



# RC Rosewood Courte

## MEMORY CARE

728 Edmonds Way | Edmonds, WA 98020 | (425) 673-2875

### Saluting Veterans With Savings

Many restaurants and retailers salute military veterans with freebies and discounts on Veterans Day, Nov. 11. Complimentary meals and beverages are widely offered. Call ahead or check online to see if proof of military service is required to take advantage of deals.

### Message for Your Brain

The next time you start to feel irritated or upset, take a deep breath. Scientists have figured out why this simple action works. Breathing slowly and deeply can keep a set of specific neurons from signaling the rest of the brain and the nervous system to get worked up. Controlled breathing relays a message to relax.



### Pie Takes the Cake

For many people, Thanksgiving dinner wouldn't be complete without a slice of pie—or two! Pumpkin, apple, pecan, and sweet potato are the top holiday dessert picks, according to surveys.

## November 2020

### Rosewood Courte Team

Executive Director	Mary Shepard
Director of Nursing	Julia Klimchuk
Business Office Dir.	Nanette Pickens
Dir. of Culinary Serv.	Debbie Barrett
Comm. Relations Dir.	Mary Hanke
Envir. Services Dir.	Chris Sosa
Activity Director	Alysha Windon

### Rosewood Courte Office Hours

Every Day ..... 9am to 5pm

### Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.

