



RossWoods
ADULT DAY SERVICES

February
2025

happy
Valentine's
Day

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

“It’s Time to Talk About it”

Communicating and keeping your loved one talking is so important! It doesn't matter if the information is precisely correct or in the right timeframe. What matters is they are using their all of their skills to look at you, hear your words and form answers to communicate with you. Try to foster daily conversations with your loved ones and encourage others to do the same!

When starting conversations with someone who has Alzheimer's or other types of dementia, focus on positive, familiar topics like past memories, hobbies, family, and simple questions about the present, using prompts like: "Do you remember when we went to..." (name a familiar place), "What was your favorite thing about your job?", "Let's look at some pictures of your family".

Key points to remember:

- Keep it simple: Use short, clear sentences and avoid complex questions.
- Focus on the present: Ask about what they can see or hear right now.
- Use open-ended questions: Encourage them to share stories and memories.
- Positive reinforcement: Compliment them and acknowledge their responses.
- Adapt to their interests: Find out what they enjoy talking about and tailor your conversation accordingly.

Here are some conversation starters to try:

- Family and loved ones:
- "Do you remember your children's names?"

- "Tell me about your parents."
- "What was your favorite thing about being a grandparent?"
- Past hobbies and interests:
- "Did you like to garden?"
- "What kind of music did you listen to when you were young?"
- "Do you remember any favorite recipes from your childhood?"
- **Everyday activities:**
- "What's your favorite meal of the day?"
- "Do you like to watch TV? What shows do you enjoy?"
- "What is the weather like outside today?"
- Visual prompts:
- "Look at this picture, do you recognize anyone?"
- "Can you tell me what you see in this photo?"
- "Do you remember this song?" (play a familiar tune)
- **Important things to avoid:**
- Asking questions that require complex recall: "What day is it today?" or "What year is it?"
- Arguing or correcting them: If they misremember something, gently redirect the conversation
- Talking down to them: Treat them with respect and engage them in conversation as an adult





From:
“Welcome to Planet alzheimer’s”
By Candace A. Stewart

**Never argue with your loved one.
Remember logic & reason do not apply.
You are not who you think you are,
You are who they think you are.
Never take anything personally.
Old memories are best.
Learning to do something new is not so important.
Being loved and accepted at all times is.
Have no expectations.
Take advantage of help when it is offered.**



Brooke’s Medical Minute

From your RossWoods Nurses

Open communication between our caregivers and Nurses helps to ensure we can provide optimal care to our participants. Please report the following changes to our Nursing staff:

- Medication Changes- Nursing keeps a detailed list of medications in each participants chart. We also assess for effectiveness of medication changes, as well as any side effects.
- Falls, ER Visits, and/or Hospitalizations- Nursing documents all Falls, ER Visits, and/or hospitalizations, and assesses for any changes in participant mobility, functions and needs.

- Behavioral changes- If your loved one is increasingly confused, agitated, or has a restless/ sleepless night at home this is important for Nursing to know, so that we can monitor your loved one more closely at RossWoods. We also document these behaviors and will notify your loved ones Primary Physician as needed.

Our Nurses take great pride in supporting and communicating with our families to ensure we are all on the same page with each participants plan of care. Thank you!



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

2025 RossWoods Closings

New Year's Day

Wednesday, January 1, 2025

Good Friay

Friday, April 18, 2025

Memorial Day

Monday, May 26, 2025

Independence Day

Friday, July 4, 2025

Labor Day

Monday, September 1, 2025

Thanksgiving

Thursday and Friday,
November 27 & 28, 2025

Christmas

Wednesday and Thursday
December 24 & 25, 2025

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

In Memory & In Honor

In Honor of: **Given By:**

Debbie Macon Susan & Dewey Reams

Norma Griffin Blake Griffin

Maudie Roger Mark & Carol Rogers

Wish List

Bingo Prizes

Tempura Paint - All Colors

White Paper Plates

St. Patricks Day Crafts & Party Supplies

Easter Crafts

Ribbon - All Colors

Thank You! to the Following:

Sally Little Magazines

Martha Hughes Daily Devotions &
Magazines

Jim & Susie Harrison Bingo prizes and Craft
Supplies

Tammy Nibbet Briefs & Gloves

Hillard & Becky Jolly Magazines

Chrissie & Sharon Elrod Valentine Crafts

James & Hollis Gregory Wrapping Paper & Greeting
Cards & Art Supplies

Garlene Crow Art Supplies



Beauty Shop is now open
on Wednesdays.

We are excited to
welcome Cindy Stokes to
RossWoods. Cindy is very
experienced with over 30
years of hair styling and
she is excited to be with
us! For appointments,
please call her at
706-537-9668

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



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

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RossWoods
ADULT DAY SERVICES

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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 meets on the second Tuesday of every month at RossWoods from 12-1pm. 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 Cindy.

If your physical address or email has changed, please call 706-270-9628 or email <mailto:frontdesk@rosswoods.org> to update our records.