



**RossWoods**  
ADULT DAY SERVICES

**October  
2018**



*Providing safety, nursing care, personal care, and therapeutic activity programs during the day in a home-like setting.*

**Serving Whitfield, Murray, Gordon, Catosa, and Walker Counties**

**1402 Walston Avenue, Dalton 30720 • Phone: 706-270-9628**

**Visit us at  
rosswoods.org**

# A Haunted Halloween: Memoirs of the Past

Halloween has been a special time of year for many years. We all have fond memories of getting dressed up and knocking on doors begging for candy. What a dream come true for children everywhere! Here are some fun memories from our participants:

Angela is hoping to be a pumpkin this year, but her favorite costume was getting to be a witch.

Nicole loved being a ghost in years past because it was an easy costume that did not require makeup or a fussy outfit.

Ashley's favorite was a gum ball machine costume made by her mother.

True to form, Elizabeth loved being a GA football player last year!

Susan can't decide between when she was a jail bird or the year she was a horse as her favorite.



*Larry shares a memory*

Larry shared some fond memories of growing up in Marion, OH and walking to the fairgrounds for a costume contest. He remembers taking home a bike one year as a prize!

His favorite outfit was when he got to be the Lone Ranger when he was 4 or 5 years old. He also shared that licorice was usually the last candy left in the bowl at his house.

Sis fondly remembers her brother dressing up as a woman and no one could recognize him!



*Little Red Riding Hood aka Sis*



*Elizabeth is showing her true colors!*



*Nicole's ghost costume became more sophisticated!*



*Ashley is a doll!*



*A horse named Susan*



*Angela enjoyed dressing up as a witch!*

## Feathered Friends

We had a surprise visit from Phoenix and Tiberius this month. Phoenix is a hawk and Tiberius is an owl. They were brought in by Nathan Lloyd and Paul Davis. Nathan and Paul were gracious enough to share some of their experience in falconry and provide a unique opportunity for our participants.

*continued on next page*



*Nathan introduced us to Phoenix*



*Paul introduced us to Tiberius*

# Notes From the Nurse: Flu Season

Flu season will be upon us soon! There are already cases of the flu popping up in the community. October through March is generally recognized as peak season for the flu. At this time of year, most people start thinking about whether to get the flu shot. If you are a caretaker for an elderly person, you are strongly urged to consider getting a flu shot.

The flu can be deadly, and the best treatment is prevention. October is the recommended month to get your shot. Be aware that it will take at least 2 weeks to become effective. Once it is given, your body has to build up antibodies in order for you to have a defense against the flu, and this takes about two weeks to happen. Also, if you get the shot and notice that you seem to get flu like symptoms, this is actually a good thing. It means that your immune system is responding well and fast by building antibodies and mounting a defense. A low grade fever, chills, body aches and head ache can all be symptoms of this reaction.

There are myriad reasons for getting a flu shot, one of which is protecting yourself. However, you are also protecting others by getting your shot. You stop the flu in its tracks, because you will not go out and infect the dozens of people you come into contact with daily even if you are exposed to the flu.

This protection is very important for those who are unable to get their shots. I'm sure you have heard people say that the flu shot is not always effective. This can be true, but it's still better than no protection at all. Once a flu shot is given, it wears off

## Feathered Friends continued

Falconry is a growing trend that involves using birds of prey to aid in hunting. The birds are trained to spot prey and alert their human hunting companion to the location of the prey. Nathan and Paul are involved in rescuing birds of prey then training them for this purpose. A falconry license is required in the state of Georgia.

To learn more about this topic or to find out how to acquire a license, check with the Georgia Falconry Association. For more photos of this experience at RossWoods, please see previous posts on our Facebook page.

after about a year (exact timing would be different for each person).

On top of that, each year a new flu shot is developed based on what flu types researchers predict will be most prevalent in the upcoming flu season. Occasionally, this research misses the mark with some of the strains, but rest assured, you still have more protection than you otherwise would.

Even if you get another strain that you were not protected against, research has shown that you will be less ill for less time and less able to pass the bug on to someone else than if you had no shot. If you have questions about whether to get your flu shot this year, [cdc.gov](http://cdc.gov) is a great resource to explore on this topic, and as always, you can check with your primary care physician.



## The Photo Shop



Susie in her cat costume



Robbine makes a pretty witch!



Ashley and Elizabeth are such sweet friends!



Sondra is one of our angels!



Nettie scores at cornhole!



Volunteer Bill Bowen takes RossWoods' football picks



RossWoods  
ADULT DAY SERVICES



# Memorials, Honoraria, and Gifts

I want to support the work of RossWoods in the following way...

**Your gift is tax deductible**

**Make checks payable to:**

**RossWoods, P.O. Box 307, Dalton, GA 30722-0307**

RossWoods is now able to accept both donations and payments online using credit or debit cards. Please visit [www.rosswoods.org](http://www.rosswoods.org) for your convenience.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

Acknowledge To \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

## Important Notice

2018-2019 RossWoods Closings

**Thanksgiving Day**

Thursday, November 22, 2018

**Christmas Day**

Tuesday, December 25, 2018

**New Year's Day**

Tuesday, January 1, 2019

**Memorial Day**

Monday, May 27, 2019

**Independence Day**

Thursday, July 4, 2019

**Labor Day**

Monday, September 2, 2019

Please note these dates on your calendar. –Thank you.

## A special Thank You to the following:

Name .....	Donation
Kathy Brown .....	Craft supplies
Nancy Morgan .....	Crayons & magazines
Virginia Wimpey .....	Personal care items
Alan and Barbara Ward .....	Magazines
Fern Bryant .....	Craft supplies
Alice Squillario .....	Magazines
Linda Vineyard .....	Craft supplies
Judy Parker .....	Craft supplies, wish list items
Sue Tuggle .....	Stuffed animals
Theo & Nan Pinkston .....	Puzzle books, coloring books, bird seed, craft supplies, staff treats
Deborah Hardin .....	Bingo prizes, beads, coloring books, craft supplies
Donna Townsend .....	Books
Barbara Trimble .....	Magazines
Nannette Yarbrough .....	Art & Craft supplies
Southern Accessories .....	Fabric samples
Jim & Susie Harrison .....	Bingo prizes
Pat Burns .....	Craft supplies
Jennifer Smith .....	Cards/magazines
Terri Callahan .....	Craft Supplies
Mary Bandy .....	Craft supplies
Jean Kelley .....	Wish list items, craft supplies
Tami McClain .....	Bird feeder, wish list items

## In Memory & In Honor

The following have been remembered with a gift to RossWoods. Our sincere condolences go out to those who have lost a loved one.

**In Memory of.....By:**

Judy Cullifer .....	Charles & Laura Allgood
	John Albright
	Jamey Angland
	Ann Compton
	Sachiko Durham
	Paula Morrow
	Justin Patterson
	Chris Stephens

## Wish List:

**Birthday supplies • Beads**  
**Sandwich bags • Washable Markers**  
**Fall Craft Kits • Pumpkins**  
**Lunch Bags: Brown and White**  
**Washable Paint: All Colors**  
**Canvases in all sizes**

**If you have a question, call Diane**



We post new pictures of participants and activities on our Facebook page weekly. It is a great way to stay in touch with us. Be sure to tell your friends that RossWoods Adult Day Services has a Facebook page.



RossWoods  
ADULT DAY SERVICES

PO Box 307  
1402 Walston Avenue  
Dalton, GA 30720  
www.rosswoods.org

**NonProfit Org**  
**U.S. Postage**  
**PAID**  
**Dalton, GA**  
**Permit# 309**

**ADDRESS SERVICE REQUESTED**



[Non-Profit 501 (c)(3) Community Operated Service]

RossWoods  
ADULT DAY SERVICES

Carla Jones, RN, *Executive Director*

**Board of Directors**

Bryan Macon, *Chairman*

Tommy Thompson, *Vice-Chairman*

Sherwood Jones, MD, *Past Chairman*

Linda Blackman, *Secretary*

Kim Epps, *Treasurer*

Elizabeth Avett

Bryan Cheever, MD, *Medical Director*

Dave Hastey

Ben Laughter

Debbie Macon

Micah Riggle

Reginald Sherrill, M.D.

Diann Thompson

Carolyn Turner

Joe Yarbrough

Nanette Yarbrough

## Upcoming Support Groups

- ♦ **RossWoods Caregiver Support Group/ Lunch and Learn** meets on the last Tuesday of every month at RossWoods from noon to 1 pm. A light lunch will be served. All caregivers are invited. Free respite and lunch will be provided for your loved one.
- ♦ **The RossWoods Caregivers' Time Out** is the second Tuesday of every month from 3 pm to 8 pm. This includes free respite and dinner for your loved one while you take a break. Call Cynthia Moore, RN, at 706-270-9628 to register your loved one.
- ♦ **Dalton Parkinson's Support Group** meets the second Tuesday of every month at RossWoods at 6 pm. For more information, please call Mae Johnson at 706-280-0324.
- ♦ **ALS/PLS Support Group** meets the last Thursday of each month in the RossWoods Conference Room at 2pm. Call Elizabeth Al-Shafee at 706-463-5157 for questions about the support group.



### Day Health Care (ADHC)

is a standard benefit available to all enrolled veterans who meet nursing home level of care. If you are a caregiver for a veteran and looking for a day program, please call RossWoods Adult Day Services at 706-270-9628.

**Help us keep our records current. Please call 706-270-9628 or email [shicks@rosswoods.org](mailto:shicks@rosswoods.org) if there has been a change in your physical or email address.**