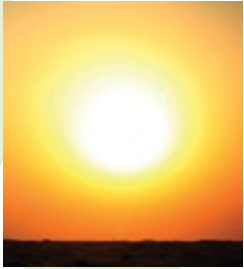




RossWoods
ADULT DAY SERVICES

August
2019



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

What do we do when it's hot outside?



Exercising our brains

We stay inside – where it's cool!



Shootin' the hoops!



Puzzle partners



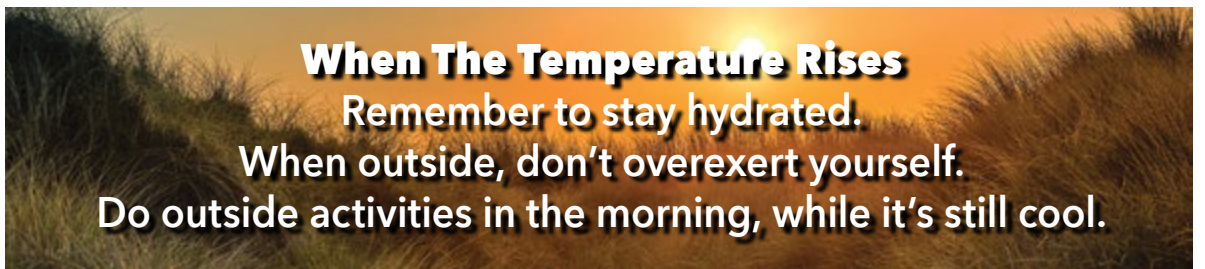
Beach ball fun



We love celebrating "Straw Hat Day!"



Baking goodies for afternoon snacks



When The Temperature Rises

Remember to stay hydrated.

When outside, don't overexert yourself.

Do outside activities in the morning, while it's still cool.

We reap what we sow...

... and for that, we are thankful!



HOW TO SURVIVE THE DOG DAYS OF SUMMER

In Northwest Georgia, it often seems as if summer lasts from Easter to Halloween. But we typically see the hottest of the hot days (the “dog days”) in July and August. For this reason there is some concern for keeping safe and cool. Fortunately, there are several things we can do to stay safe and cool, even in the midst of summer’s hottest days. Here are a few ways to beat the heat:

1. Don't wait until you're thirsty to take in fluids. If you're thirsty, you're already dehydrated.
2. Avoid caffeine and alcohol as these can cause the body to lose even more fluid.
3. Eat lots of fresh fruit or jello these are wonderful sources of fluids..
4. Add fresh lemon or lime to your water to add a little flavor.
5. Use water to dilute fruit juices, making them last longer and increasing your fluid intake
6. Dress in lightweight, light-colored, and loose-fitting clothing.
7. Take a cool shower or bath.
8. Get plenty of rest.

With a little diligence and preparation, everyone should be able to enjoy these dog days of summer safely.



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

2019-2020 RossWoods Closings

Labor Day

Monday, September 2, 2019

Thanksgiving Day

Thursday, November 28, 2019

Christmas Day

Wednesday, December 25, 2019

New Year's Day

Wednesday, January 1, 2020

Memorial Day

Monday, May 25, 2020

Independence Day

Friday, July 3, 2020

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

A special Thank You to the following:

Name	Donation
Ramona Paluszcyk	Magazines
Susan Gardner	Books, Magazines
Brenda Creekmore.....	Personal items
Carolyn Young	Arts & Crafts
Nancy Reynolds.....	Wishlist items
Walgreen's Walnut Ave	Magazines
Suzanne Redmon	Arts & Crafts
Mary Bandy	Wish List (Birthday Napkins)
Bill & Gail Vasbinder	Bird Seed
Shirley Davenport.....	Magazines
Patty Coppedge.....	Birdseed, Cards, Magazines
Patricia Steadman	Arts & Crafts
Patsy Pace.....	Large Print books
Susan Chandler	Arts & Crafts
Jean Kelley	Arts & Crafts
Linda Vineyard	Arts & Crafts
Cathy Dupre.....	Weather Alert System
Mary Hubbs	Arts & Crafts
Frank Fetzer Family.....	Personal Items
Anne Jones	Craft Supplies
Levonne Green	Arts & Crafts
Carolyn Turner	Participant's Baby Doll
Nicole Harrison Family.....	Personal Items
Mary Bandy	Arts & Crafts

In Memory & In Honor

The following have been honored with a gift to RossWoods.

In Honor of..... By:

Carla Jones Robert & Laurie Parker

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:

J Lynda Eidson John Pehlman

Dr. Sherwood Jones..... Greg & Kim Epps

Chuck Kimsey..... Bill Bowen

WISH LIST

Seasonal craft kits • Bird Seed
 Mod Podge • Polyester Fiber Fill
 Canvasses • Kitchen Whisks
 Wooden Spoons • Fall Flowers
 Burlap • Adult Safety Scissors
 Large and Small Hot Glue Sticks
 Colored Pencils • Coloring Books
 Coaster-size Wooden Tiles

If you have any questions,
please reach out to Diane.



RossWoods
ADULT DAY SERVICES

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

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RossWoods
ADULT DAY SERVICES

Carlene Mutter, *Executive Director*

Board of Directors

Bryan Macon, *Chairman*

Tommy Thompson, *Vice-Chairman*

Linda Blackman, *Secretary*

Kim Epps, *Treasurer*

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Elizabeth Avett

Dave Hastey

Ben Laughter

Debbie Macon

Micah Riggle

Reginald Sherrill, M.D.

Barry Slaymaker, Jr.

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 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 Karmon Suits, RN, at 706-270-9628 to register your loved one.



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. **Like us on Facebook**



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.