



**RossWoods**  
ADULT DAY SERVICES

**June  
2022**



*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**

# We are All Green Thumbs at RossWoods

They say “a garden feeds more than a table, it feeds the soul” and that is certainly true here at RossWoods.

With the help from some Shaw volunteers, we planted tomatoes, cucumbers, green beans, squash, radishes, and a watermelon this month!

We look forward to taking care of our garden and eating some fresh veggies very soon!



*Dorothy, Susan and Debra planting cucumbers*



*Angela and Maudie putting in squash plants*



*Ms Robbine & Diane looking at the fountain & flowers*



*Tommy & Benny plant our green beans*



*Nicole & David plant some tomatoes*



*Nancy, Debra, and Josh plant some pretty flowers for us to enjoy all summer!*

# Morning Beginnings



Our morning activities are very important in getting the day started off right. We begin with the Pledge of Allegiance, sharing current events, memory teasers, chair yoga, our walking club to get moving!

“Did you know that at RossWoods our staff is trained to provide light physical exercises to our participants?”  
(with approved doctors orders)

*Jim leads the Pledge of Allegiance*



*Maudie & Susan sing the National Anthem*



*Gary, David & Josh enjoy our morning exercises*



*Wanda & Polly wave their flags*

## Brooke's Medical Minute Stay Hydrated for Summer



### Why are seniors more at risk for dehydration?

As you age, your body's thirst signal diminishes. When your body needs water, you may not even realize it because you don't feel thirsty like you once did.

### Preventing Dehydration

**Drink water.** The best way to prevent dehydration is to drink plenty of water. Drinking soda and coffee may worsen dehydration. Keep in mind that you need to drink more than usual if it's particularly hot outside.

**Consider your diet.** Many fruits and vegetables have high water content. Foods that promote hydration include:

- Watermelon/Cantaloupe
- Soup
- Broth
- Yogurt

**Enhance your water.** If you get bored drinking plain water all day, try infusing fruits like lemon, lime, or orange so it tastes better. You can also add herbs like mint or basil.

**Talk to your doctor.** If you've tried these tips and you're still experiencing dehydration, talk to your doctor.



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## 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

### 2022-2023 RossWoods Closings

**Independence Day**

Monday, July 4, 2022

**Labor Day**

Monday, September 5, 2022

**Thanksgiving Day**

Thursday, November 24, 2022

**Christmas Day**

Monday, December 26, 2022

**New Year's Day**

Monday, January 2, 2023

**Memorial Day**

Monday, May 29, 2023

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

## Thank You! to the Following:

Name.....	Donation
Anna Sisson.....	magazines
Sherry Patterson .....	ribbons, clothespins, party plates
Linda Vinyard .....	Painting canvases
Jim & Susie Harrison .....	ribbon & silk flowers
Sue Tuggle .....	silk flowers
Susan Chandler.....	Birthday plastic tablecloths, napkins & plates
James Smith .....	seasonal mini-banners for Bingo prizes
Pam Hogan .....	Yarn, colored pencils & pens
Dana Bragg.....	Art supplies
Cathy Rauschenberg w/ Grace Presbyterian Church	craft supplies
Pam Capps.....	painting canvases, crafts
Gene Clarks family .....	wheelchair, walker, personal items
Judy Parker .....	gardening gloves, puzzles, party tablecloths
Donna Ivester .....	clothespins, party napkins
Dedra Walker .....	American Flags
Jack & Eddress Green .....	money donation for crafts

## In Memory & In Honor

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

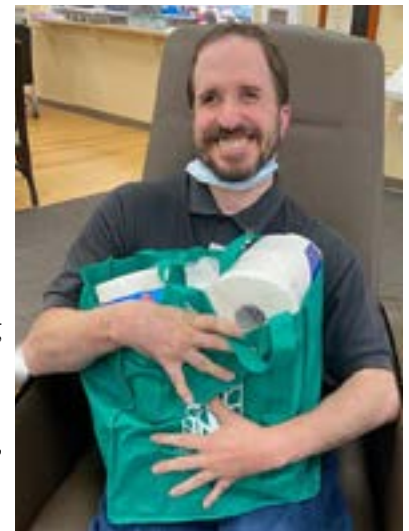
Eva Messer ..... Irene Haney

**In Honor of.....By:**

Gladys Pardo ..... Gladys Mayorga

## A Special Thank You

Special thank you to NWGRC Area Agency on Aging for the funding to distribute these housekeeping cleaning supplies to RossWoods participants. Each bag contained paper towels, tissue paper, Kleenexes, hand soap, dishwashing soap and Clorox wipes.



# Wish List

- Glue dots • Birthday napkins & plates
- Bingo Prizes • Tempura paint – all colors
- Kitchen whisks • Red, white and blue ribbons
- Patriotic craft kits • Plastic tablecloths of all colors
- Patriotic party supplies – tablecloths, napkins & plates



If you have any questions, please reach out to Diane at 706-270-9628



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

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

ADDRESS SERVICE REQUESTED



United Way  
of Northwest Georgia



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

RossWoods  
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Joe Yarbrough

Nanette Yarbrough

**In Memoriam**

Sherwood Jones, MD

*Founding Chairman*

*2003-2016*

## Upcoming Support Groups

**RossWoods Caregiver Support Group/Lunch and Learn** meets on the second Tuesday of every month at RossWoods from noon to 1 pm. Due to COVID restrictions, we are unable to serve lunch at this time. Please call in advance if you would like to attend. Free respite and lunch will be provided for your loved one.

### NEW!! Inclement Weather Notifications!

Text the message @rosswoods to the number 81010 or to 865-622-6015 to sign up for weather-related notifications from RossWoods



**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.



### 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 and ask for Karmon.

**If your physical address or email has changed, please call 706-270-9628 or email [ksuits@rosswoods.org](mailto:ksuits@rosswoods.org) to update our records.**