



RossWoods
ADULT DAY SERVICES

March
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

USA! USA! USA!



Debra takes aim for high score ...



Linda is a gold medalist!



Bill, our team Captain

RossWoods celebrated the 2022 Winter Olympics by participating in our own Olympic activities. Over the two week event, we read about the countries attending the Olympics, their athletes and the history of the Winter Olympics. Several RossWoods

participants were watching the events at home and staying involved with the medal count.

We hosted several Olympic game events at RossWoods that everyone enjoyed very much.

We even had some Gold medal winners!



Benny sets his serve



Angela is USA's #1 fan



Nancy's steady hand for Bocce Ball



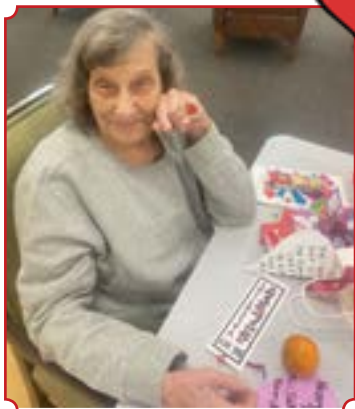
Broke sets the ball for the RossWoods team!

Spreading Some Love

RossWoods celebrated Valentine's Day the old fashion way - with individual Valentine bags and personal cards for each other. It was a festive party with bright colored tablecloths, party supplies and sweet gifts of love and happiness!



Counterclockwise from left: Susan delivers her Valentine cards; Sally finds a special gift in her bag; Jim enjoys reading all the Valentine Cards he received.



Spring is Around the Corner

RossWoods is so fortunate to have a beautiful backyard for everyone to enjoy. One of our favorite activities is to watch the birds that come to our birdfeeders. This month we have been busy keeping the feeders full for our winged friends!

We also learned how to make graham cracker bird feeders for our birds. This was a lot of fun and very easy to make. Ingredients include graham crackers covered in peanut butter and sprinkled with bird seed, cheerios & dried fruits. Angela, Debra and Benny really enjoyed making this craft!



Brooke's Medical Minute How Much is Too Much?



Sugar has long been recognized as a contributing factor to certain health risks, such as diabetes, cardiovascular disease, cancer, and depression. For older adults, avoiding excess sugar intake is crucial for health and wellbeing.

How much is too much? Sugar occurs naturally in any food that contains carbohydrates, including grains, dairy products and even fruits and vegetables. Many people don't think of these food as "sweets" however, most people consume far more sugar than they realize.

An average American consumes about 17 teaspoons of sugar in a day – that's 270 calories alone. For someone following 2,000 calories a day diet the recommendation is 200 calories or 12 teaspoons of sugar. Sugar is also very high in our favorite condiments such as ketchup, barbecue

sauces and others. Many people try to find substitutes for these in other spices and herbs.

How can we reduce our sugar intake?

- Determine how much sugar is in what you eat? The Nutrition Facts label on your products is a good place start.
- Look for foods labeled "no sugar added" or "sugar free"
- Replace your sugary drinks with water or sugar free beverages
- Research some of the natural sugar alternatives such as Stevia, Erythritol or Xylitol.

While reducing our sugar intake can be challenging and sometimes time consuming, in a few weeks after beginning on a low sugar diet, most people do stop craving sweets.

As with any dietary changes, you should always consult with your doctor of their suggestions and input.





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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 _____

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In Memory of _____

In Honor of _____

Acknowledge To _____

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Important Notice

2022-2023 RossWoods Closings

Memorial Day

Monday, May 30, 2022

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

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

A Special Thank You to the Following:

- Paula MorrowFive Birdfeeders for backyard
- Beverly SessionsMagazines
- Larry & Sue AndersonBird seed
- Linda WilsonBingo prizes
- Michelle SkellyGift bags
- Judy ParkerBird seed & cards
- Dr. Reginald SherrillMagazines
- Alpha Delta Kappa
- Teachers SororityEaster crafts, potting soil, seeds & plant containers

RossWoods is excited to announce that we have restarted our monthly Caregiver's Support Group meetings. These meetings will be held on the second Tuesday of every month 12:00PM – 1:00PM.

Unfortunately, because of COVID restrictions, we will not be able to provide lunch. Masks are also required during the meeting. Health screenings will be completed for each person attending.

We look forward to assisting you care for your loved one by restarting this additional service. Our goal is to aid you and your family as much as we can.

Please call Karmon Suits at 706-270-9628 least 24 hours in advance for seating purposes. We look forward to seeing you!



Dayna Smith and her mom, Colleen, enjoy the promise of warmer weather in their matching sunglasses!

Wish List

Colored Easter straw for baskets

Bags of potting soil & topsoil

Double Wire Ring Wreaths

Plastic Easter eggs

Easter baskets

Easter Crafts

Clothespins

Artificial flowers

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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of Northwest Georgia



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RossWoods
ADULT DAY SERVICES

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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/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.