

# THE FRONT PORCH

*All the happy happenings at Cotton Grove Estate*



IN THIS ISSUE

**BENEFITS OF A DAILY ROUTINE  
FOR SENIORS**

**CHRIS MULLIS PROMOTED TO  
HOUSE LEADER**

**FAREWELL, MISS KATRINA!**

**MRS. PAM'S CANCER  
REMISSION PARTY**

**WELCOME TO THE WORLD,  
BABY LEO!**

**A MESSAGE FROM ANNA**

## Benefits Of A Daily Routine For Seniors

Young or old, people have one thing in common: fear of the unknown.

And as someone loses control over their physical abilities, independence, or cognitive abilities, their world becomes filled with more and more unknowns. If their days are unstructured and unpredictable to boot, that can add more stress.

This is why having a regular daily routine helps both seniors and their caregivers - everyone knows what to expect and there's no need to think or worry about what will happen next.

Following a daily routine can reduce stress, increase the feeling of security, and improve sleep. This helps your older adult (and you!) feel healthier and happier.



A typical daily routine would be to wake up at 8am, use the toilet, brush teeth, wash face, comb hair, change from pajamas to regular clothes, and then sit down to a hot breakfast of oatmeal and coffee. After that, your older adult would take their morning medications.

When you create a daily routine for your older adult, base it roughly on their current daily activities so the adjustment won't be too difficult. In addition, keep in mind that a rigid schedule is not necessary; the main goal is to give their day more structure and predictability.

Read more at [DailyCaring.com](https://www.dailycaring.com).

## Chris Mullis Promoted To House Leader

The Cotton Grove management team is excited to announce the promotion of Ms. Chris Mullis, pictured right, from caregiver to House Leader. She will now be in charge of the fantastic team of women who care for residents of the Blanton House.

Ms. Chris was recognized as the 'Employee Spotlight' in our August newsletter last summer for her excellent work ethic and her commitment to Cotton Grove's mission: *to treat each resident the way the person who loves them the most would.*

Since then, she has continued to excel at work and grow in her skills as a caregiver. We look forward to witnessing her continued growth as she steps into this new leadership role, but we are entirely confident that she will continue to blow us away with her unparalleled dedication to our residents.

Congratulations, Ms. Chris! And thank you for all the hard work!



# Farewell, Miss Katrina!



CHRIS & KATRINA

If you're familiar with Cotton Grove Estate, you surely know and love Miss Katrina Mobley. What you may not know, however, is that when she joined our team, she had never before worked as a caregiver. But she instantly excelled in the position, endearing herself to the residents and their families alike for her compassionate nature and habit of going above and beyond for those in her care.

KATRINA'S 33RD BIRTHDAY



Having found her calling, Miss Katrina has officially decided to pursue a career in nursing. Thus, she will be leaving us to finish her schooling. And while we will miss her dearly, we are beyond excited for her! We love you, Katrina, and we wish you the very best as you embark on this new journey!

KATRINA WITH MRS. PAM,  
MRS. WILENE & MRS.  
THELMA



## Mrs. Pam's Cancer Remission Party

Congratulations are in order for one of our precious residents, Mrs. Pam, whose cancer has officially gone into remission! Of course, we couldn't allow this momentous occasion to pass without celebrating, so the caregiving team worked together to throw Mrs. Pam and all of her friends an ice cream sundae party.

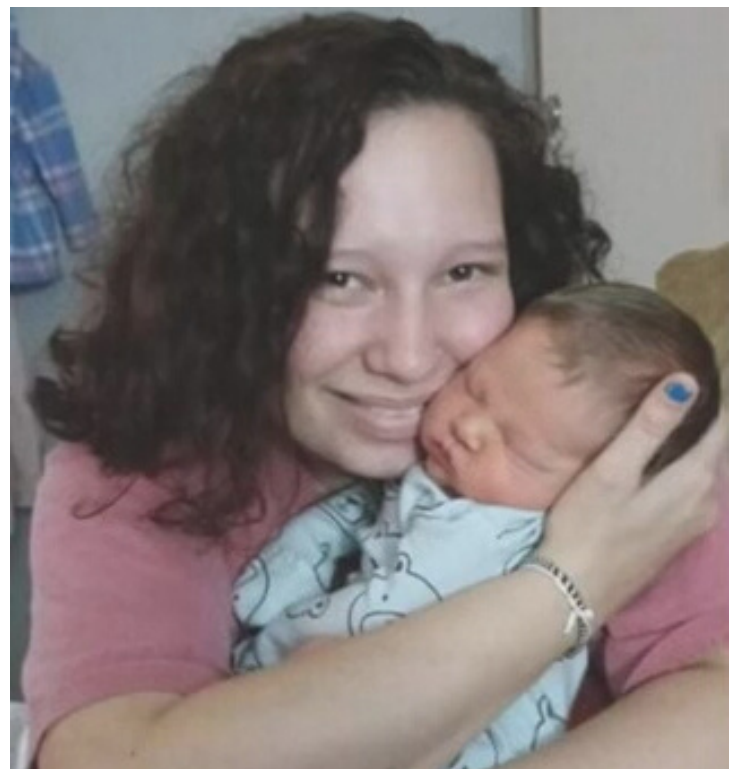


## Welcome To The World, Baby Leo!

If you're a regular reader of *The Front Porch*, you may recall that one of our fabulous team members, Mrs. Jesslyn Worth, was pregnant with her second child. Well, she and her husband Wayne are now the proud parents of a bouncing baby boy!

Mrs. Jesslyn gave birth to sweet little Leo at the end of June, and both mother and baby are happy and healthy.

Baby Leo weighed in at a whopping 8.9 pounds! He has already made a visit to the residents of Cotton Grove, bringing them tons of joy and endless baby snuggles.





## A Message From Anna

Hello, Friends!

The past month has marked a season of change, but they have all been positive changes for the amazing team of women we employ here at Cotton Grove Estate and the precious residents who call this special place home. Through it all, we have been abundantly blessed.

For starters, I am tremendously pleased to report that one of our sweet residents who formerly suffered from cancer has entered remission! Meanwhile, old team members have left us to pursue their own dreams, allowing others to step into leadership positions. And still other members of our team are expanding their families. A positive season of change, indeed.

I am left with a profound sense of admiration for these women. They are diligent employees in the workplace, and dedicated mothers, sisters and daughters at home. They are friends to many, and members of our community who would give the shirts off their backs to a stranger in need. They are so many things, but above all, they are truly inspiring!

Should you ever need a little inspiration of your own, look no further than our incredible team of women, who give selflessly of themselves each day, and then wake up the next ready to do it all over again.

Warmly,

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

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ANNA JONES PITTARD  
OWNER, COTTON GROVE ESTATE