



What's New?

TAKE A LOOK INSIDE

See what we have been up to

EXECUTIVE DIRECTOR

Heart healthy Month

NURSING

Covid and flu updates

CHEF'S TABLE

New ideas for mealtime

RESIDENT & EMPLOYEE OF THE MONTHS OF JAN

Congratulations to the winners!
EOM- Virgie Gabbard
ROM- Meredith Watkins

KANDY'S CORNER

Reno Reveal

IN THE NEWS

February activities and events

BIRTHDAYS & NEW STAFF

Wishing ya'll the happiest birthdays
Welcome new hires

LIFESTYLES

Activities

GAMES & PUZZELS

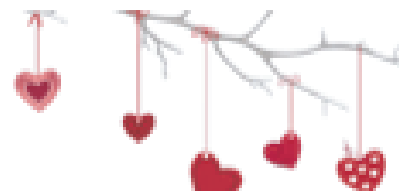
UPCOMING EVENTS

Events for the month of Feb



**THE GOLDTON
AT SOUTHAVEN**

Assisted Living and Memory Care Services

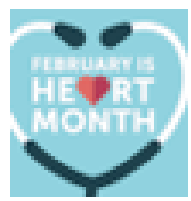


From the Director

By Rannie McCord

We are almost out of the cold weather, and we can't wait to get out to enjoy the warm weather. Until then, we have lots of fun things going on here at the Goldton at Southaven.

I appreciate all the cooperation with the cold weather we had and heat not keeping up in some areas along with frozen pipes upstairs. The repairs are coming along and will be complete soon. Thank you so much for working with me on these issues. We will be continuing our family nights this February and then monthly. Scheduling entertainment or something fun to do. We really enjoy seeing you happy, smiling and spending time with everyone. We are open to activity suggestions for these events.



Chef's Table

By Ronnie McCard



Party foods

Come down to the main dining room and bring your recipes and your meal ideas. We meet monthly, but as always you may bring up ideas at any time. I would love those. Any ideas for main dishes, side or even snacks are encouraged. We are always looking for new ideas.

Joel Wooten will be taking over as the Dining service Director as of the first of February. Please help us welcome him to his new role. Joel has been with us since 2014. He is very dedicated to his job, performance, meals he prepares and our residents.

We strive to provide nutritious and tasty meals and snacks daily.



Nursing- Clinical Corner

By Hayley Howe, Wellness director

Thank you to everyone who participated in the Covid Boosters we had a couple weeks ago.

By now, most of you have all met Dr. Rahal. Please report any concerns you have to your nurse, so these can be passed on to your provider.

Make sure you go and meet with Joel for meal planning so your input on meals can be heard. If you have a great recipe, please bring it with you. We love new ideas.

As everything starts to bloom, seasonal allergies begin, please talk with your nurse if you begin to have signs or symptoms of runny nose, sneezing or coughing.

We continue to follow CDC guidelines for Flu or Covid. This is the best prevention from serious illness. Testing will be done per the MSDH and CDC recommendations. Mask are no longer needed unless we have current case in building.

Employee of Month

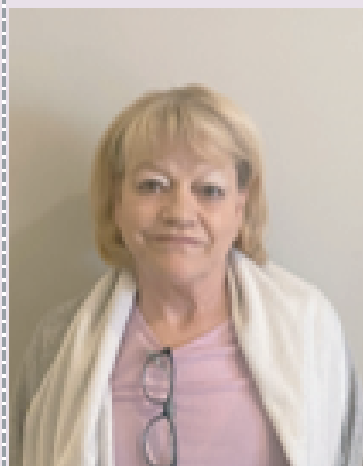
VERGIE GABBARD



Virgie is one of our sweet, smart, and compassionate and very caring Resident Care associates. We adore her and her passion she shows towards our residents daily. She has been very dedicated to our residents and provide the best care.

Resident of Month

MEREDITH WATKINS



Meredith has live her just over a year and has been an amazing Resident ambassador. She loves meeting- greeting our new residents and always available if someone is in need. She loves to help.



Valentine's Day

Kandy's Korner

By Kandy Grindlay

Spring can't get her soon enough, hu?

We have several new residents who moved in during December and January - Please say Hello if you see anyone out!

If you see these residents give them a big welcome. A big thank you to our Resident Ambassadors for helping our new residents welcome and showing so much kindness.

If you have any friends or family who would like to become a part of our community, please have them give me, we would love to be part of their next big life adventure. We want everyone to be able to attend our exercise and walking programs, entertainment, help choose food options and live their best life with us. Tell them to talk to

Kandy, and call me at

662-292-2100 (c)

662-913-7900 (w)

In the News

By CJ Hinkle

Red Hat Society meetings every other Tuesday at 3:30

Men's Round Table every Thursday at 3:00p

Bunco every Monday & Bingo Every Tuesday & Thursday * Come Win some prizes *



Birthdays &

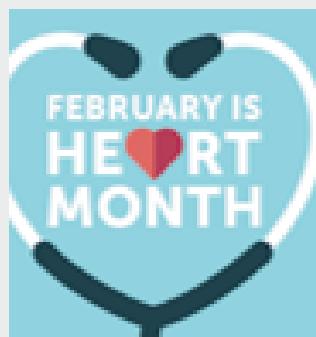
Welcoming New Hires

By- Ronnie McCord

Residents Birthdays - 2/1 Anita J., 2/4 Jimma D. 2/5 Linda G.
2/6 Ann S. 2/21 Nancy S.

Staff Birthdays- 2/27 Ronnie M.

Meet our new Staff- Latoya Ra Demarcus Ra



The Activity Place

By Cj Hinkle

Hello everyone! I enjoy being with each and every one of your family members here at The Goldton of Southaven, they are a true blessing to me. I do try my best to meet everyone's needs.

We have lots to look forward to this coming spring. We will have a blast for Mardi gras and our valentine's party. WOW, what a great time we had this winter already. We are already planning our easter and other springtime holiday events at this time. So please keep an eye out for those dates of events. We will be working on some sort of random acts of kindness things to do to spread some happiness and smiles to. Bring your ideas.

Let me know if you had any activity ideas, I would love to hear them.

As always, we are looking for volunteers to assist or complete activities here at the Goldton.

flappy ♥ Valentines Days! ♥

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

i think you're:

AMAZING
AWESOME
COOL
FABULOUS



FANTASTIC
FUN
MAGNIFICENT
SMART



SPECTACULAR
SUPER
TERRIFIC
WONDERFUL

Upcoming Events

For March

By Cj Hinkle

Heart Healthy Month- Wear your red!

Black History Month- Live in unity



2/5- NFL Spirit week all week

2/7 330pm Resident Council meeting in Main Dining room

2/10 10am Meal planning with Joel in Main Dining room

2/10 Superbowl Party

2/12 530pm Superbowl

2/14 Valentine's Day

2/15 3pm Ambassadors meeting

2/16 Valentine's Day Family Night- Music and dance

2/17 Random Acts of Kindness Day

2/24 Mardi Gras and Birthdays party

February Birthday party

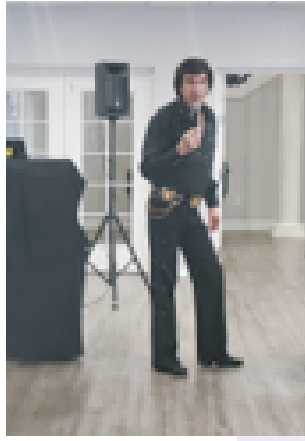
Red Hat Society meetings every other Tuesday at 3:30 p

Men's Round Table every Wednesday at 1:00p

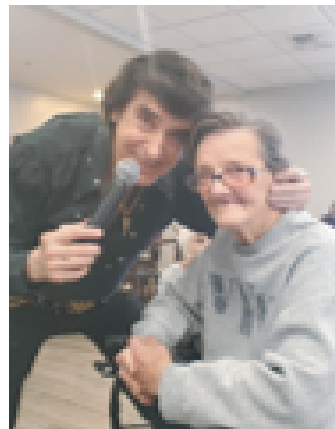
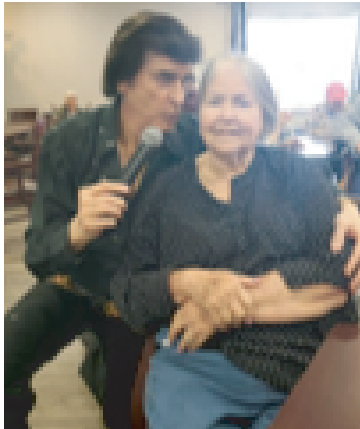
Bunco every Monday & Bingo Every Tuesday & Thursday * Come Win prizes!



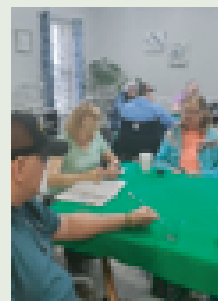
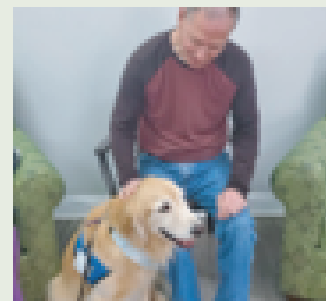
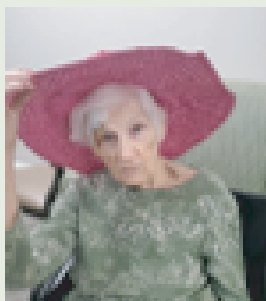
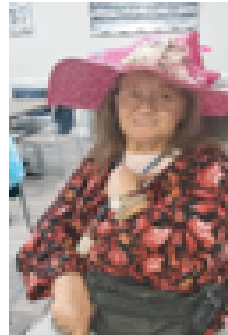
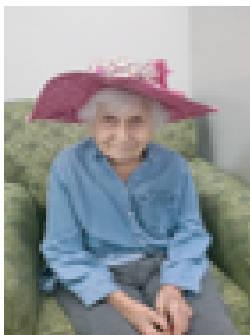
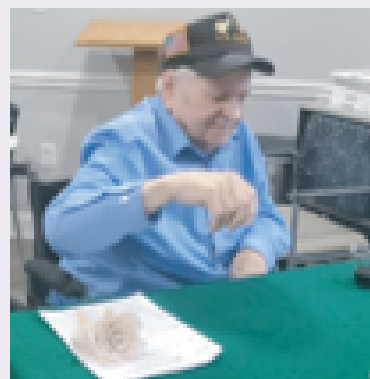
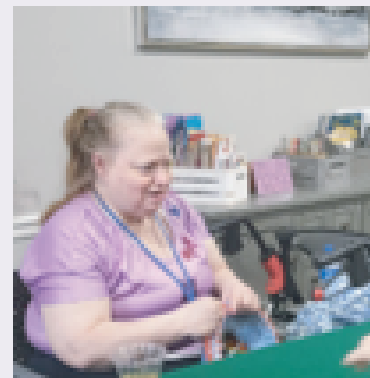
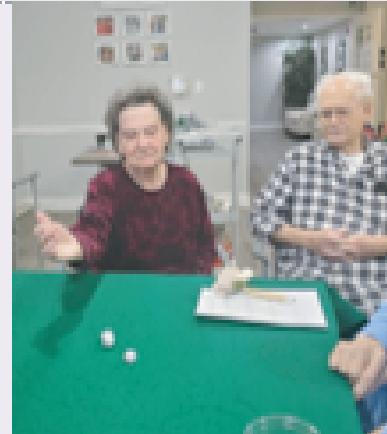
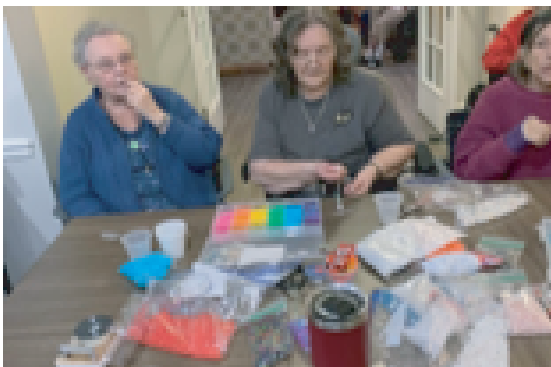
Elvia!



Goldton Bunko



Crafty Ladies



We have lots of Activities to keep someone busy.