

~~~Resident Spotlight~~~

This month's Resident Spotlight is on Betty Gerson. This petite, soft spoken woman comes to The Rockwood after a lifetime of travels and adventures all starting with being born in a little town in Kentucky. She was born a minister's daughter, the middle child of nine. Betty always knew she was going to leave that town and do big things. She was a beauty queen at the age of 15, (against her father's wishes). Once Betty proved to herself she could do it, she didn't try again. Betty wanted to go to college like her sister, so at the age of 16 she took up a job as hostess at the local VFW to help earn money for her parents. After high school, she left her hometown for a secretarial college in Portsmouth, Ohio. It was far enough away that Betty felt her independence but close enough to still come home to visit.

While Betty was away to school, she attended a New Year's Eve party where she met Michael, a young serviceman in the Army who was home for the holidays. It was love at first sight and they had a whirlwind romance marrying only three months later. When Betty graduated she moved on to the army base with Michael. She toured all around the world with him from base to base. They lived in Germany for a time. Michael owned an awesome red Austin-Healy convertible and they would drive to Italy, Switzerland and all around Europe. You should ask her about their run-in with the Gestapo-styled German police, never short of adventure.

Years later, employment opportunities would bring them back to the US. Michael was an agrobiologist who worked his way up to VP of the Bunge Co. He also worked at Sealtest where he invented the pill to commercially create cottage cheese. They moved from city to city during his career successes. They finally settled in St. Louis when Michael landed a job at Monsanto.

During their moves, Betty would spend her time raising their three boys. Once settled, Betty concentrated on doing her best giving her boys all the opportunities to be successful in life. Her work paid off. Victor became a minister, Michael now writes for the Washington Post and wrote speeches for President Bush, and Christopher became a Shakespearian actor and writes for television programs.

Betty was always artistic and spiritual, but when she lived in Ohio, she would meet a woman who would change her life for the better. She helped introduce Betty to Christ in a miraculous way. A story worth listening to. Betty uses that spiritual guiding and her painting as a sort of meditation. It releases an amazing talent in her and her beautiful artwork shows it. Betty loves to be able to read a good mystery or binge watching Netflix whenever she is not painting. Betty has loved living at The Rockwood. It has really allowed her to live life in peace and harmony with herself, God and her art.

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... Speak up when feeling not yourself. About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family. Your Rockwood family will always be here for you when you need us.

Talk about the hard stuff. This resolution is not fun, but it is the most important. While you are able, help set the standards of care you desire should you become incapacitated later. Decide if you will designate a family member or hire a senior care professional to be the primary caregiver. Talking about wills, along with other related issues, helps prepare everyone for the inevitable. Discussing these things in advance ensures that your wishes are recorded and understood by all.

When all the fun of the day is over, it is time to rest. Older adults need less...

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