



RossWoods
ADULT DAY SERVICES

March
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

1402 Walston Avenue, Dalton 30720 • Phone: 706-270-9628

Visit us at
rosswoods.org



With Prizes !

Just about everyone knows how to and likes to play Bingo- but what about Bingo with Prizes?! Here at RossWoods we play Bingo every day after lunch. It is part of our daily routine and we all enjoy it very much.

However, we really like Bingo with Prizes even more! Bingo with Prizes happens twice a month and on those days, we have 100% participation because who doesn't like to play a game AND get a prize? A prize that the winner can pick themselves!

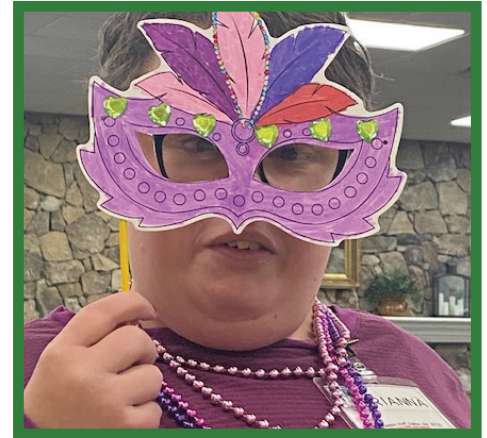
These prizes are not necessarily expensive or glamorous but they are special to the person who picks them as their prize. These prizes are donated and because we play twice a month, we are always needing more prizes to hand out. Most of the donations come from the Dollar stores around town. Socks, dishtowels, specialty drinking cups, calendars, seasonal items, decorations, hats, holiday items, sunglasses, anything bright & fun. We cannot accept anything to eat or glassware. Participants at RossWoods enjoy spending time together and playing games. Bingo is just one of the many fun activities we do every day. Our staff works very hard to provide a variety of fun and engaging activities for our participants. Staying alert and being busy during the day gives everyone a sense of purpose and accomplishment!





We “let the good times roll” here at RossWoods for Mardi Gras!

Masks with a parade and even a King Cake for snack! Rosemary had the baby in her piece of cake – so she will have good luck all



Caregiver Tips:

Share a purposeful activity - Negative behaviors are often a result of boredom or frustration.

Speak Face to Face - No more than three feet away from the person. Tip: speaking to them on their left side helps activate their “social” right side of their brain.

Gain their Attention - Use limited common words. Wait for their response - It may take longer than you want, but remember their processing skills are slower now.

Offer Choices - but limit them to two. Opportunity to choose empowers your loved one and makes them more cooperative.



Brooke’s Medical Minute

Sleeping Issues For Your Loved One?

Here are some tips that may help caregivers ease sleep problems in people with Alzheimer’s:

- Help the person get exercise each day.
- Limit naps and dozing late in the day.
- Plan activities that use more energy early in the day.

For example, try bathing in the morning or having the largest meal in the middle of the day.

- Set a quiet, peaceful mood in the evening to help the person relax. Keep the lights low, try to reduce noise levels, and play soothing music if the person enjoys it.
- Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.
- Develop a relaxing bedtime routine with lowered lights, cool temperature, and no electronic screens.

- Avoid alcohol and caffeine.
- Use nightlights in the bedroom, hall, and bathroom
- Getting help with sleep problems

If sleep problems continue to be a challenge, talk with a health care provider. They may be able to identify possible causes and suggest solutions. For example, a person with Alzheimer’s may have a medical condition or take a medication that causes sleep problems. In other cases, Alzheimer’s itself may be causing changes to the brain that disrupt sleep. The health care provider may recommend medication or nonmedication strategies to help the person sleep well.



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.

Thank You! to the Following:

- Name..... Donation
- Larry & Sue Anderson..... Puzzles & beaded necklaces
- Steve Sykes Magazines
- Sandra Morgan..... Bingo prizes
- Rhonda Black..... Bird seed
- Donna Ivester & friends..... Bingo prizes
- Alicia Squillario Cards
- Catherine Smith w/Shaw surgical masks & Bingo prizes
- Dottie Shaw..... Magazines
- ADK Sorority..... Lowes gift cards for outdoor vegetables & flowers
- Terri Brown..... Craft supplies
- Melissa Duncan party & craft supplies
- Rita Wagner baskets for crafts
- Open Door Light House & Kristen Chadwick Bingo prizes
- Pam Cappes Craft kits, party supplies

**In Memory of William "Bill" Wright Jr. given by
Bryan & Donna Hair, Charlotte Brunson,
Denise Ambrose, Tom & Lydia Bartley**

**Special Thank You to:
Laurel Garden Club for their donation towards the
RossWoods Building & Grounds Campaign.
Special Thank you to:
Dr. William and Linda Blackman for their donation to
RossWoods.**

RossWoods Beauty Shop is pleased to welcome Cindy Stokes! Cindy has been a stylist in Whitfield County for over 30 years and many our families are familiar with her work. She will be accepting appointments on Wednesday. RossWoods caregivers need to contact her directly to make appointments and payment arrangements. Please call RossWoods for her contact info.



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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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.