



RossWoods
ADULT DAY SERVICES

**July
2022**



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

Celebrating National Nursing Assistants Week

RossWoods is blessed to be able to provide excellent nursing care for our participants. Our nurses are supported by a team of nursing assistants that help provide our daily programs, special activities, meals, toileting assistance, direct one on one care and so much more! This team brightens our days here at RossWoods with their hands on care for our participants.

Diane Hedrick, CNA and our Program Coordinator, has been with RossWoods since Day One! She is a valuable member of our staff who strives everyday to make our participants feel valued and appreciated.

Veronica Richmond has been with RossWoods for five years. She coordinates our kitchen, assists with participants and supports our team.

Beth Cross, CNA, joined RossWoods when we re-opened last year. She takes excellent care of our participants and enjoys getting to know their interests and history.

Melissa Laster, Program Assistant, has been at RossWoods for three years. She loves being around our participants, taking care of them and helping them with their crafts.

Nayeli Gutierrez, Program Assistant, joined our team thru the Endless Opportunities program. This program helps newly graduated high school students explore careers before making any permanent career choices. We were fortunate to have her start her medical career with us and support her as she advances in her training.



From left: Veronica Richmond, Nayeli Gutierrez, Beth Cross, Melissa Laster, Diane Hedrick

If you know of someone who could use our services, please have them call Karmon Suits at 706-270-9628

Celebrating July 4th at RossWoods

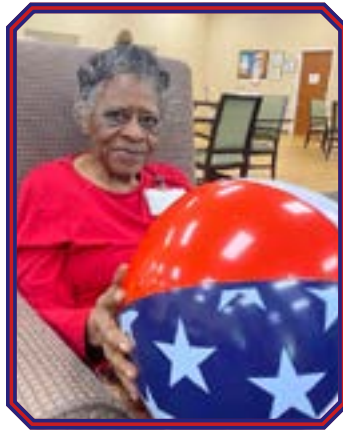
We have been celebrating and getting ready for July 4th here at RossWoods with special crafts and games. Everyone enjoys waving the flags, singing favorite songs and sharing stories.



Nancy enjoys craft time at RossWoods



Benny, Wanda and Colleen show off their July 4th wreaths



Bob, Ms. Allean, Debra and Maude all enjoy our summer games

Brooke's Medical Minute Start Moving



Staying active helps you maintain independence and prevent health complications. Physical activity will also improve your strength and balance, give you more energy, boost your mood, and improve your brain function.

- **Consult with your doctor** about which types of exercise will be best for you.
- **Get moving:** Most older adults need about 30 minutes of exercise per day.
- **Stay flexible:** stretching activity helps keep you limber and makes it easier to move.

- **Work on your balance:** Exercises like standing on one foot, can keep you steady and help prevent falls.
- **Try strength training:** It prevents you from losing muscle mass and strengthens your bones. Aim for 2 days a week. Good choices are lifting weights, using resistance bands, and doing body weight exercise
- **Look out for your joints:** Choose things that are gentle on your joints, which weaken as you age. Walking and water aerobics are good choices to keep your hips and knees working well.

The various activities we do daily at RossWoods are the perfect way to get moving. Be sure to come do chair exercises, gardening, walking, and beach ball activities with us! We make exercising fun!



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

2022-2023 RossWoods Closings

Independence Day

Monday, July 4, 2022

Labor Day

Monday, September 5, 2022

Thanksgiving Day

Thursday, November 24, 2022

Christmas Day

Monday, December 26, 2022

New Year's Day

Monday, January 2, 2023

Memorial Day

Monday, May 29, 2023

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

Thank You! to the Following:

Name.....	Donation
Mike & Cheri Riddle	Flags and table cloths for parties
Ann Bowen.....	Birthday party supplies, gardening gloves, flags & décor
Amy & Beverly Bryson	Tablecloths for parties, gift bags, Bingo prizes

Thank you to James Hammack
for a special donation

In Memory & In Honor

In Honor of.....By:

Janice Gragg.....Richard Gragg

A Special Thank You



Tommy enjoys the fresh watermelon for a snack!

Special Thank you to all you who drop off watermelons, fresh peaches and berries!

We love those surprises for snacks! Sometimes we even get the participants together in the little kitchen and make cobblers for everyone to enjoy!



Ms. Jackie enjoys music therapy and playing instruments.

Kitchen whisks

Glue Sticks

Picture frames

Fall fabrics

Seasonal ribbons

Bingo prizes

300 piece puzzles

Large & XL elastic waist jogging pants



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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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/Lunch and Learn meets on the second Tuesday of every month at RossWoods from noon to 1 pm. Due to COVID restrictions, we are unable to serve lunch at this time. 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 Karmon.

If your physical address or email has changed, please call 706-270-9628 or email ksuits@rosswoods.org to update our records.