



RossWoods
ADULT DAY SERVICES

**January
2019**

*Happy
New Year!*

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

Serving Whitfield, Murray, Gordon, Catoosa, and Walker Counties

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

**Visit us at
rosswoods.org**

Our Centenarian: Nora Knight

“Don’t be afraid of hard work and we have to have faith.” These are the words of Nora Knight, who recently turned 100 years old as she shares the biggest lessons of her life that she would wish to pass along to subsequent generations.

Nora was born in Anderson County Kentucky near Frankfurt in December of 1918. She grew up on a farm and milked cows from the age of seven. “I knew how to do everything that needed to be done on a farm including watching turkeys to their nest. Did you know you have to follow turkeys to find their nest?” She also says that they had plenty of country ham to eat, but Saturday nights, they enjoyed hot dogs growing up.

She married Harlett Southerland in 1941 and they had a daughter, Helen. Harlett gave his life for his country in World War II. Nora came to Dalton after marrying her second husband, Harold Knight in 1954, who was a Georgia native. They also had a daughter, Sherry. Harold worked at a carpet plant called WestPoint-Pepperell. He died of a heart attack while working at the plant, and Sherry passed away in 2017. Nora attends the First United Methodist Church in Dalton.

Nora has certainly witnessed a lot of changes in her lifetime. The year she was born was the year of a massive flu epidemic that killed millions of people. World War I had devastated Europe, but left the United States as the wealthiest nation in the world. Due to this,

immigrants entered the U.S. in large numbers.

Woodrow Wilson was the president and Model T Fords were on the road. Horses and mules were most commonly used both for transportation and as labor on farms. Telephones, stoves, refrigerators, radios and even indoor plumbing were rarities. The term “teenager” did not yet exist.

Children generally ended their education at eighth grade and agriculture was the most common career. Women generally stayed home and did not join the workforce. They also did not yet have the right to vote, although that soon changed!



Nora Knight at 27 years of age with her daughter Rhonda, two at the time. Nora is wearing a pin in honor of her late husband, Harlett Southerland.



Nora Knight on her birthday in 2017.

Nora has a sweet, kind family that are thoughtful of one another. It is no doubt this is one of her greatest accomplishments as part of a century well lived. She has been blessed with two daughters: Helen Keys and Sherry Knight-Williams, two grandchildren: George Woods and Rhonda Keys and 4 great-grandchildren: Stryker, Caine, Brett and Destinee Woods.



Notes and reminders: Be sure to label all coats and extra clothing brought to facility as winter continues, and the new year begins.



Busy Time of Year

We have been very busy this holiday season with many different wonderful activities. Please visit our Facebook page to see even more pictures of what we've been up to!

RossWoods is a wonderful place to spend the day when home alone is not an option. Stop by for a tour of our lovely facility and meet our wonderful staff to learn more about what we have to offer.



The Mar Sels gave what is expected to be their last performance at RossWoods in December.



Josh made his own pillow!



Several ladies enjoy some "girl time" as they get their nails done.



Gloria makes Christmas cards for her friends.



Tomie enjoys a bouquet of beautiful flowers.



Helen enjoys a game of Bingo.



David gets a close up look at the Polar Express train brought in by volunteer Bill Bowen.



Participants are proud of their snowman paintings!

Winter Weather Reminder:

If we decide to close for ice or snow, we will leave a message on our phone to let you know.





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 for your convenience.

Name _____

Address _____

City _____ State _____ ZIP _____

In Memory of _____

In Honor of _____

Acknowledge To _____

Address _____

City _____ State _____ ZIP _____

Important Notice

2019 RossWoods Closings

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

Thanksgiving Day

Thursday, November 28, 2019

Christmas Day

Wednesday, December 25, 2019

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

A special Thank You to the following:

Name	Donation
Marge & Jerry Trollinger	Wish List
Alice Squillario	Magazines
Sandra Derrick.....	Christmas Decorations
Family of Angela Duckworth....	Christmas Crafts and Puzzles
Jean Kelley	Assorted Items
Mt. Vernon UMC	Craft Items
Dee Rickett.....	Puzzles
Barbara Dunn.....	Magazines
Vivian Broome	Greeting Cards
Becky Jolly.....	Arts & Crafts
Devon Brooks.....	Craft Supplies
Anna Sisson.....	Magazines
Carolyn Young	Magazines, Cards
Jean Burr	Cards
Dee Ann Adams.....	Magazines, Cards, Stickers
Maurice & Betty Sponcler	Magazines, Craft Supplies
Fred & Elizabeth Avett	Magazines, Cards, Ribbon
Dr. Sherrill's Office	Magazines
Martha Hughes	Cards
Barb Felo	Calendars, Cards
Mary Hubbs.....	Candy Canes
Helen Tuck.....	Magazines, Cards
Walgreen's Walnut Ave	Magazines
Sarah Maret.....	Bingo prizes, Craft Supplies
Dottie Boring Shaw	Magazines
Patti Coppedge.....	Magazines, Bird Seed

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	Mr. & Mrs. Harry Newberry
Marcy Melton.....	Frank Melton
	Tom & Ann Reeves Hughes
	Miriam & Jim Putney
J L Tippens	Drucilla, Connie, and Roger

Wish List:

A big Thank You to Marge & Jerry Trollinger

Shaw Industries Plant # 80.....	Christmas Supplies
Tammy McClain	Magazines
Mary Bandy	Magazines, Arts & Crafts
Dalton Convention Center	Coffee Filters
Anne Bowen	Craft Supplies
Brown Industries	Calendars
Family of Dorothy bucher.....	Arts & Craft Supplies
Kari Whiles.....	Clothing
Dalton Public Schools	Bingo Prizes
Jan Sykes	Magazines, Cards



Like us on
Facebook

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.

Barry Slaymaker, Jr.

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 Sara Hicks, RN, at 706-270-9628 to register your loved one.



Adult 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 if there has been a change in your physical or email address.