



RossWoods
ADULT DAY SERVICES

**December
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

Counting Our Blessings!



December is always a wonderful time to enjoy the opportunity to see family and friends. It is also a time to reflect before you turn the calendar to a new year and recognize the many blessings that have come your way.

RossWoods has been blessed this past year with wonderful participants and their caregivers who partner with us to care for their loved ones.

We are blessed with a caring staff who show their love and compassion for our participants and their families every day. Our staff is supported by a generous community of organizations and volunteers who encourage our participants and support RossWoods with both their time and money.

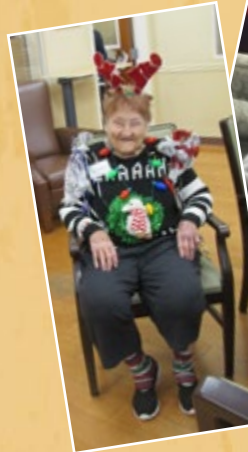
We are supported by a strong and caring Board of Directors, whose vision and leadership has guided RossWoods to the program it is today.

Please help us in 2020 by sharing with others the services that RossWoods provides and give us an opportunity to help more families in the new year!

Thank you again for your support. May you and your loved ones be blessed this holiday season with the message of Christ's birth and the gift that He is for us all!

Sincerely

Carlene & the RossWoods Staff



**RossWoods will be closed on Wednesday, December 25, 2019
and Wednesday, January 1, 2020**

Brooke's Medical Minute

This month Brooke, RossWoods' RN, focused on how important water is to the body. There are several reasons why we should strive to stay hydrated. Hydration keeps our throats and lips moist, it promotes good heart health and helps our muscles and joints perform better. Water helps to cleanse our bodies – inside and out.

Chronic illnesses such as diabetes, can increase your risk of dehydration as well as certain medications prescribed by your doctor. Symptoms of dehydration include thirst, dry mouth, dark yellow urine, dry skin, headache, constipation and feeling dizzy.

We can increase our water intake by adding soups and broths, fruits and vegetables, and Jello to our routine diet. Add a lemon wedge to your water if you would like some flavor. If you are on a fluid restricted diet, please consult with your doctor before adding any of these recommendations to your diet.



RossWoods sends out a special Thank You to Post 112 of the American Legion who helped us honor our vets on Veteran's Day!

When you shop at
smile.amazon.com
Amazon donates to us.

amazonsmile

You shop. Amazon gives.

**Inclement Weather
Notifications!**

 **remind**

Text the message @rosswoods
to the number 81010 or to
865-622-6015 to sign up for
weather related notifications
from RossWoods

And the Grinch, with his grinch-feet ice-cold in the snow,
Stood puzzling and puzzling: "How could it be so?
It came without ribbons! It came without tags!
It came without packages, boxes, or bags!"
And he puzzled three hours, till his puzzler was sore.
Then the Grinch thought of something, he hadn't before!
"Maybe Christmas," he thought, "doesn't come from a store.
Maybe Christmas... perhaps... means a little bit more!"

– Dr. Seuss





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

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

Labor Day
Monday, September 7, 2020

Thanksgiving Day
Thursday, November 26, 2020

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



A special Thank You to the following:

Name	Donation
P.J. Pace.....	Large Print Books
Frank Melton.....	2 Wheel Chairs
Mary Bandy	Colored Pencils
Carolyn Young	Seasonal Items
Barbara Ward	Magazines
Peggy Manning.....	Candy, Arts & Crafts
Susan West.....	Wooden Spoons
Linda Vineyard	Fall Crafts, Art Supplies
Donna Voyles.....	Magazines
Alice Squillario	Magazines
Judy Bryson.....	Cards, Magazines, Wish List Items
Nicole Harrison.....	Fall / Christmas Arts & Crafts
Patsy Pace.....	Large Print Books
Pat Quarles	Arts & Crafts
Martha Hughes	Cards
Nancy Reynolds.....	Purses
Rock Bridge Church.....	Arts & Crafts Supplies
Judy Parker	Arts & Craft Supplies
Kathy Chadwick	Bingo Prizes, Craft Supplies
Walgreen's.....	Magazines
Carol Hicks	Bingo Prizes
Mount Vernon UMC.....	Arts & Crafts Supplies
Devon Brook.....	Foot Massager
Becky Jolly.....	Calendars
Cathy Rauschenbery	Wish List, Arts & Crafts
Barbara Ward.....	Magazines

RossWoods received a donation made possible by the generous donations of participating NGEMC members in the Operation Round Up program.

A generous donation was also received by the Strain Family Charitable Foundation

Wish List



- Burlap
- Canvasses
- Mod Podge
- Bingo Prizes
- Used Purses
- Sandwich Bags
- Winter Craft Kits
- Polyester Fiber Fill
- Foam Paintbrushes
- Fat Hot Glue Sticks
- Black Oiler Bird Seed
- Christmas Fabric, Ribbons, Flowers, and Leaves
- Birthday Party Napkins, Plates, & Plastic Table Cloths
- Tempera Paint in Christmas Green, Red, Orange, White, and Brown



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



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

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Dalton, GA
Permit# 309

ADDRESS SERVICE REQUESTED



United Way
of Northwest Georgia



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

RossWoods
ADULT DAY SERVICES

Carlene Mutter, *Executive Director*

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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 last Tuesday of every month at RossWoods from noon to 1 pm. A light lunch will be served. All caregivers are invited. Please call in advance if you would like to attend. 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.



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.