

THE FRONT PORCH

All the happy happenings at Cotton Grove Estate



IN THIS ISSUE

**WHY LUXURY PERSONAL
CARE HOMES ARE WORTH
EVERY PENNY**

**CAREGIVER SPOTLIGHT:
KRISTINA BEVERLY**

**ARTS & CRAFTS:
ROCK PAINTING**

**MEALTIME AT COTTON GROVE
ESTATE**

A MESSAGE FROM ANNA

Why Luxury Personal Care Homes Are Worth Every Penny

Are you looking for a personal care home for a loved one? Maybe you're looking for an elderly parent or another relative who needs help on a daily basis. Searching for a care facility isn't an easy task. You have to consider a handful of factors, starting with price.

If your family doesn't have a budget for a private care facility, your choices are limited. However, if your family can afford to place your loved one into a private facility, you shouldn't hesitate to spend the money.

To begin with, private facilities provide feel-good aesthetics, and aesthetics matter more than you might realize. Your loved one is moving out of their home – somewhere they feel comfortable – and into a new environment where they'll be surrounded by unfamiliarity. With so many unfamiliar things and people, they won't feel truly at home.

Making your loved one feel at home is critical to their wellbeing. Many people become depressed and despondent living in facilities that feel like a hospital or a poorly decorated group home. That's why a private personal care home is the best choice. Private care facilities are intentionally created to feel like a home.



There's no denying that state-paid nurses and nurses' aides work hard and many care deeply for their patients. However, patients are often rushed through meals and left alone without more than a minute or two of personal interaction from staff.

Private personal care homes, on the other hand, provide superior care for residents because the facilities are staffed to allow for patient interaction in addition to providing physical assistance. Many private care facilities, including assisted living and nursing homes, were created by people who recognized the need for better care.

Read more at [TalkForHome.com](https://www.talkforhome.com)

Caregiver Spotlight: Kristina Beverly

The Cotton Grove management team would like to recognize the hard work and dedication of Ms. Kristina Beverly, who is one of the newest members of our caregiving team.

Ms. Kristina joined the Cotton Grove family in March of this year and quickly became a standout employee due to her commitment to excellence, reliability, and heart of gold.

She is loved by all of the residents she cares for on a daily basis, and deeply appreciated by their families, as she exemplifies the Cotton Grove mission in all her work: *To treat each resident the way the person who loves them the most would.*

Ms. Kristina is the proud mother of a beautiful, intelligent, and hard-working daughter named Valissa, who is 17-years-old and a junior in high school. Not only does Valissa have her own job, but she has also maintained an impressive 4.09 GPA!

Welcome to the Cotton Grove family, Ms. Kristina! You are one in a million and we feel so fortunate to have you as part of our team!



Arts & Crafts: Rock Painting

MRS. THELMA



Maintaining a robust activities calendar with a wide range of options is one of the most important ways the management team at Cotton Grove Estate creates a thriving social environment for our residents, keeping them motivated and engaged on a consistent basis. And one of our very favorite activities is always Arts & Crafts!

MR. HUGH



As part of our Arts & Crafts curriculum in May, we painted rocks! Painting is relaxing, therapeutic, and a fantastic means of exercising small motor functions that might otherwise go unused. We sure have some creative and talented residents!

MRS. WILENE





Mealtimes are a wonderful opportunity for our residents to gather around the dining room table and visit with one another. Many a conversation is had, and many a story is shared over a plate of food.

Our precious residents get to enjoy great food AND great company three times a day - their hearts and their bellies are always full!

This is just one aspect of daily living that separates Cotton Grove Estate from other senior homes; our commitment to serving up healthy and delicious home-cooked meals every day, without fail.

Tasty, wholesome food shouldn't have to be a luxury. For many seniors, it is, but not for the lucky few who call Cotton Grove Estate home.

Mealtime At Cotton Grove Estate

At most senior living facilities, the food falls short. But not at Cotton Grove Estate! Our residents enjoy three home-cooked meals each day - prepared with lots of love and fresh, organic ingredients - plus all the healthy snacks they desire.

The mouth-watering meal pictured left was the work of Ms. Katrina Mobley, House Leader of the McClean House. Ms. Katrina prepared this delicious french toast, topped with ripe berries and maple syrup, and served it up with a savory side of center-cut bacon.

Yummm!

Food is such an important part of our lives! It's not just essential for sustenance.





A Message From Anna

Hello, Friends!

June has arrived, and with it so many blessings! As we prepare for the start of a new season, the team at Cotton Grove Estate has been busy making sure we're all set for summer.

We recently invested in some fancy new patio furniture that our residents have been thoroughly enjoying. I may have even spent an hour or two on the porch sampling it myself!

I love to witness the hustle and bustle of our caregiving team as they busy themselves with all of the daily tasks that must be undertaken to ensure maximum comfort for our precious residents. And, at the same time, the absolute relaxation from those residents. It's such a beautiful dichotomy of giving and receiving.

And that's just the way things are here at Cotton Grove Estate! It is truly an atmosphere of gratitude and an environment of servitude.

If you have a chance, stop on by and see for yourself! Give that new patio furniture a test run... We'd love to see you!

Warmly,

Anna Pittard
Owner, Cotton Grove Estate
(912) 424-6422

"That's just the way things are here at Cotton Grove Estate! It is truly an atmosphere of gratitude and an environment of servitude."

ANNA JONES PITTARD
OWNER, COTTON GROVE ESTATE