



RossWoods
ADULT DAY SERVICES

National Nurses Appreciation Week May 6-12th

RossWoods is known as a special place because of the love, care, and service that we have provided for over 25 years. That all begins with the leadership that our nursing staff provides. Over the years, many excellent nurses have cared for RossWoods participants. The team we have today is fulfilling their legacy of service.

May
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



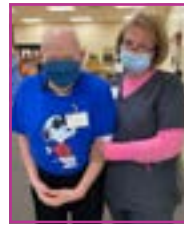
Brooke Ellison is our RN Clinical Supervisor. She graduated from Dalton State College in 2015 and her background has been in hospice and psychiatric nursing. Brooke is always smiling and so positive in all circumstances. She enjoys leading our participants in daily devotionals. Brooke believes that “Nursing is a calling filled with purpose. That taking care of others is an honor and at the end of the day my heart is always so full.”



Kisha Bates is one of our Licensed Practical Nurses. She graduated from Dalton State College with her nursing degree and worked for many years at Quinton Memorial. Kisha’s energetic attitude is consistent all day long. She thrives on establishing contact with the participants and caring for them. Kisha states “What I find most rewarding about nursing is being able to help people in their most vulnerable moments. To care, serve and help.”



Amanda Martinez is also a Licensed Practical Nurse here at RossWoods. She is a familiar face to our families and staff because she first started at RossWoods as a Certified Nursing Assistant while she continued her nursing program at Dalton State College. We are so fortunate that she is continuing her career here with us! Amanda shared “Nursing is much more than just providing care. It’s building a relationship with your participants. Seeing their smiles and their trust in me means the world to me.”



Judy Dodson is one of our part time RN’s who has been with RossWoods for several years. Her calming and kind presence is invaluable on our busy days! She states that she “finds great satisfaction in caring for others. Even just helping with simple activities brings a smile to their faces and mine.”



Karmon Suits, is another RN here at RossWoods who helps in every way possible. She assist with duties on the floor in direct care of participants when needed and she also takes care of inquiries, tours, trial visits and enrollments. Her medical background is essential in answering questions and helping our new families feel comfortable with our services. Karmon shares that “Despite all the specialties of nursing, each of us get the opportunity to have a positive impact in someone’s life. That’s both a lofty goal and a huge responsibility.”

Because of this nursing team and other staff members, our caregivers and family members know that their loved ones are being cared for, appreciated and valued throughout their day at RossWoods.



Left to right: Karmon Suits, Kisha Bates, Judy Dodson, Brooke Ellison and Amanda Martinez.



Introducing the 19th hole at RossWoods!

Participants at RossWoods enjoy a variety of physical activities each day. One new activity is our 19th hole! Many of our participants enjoy golf and for some, it is a new adventure to try, but either way, it is definitely a lot of fun!



Brooke's Medical Minute Managing Arthritis



Approximately 58 million Americans have arthritis--also known as joint inflammation.

Prevention

- Stay at a healthy weight. Extra pounds put pressure on weight-bearing joints.
- Control blood sugar. High blood sugar can stiffen the tissue that supports your joints.
- Exercise. This helps joints stay limber and strengthens the muscles that support your knees and hips.
- Stretch. Gentle stretching can improve your range of motion.
- Eat fish twice a week. Choose fish high in Omega-3s, like salmon, trout and mackerel. Omega-3s have many

health benefits and may reduce inflammation.

- Get routine preventative care. Your doctor may be able to suggest lifestyle changes that can help reduce your risk or slow the progress of arthritis.

Treatment

The goal of treatment is to provide pain relief, increase joint mobility and strength, and control the disease as much as possible.

Treatment of arthritis could include:

- Rest
- Physical therapy
- Hot or cold compresses
- Joint protection
- Medications
- Surgery to correct joint damage.

Your treatment plan may involve more than one of these forms of treatments.



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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 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

Memorial Day

Monday, May 30, 2022

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

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

A Special Thank You to the Following:

Name.....	Donation
Deborah O'Hearon	Cards & Paint
Judy Parker	Clothespins, Easter grass & coloring books
Ann Warren.....	Easter baskets& eggs
Leanne Edmond	Easter eggs & grass
Gail Vasbinder.....	Craft supplies
Patsy Gordon	Cards
Sally Little	Magazines
Jerome & Kathy Holcomb	Puzzles
Patricia Steadman.....	Cards

In Memory & In Honor

In Memory of.....By

Bill Vasbinder.....	Robert & Linda Sauerbrey
Bill Vasbinder	Linda Jones
Bill Vasbinder.....	Dave Johnson & Debbie Hale

In Honor of.....By:

Kathy Chadwick	Gary Gerds
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**MEMORIAL DAY IS OBSERVED ON MONDAY, MAY 30TH
ROSSWOODS WILL BE CLOSED.**

Wish List

Bird Seed

Clothespins

Birthday napkins

Plastic sun visors

Gardening gloves

Patriotic Craft Kits

Small American Flags

Plastic Table cloths – all colors

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

*Special Easter Thank You to
The Green Thumb Bird & Garden Club
for the handmade felt Easter eggs with candy!*





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

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United Way
of Northwest Georgia



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

RossWoods
ADULT DAY SERVICES

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Diann Thompson

Carolyn Turner

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 to update our records.