn, Kmart, Catawba Science Center and Cracker Barrel. Again, only a few of the many great outings we traveled to during 2018.

Hello 2019, the adventures continue!

Join in as we 'travel' the United States together. Each month we will feature a region of the U.S. We will try new foods during a special theme meal, listen to different genres of music from the region, and see the many sights right from our very own chairs.

We will be starting our trip in the upper region of the eastern U.S. and by the end of the year, we will have traveled the U.S. and finish our trip back in the Carolinas.

I hope you all will join me on our travels! It's going to be a great year.

-Holly



In loving memory to our friends we said

goodbye to in 2018..

- Irene Beckham*
- Marylou Campbell*
- Carlina Ferrell*
- Sara Fraley*
- Leonard Gilliam*
- Mary Ruth Godfrey*
- Sylvia Hardy*
- Joseph Hughes*
- Robert Jarvis*
- Isaac Leatherwood*
- Elizabeth Lumsden*
- Charles Parkin*
- Peggy Patterson*
- Pat Reavis*
- Annie Rhyne*
- Dolores Rusch*
- RoseMarie Schindler*
- Brenda Shaw*
- Dorothy Shook*
- Pattie Swisher*
- Eugene Thompson*
- Charles Worley*



Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

Tips for wellbeing from Lisa Stewart, RN:

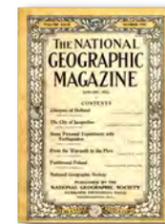


As your new Medicare D cards arrive in the mail, please ensure the business office get a copy.



A History of Exploration

On January 13, 1888, an elite group of 33 explorers, scientists, academics, and wealthy financiers met at the Cosmos Club in Washington, D.C., with a common goal: "the increase and diffusion of geographical knowledge." Their organization was officially incorporated two weeks later, on January 27, as the National Geographic Society. The Society's first president, Gardiner Greene Hubbard, was not a scientist but a lawyer and philanthropist. He embodied the organization's mission to share scientific knowledge with the layperson and to open up the world to everyone.



It took nine months for National Geographic to publish its first magazine, and it was not meant for a popular audience. It was a scholarly journal filled with short, technical articles mailed to only 165 charter members. Then in

1899, Gilbert H. Grosvenor was hired as the magazine's full-time editor by Society president Alexander Graham Bell. Grosvenor changed the publication from a scholarly journal into a popular magazine full of general interest articles and full-color photography. Its images were so striking and beautiful that circulation grew from just 1,000 to over two million. Grosvenor became known as one of the "fathers" of photojournalism and one of the champions of creating a national parks system in America. Grosvenor's legacy continues today, with the magazine's worldwide circulation at 6.7 million.



New Neighbors

**Shirley Looser
Room 223**

**Sylvia Troutman
Room 312**

Employee of the Month

Congratulations to Lisa Pope!

Lisa has been with the Gardens since 2004 as a Lead Med Tech; she is confident in her role, very pleasant and is always hard at work!



When Lisa isn't taking care of our residents, she enjoys spending time with her family.

Lisa, we are so lucky to have you. Thank you for all you do!

In the kitchen with Patty...



Soup and Sandwich feature of the month:

**Potato Soup
Dacon, lettuce, and Tomato sandwich (BLT)**

Changes to Beauty Shop charges effective 1/1/2019

- Shampoo \$5
- Shampoo/Blow dry/ Set \$ 18
- Haircut: Ladies \$16 Mens \$12
- Color \$40 Color Touch up \$30
- Perm \$60

All salon services will be added to your monthly statement. Please do not pay beautician directly.