

# THE FRONT PORCH

*All the happy happenings at Cotton Grove Estate*



## IN THIS ISSUE

**HELPING YOUR KIDS  
CONNECT DEEPER WITH  
GRANDPARENTS IN A CARE  
FACILITY**

---

**MEET VANESSA WILDER,  
GENERAL MANAGER OF  
COTTON GROVE ESTATE**

---

**AWESOME BENEFITS OF  
COLORING FOR THE ELDERLY**

---

**A MESSAGE FROM ANNA**

## Helping Your Kids Connect Deeper With Grandparents In A Care Facility

When your parents move into a care facility, it might suddenly seem more difficult for your children to stay connected with them. For starters, taking your kids to visit their grandparents often means taking a day trip just to spend some time together. When they're not quite as accessible as they may have been before, their relationship with their grandchildren may become strained. But there are several ways to keep the connection strong! It's all about finding what works best for you and your family.

If your kids are starting to miss seeing their grandparents as often as they once did, have them create a craft project they can bring with them on your next visit. These items are always treasured by grandparents and often times are placed on the walls of their room for decoration. If you need some inspiration, check out this handy list of craft ideas published by [Moms.com](https://www.moms.com)!



Do your kids miss snuggling on the couch and watching a movie with their grandparents? Schedule a movie day and bring in the blankets! If your loved one is living in a luxury facility like Cotton Grove Estate, you may even be able to use the main entertainment area so you're not confined to a smaller room. Call the facility ahead of time to find out if they'll reserve the entertainment area for your movie day. Of course, other residents will want to watch the movie, too, so make sure you bring snacks for everyone.

Find more great ideas to help your children stay connected with grandparents living in a care home at [TOTS Family!](#)

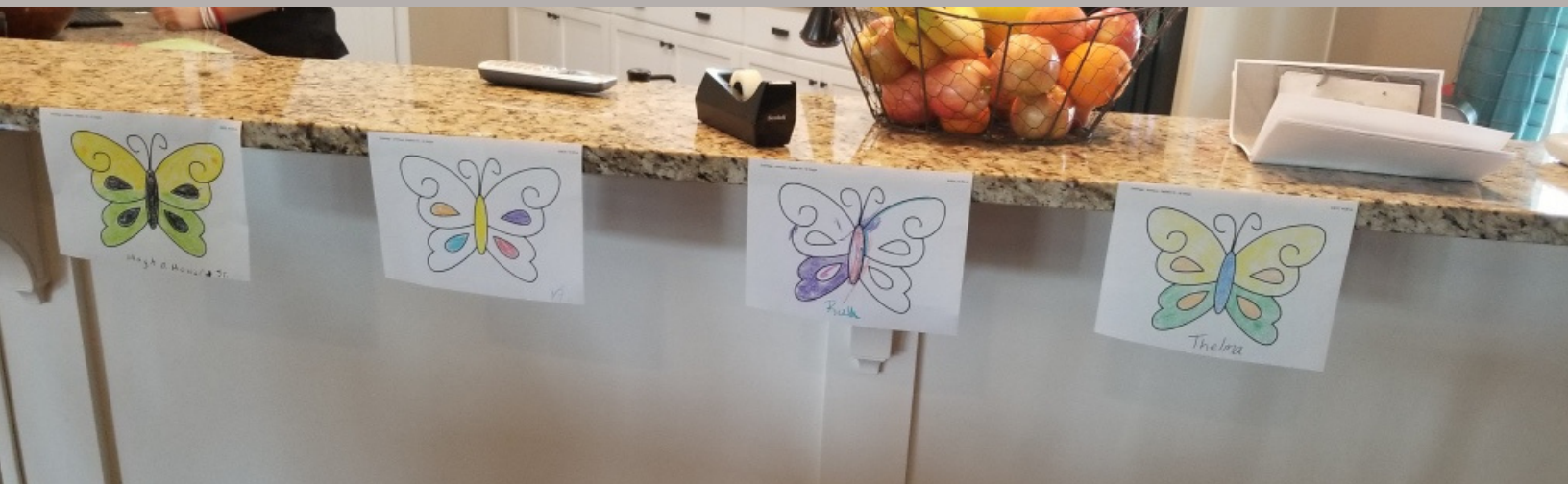
## Meet Vanessa Wilder, General Manager Of Cotton Grove Estate

If you're a regular reader of *The Front Porch*, you may recall meeting Vanessa Wilder in our [October 2020](#) issue. A founding member of the caregiving team at Cotton Grove Estate, Ms. Wilder has been with us since the business' inception. Her dedication to excellence in caregiving, coupled with her unique aptitude for leadership, has been instrumental - not only in our day-to-day operations, but in our continuing growth, as well. Thus, we are proud to announce that she has been promoted and will now serve as the very first acting General Manager of Cotton Grove Estate.

Ms. Wilder is an inspiring woman all around; her dedication at work is equally matched by her commitment to her family. Whether she's personally delivering a warm donut to one of our residents, or surprising her son's teacher with a hot cup of coffee before school, Ms. Wilder exemplifies the Cotton Grove philosophy by consistently going above and beyond to make someone else's day.

We are so proud to have her and constantly inspired by her passion and character. Congratulations, Vanessa!





# Awesome Benefits of Coloring For The Elderly

Coloring has long been considered a therapeutic activity suitable for young and old, with many positive, longterm benefits. For the elderly in particular, revisiting this much loved childhood pastime is well worth the effort, as it evokes feelings of peace, enjoyment, and satisfaction.

Coloring as a hobby for adults has gained popularity in recent years, with adult coloring books now available for sale almost everywhere. But the benefits of coloring for the elderly reach far beyond the simple joys of acquiring a new hobby.

Research into the effects of coloring activities for people living with dementia has shown positive outcomes, most notably a decrease in agitation and anxiety.





## A Message From Anna

Hello, Friends!

When I started Cotton Grove Estate, I didn't do it for accolades. In fact, the business was born out of a personal need. My own grandmother and great aunt were both receiving subpar care at other nursing homes. And I had a single goal in mind - for their final chapters in life to be the very best ones. That was not going to happen at those other facilities, so I opened my own.

As Cotton Grove grew, I was constantly challenged to tap into a strength within myself that I didn't formerly know existed; a strength that would only be realized in the most difficult of circumstances. Like the days when I had invested every penny of my savings into repairs on the property and didn't know how I was going to pay my phone bill. Or other times, when I had already spent 50 hours at Cotton Grove, and it was only Wednesday. And perhaps most challenging of all, was the heartache I felt each time we lost one of our precious residents, because they had become like members of my own family.

But through all this, I gained some important perspective. We had given those residents something incredibly special - a final chapter that was comfortable, secure, and magical in every way. They had been given the opportunity to spend their golden years in the lap of luxury. They were catered to and loved on each and every day. And this was something to be proud of; something that should bring me joy, not sadness.

The thing that kept me going when I couldn't pay my phone bill or figure out how I was going to make it through the week on just a few hours of sleep, was that goal I told you about - my vision for a home where seniors could spend their final chapter thriving, not just surviving.

Cotton Grove is my life's work. I have a burning passion for geriatric care, as well as providing an uplifting work environment for the like-minded women who share my passion. Everyday I'm humbled as I reflect on where I started and where we are now. When I think back on all the long days and late nights, I am deeply grateful to see the fruits of my labor. I suppose the sweetest rewards are the ones we work the hardest for.

Providing geriatric care is a calling. I don't think this is a job you commit yourself to unless a passion for helping others has been placed on your heart. In other words, none of us do it for a pat on the back. So I was completely blown away when one of my friends sent me [this article](#), which features Cotton Grove for providing "[phenomenal service.](#)"

## A Message From Anna, Cont.

My desire to provide top-notch care to aging members of the community has never been motivated by praise or a paycheck. But I'd be lying if I said it doesn't feel good to be noticed! Especially when it's because of our relentless pursuit to do right by our residents - even when that happens behind closed doors, when no one will ever know. Unfortunately, that's not common in this industry. At most nursing homes, your loved one will receive satisfactory care when you happen to be visiting. Meanwhile, all too often, they are being neglected - or worse, mistreated - when the watchful eyes of family aren't present.

When I initially read [this article](#), I was grateful that our efforts at Cotton Grove had been highlighted. And then, a profound sense of hope crept in. It felt hopeful that my little small-town business was mentioned alongside huge household names like Morton's Steakhouse and Dutch Bros. Coffee... It felt like maybe, just maybe, I could make a significant impact on an industry that isn't exactly known for its stellar service. And, in turn, a historically under-represented demographic could be celebrated, rather than diminished.

It's encouraging that the philosophies and practices we have implemented at Cotton Grove have set a trajectory which could positively affect a vulnerable population for years to come. It gives me hope that we are moving in the right direction. And, of course, the real heroes in this story are the caregivers who love on our precious residents day in and day out, always with a smile and never with complaint. I certainly cannot take all the credit. Without our amazing team, Cotton Grove couldn't function the way that it does. Not even for a second.

If you think Cotton Grove Estate might be the right fit for yourself or a loved one, you can contact me directly to schedule a private tour of our beautiful 50-acre property. I would love to hear from you!

Warmly,

Anna Jones Pittard  
Owner, Cotton Grove Estate

