

July
2025



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

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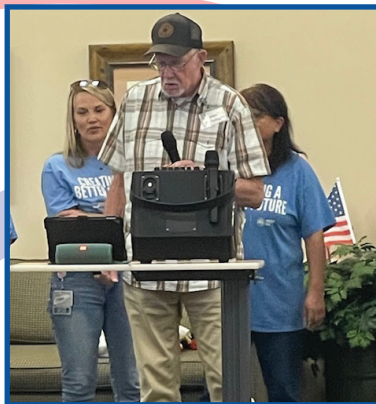
Visit us at
rosswoods.org



Our fantastic July 4th flag that we made stop by & see it!!!



Afternoon Exercise



Jerry singing "Country Roads"



Fun Friday Crafts!



Norma on Hat Day



Ms Josie enjoying the backporch



Ms Freeda and "her" singing Cowboy



Ms Barbara crafting on the first day of summer

We make use of the sun while it shines here at RossWoods!

The best fun in the sun is with friends celebrating national theme days, the first day of Summer, listening to music, or making favorite crafts.

We love to celebrate our nation's Independence Day and this year we made a huge red, white & blue paper roll flag that is proudly displayed in our great room for all to enjoy!

At RossWoods we have a daily schedule that includes morning events & trivia, chair yoga, lunch, Bingo, and then a variety of interactive options for afternoon fun.

Please share this newsletter with someone you think might enjoy spending their day with us!



Physical activity and cognitive stimulation through games and puzzles are vital for individuals with Alzheimer's disease. Physical activity like watering our outdoor vegetables and flowers can improve strength, balance, and mood.

We enjoy picking our tomatoes and cucumbers every day- they are a great addition to our lunch and afternoon snacks.

Games and puzzles can maintain cognitive function, enhance memory, and promote social interaction. Everyone enjoys our variety of puzzles and we are having fun playing Pictionary & Hangman on our new portable dry erase board.

Combining these approaches offers a holistic way to manage Alzheimer's and improve quality of life.



Brooke's Medical Minute "Water you waiting for?"

Why are seniors more at risk for dehydration?

As we age, our bodies thirst signal diminishes. Our loved ones may not even realize they need water because they don't feel thirsty like they once did.

Preventing Dehydration:

The best way to prevent dehydration is to drink plenty of water. Drinking soda and coffee may worsen dehydration. Keep in mind that a person needs 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 lemons, limes, or oranges so it tastes better. You can also add herbs like mint or basil.

If you've tried these tips and you're still experiencing dehydration, please talk to your loved ones doctor for more suggestions and observation.



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.

Thank You! to the Following:

Name Donation

Linda Vineyard July 4th supplies

Vivian & Art Carlson cards for crafts

Patti Coppedge Birdseed

Melissa Duncan Blow bubbles, party
supplies & crafts

Kim Pickens &

Mt Vernon Women of Faith July 4th decorations &
supplies

Mary Mealer Bingo prizes

Dottie Shaw Magazines

Wish List:

Tempera - water based paints - all colors

Fall flowers & leaves, Fall crafts, Colored beads, Bingo

Prizes, Glue gun with glue sticks, Colored pencils

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

S.A.F.E. Program is now available in Whitfield County!

The Senior Assistance and Friendly Enforcement
program is a community service initiative designed to
promote the safety and well-being of senior residents in
Whitfield County. RossWoods has more information to
share including the brief application to fill out and
submit. Please call us at 706-270-9628 for more
information.

Who let the dogs out? We did & it was so much fun!!
At RossWoods we have monthly pet visits with Davis
Girls Therapy Dogs.





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

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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.