

# Winthrop Polk

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WE'RE ON THE WEB!

WWW.CWREIC.COM

## Management Team

**Carol Saunders**  
*Executive Director*

**Diane Jackson**  
*Resident Services Director*

**Lisa Fuller**  
*Food Services Director*

**Pattie Roberts**  
*Activity Director*

### Answers to page 3 quiz:

1. **China:** This is the world's most populous country.
2. **Nigeria:** The capital of this country is Abuja.
3. **Japan:** This is the only country to ever suffer an attack with atomic weapons.
4. **South Korea:** The capital of this city is Seoul.
5. **United Kingdom:** This country is a great industrial power despite the fact that it must import many resources.
6. **South Africa:** The capital of this country is Pretoria.
7. **Romania:** Dracula's home, Transylvania, is in this country.

## Check Your Calendar

- \*The Beauty Shop is open every Wednesday.
- \*Get a manicure on Mondays at 1:30 pm.
- \*Happy Hour every Wednesday at 3:00 p.m.
- \*Church service every Sunday at 9:30
- \*Exercise-every day at 11:00
- \*March 10 Jimmy and Jean Sanders sings at 2:00
- \*March 10 Birthday Party at 3:00
- \*March 17 St. Patrick's Day Party
- \*March 18-Resident Council Meeting at 2:00
- \*March 14 Second Baptist Church 3:00
- \*March 20 Larry and the Overcomers sing at 2:00
- \*March 24 Jim and Ann Wright sing at 2:00
- \*March 26 Out to Eat at Zorba's
- \*March 29 Booty Spencer sings at 10:00

March 2010

# Winthrop at Polk

Assisted Living Community

## From Your Executive Director...

With March comes the beginning of Spring. We all look forward to the spring flowers and the budding of the trees. It is also a time to reflect and enjoy the renewal of the season.

In one of my daily devotionals I came across an article that has real meaning to me and I wanted to share with you. It's a poignant story of a lady who kept an ordinary cardboard box sitting on a bookcase in her home. The box was filled with notes, cards, and letters from friends and loved ones, offering love and encouragement at a time when her life was filled with sadness.

She was housebound for several years while caring for her husband who had Alzheimer's disease. As each card arrived, it provided her and her husband with a cheerful message telling of the sender's prayers, love, and support. The words on the cards were often exactly what she needed to make it through the day.

I sit back and think of what this means to my life...I make every effort to try to offer words of comfort and love to my residents, but I find that they are in turn consoling me. They are the reason I am here each and every day. God has given me a purpose and I feel that with the love and kind words that I receive each and every day from my wonderful residents, I am where I can bloom and be blessed.

We all need to remind ourselves daily of this verse from Corinthians:

*Who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. --2 Corinthians 1:4*

As we welcome one of our newest residents, Mrs. Betty Louise Butler, let's all remember one of the ten commandments in Matthew's words: "Love your neighbor as yourself".

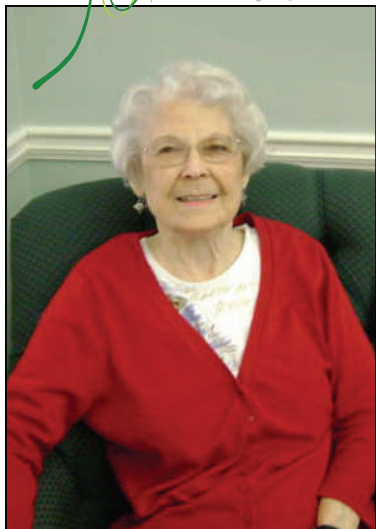
With Love,

*Love is,* Carol  
above all,  
the gift of oneself.



# Resident of the Month

*Wilna F. Williams*



Wilna was born in Hines County, MS on July 29, 1922, to W.B. and Mary Field. She grew up and graduated high school in Edwards, MS and went on to graduate from Hines Jr. College. She taught a year in North Mississippi where she met her husband of almost 63 years, Dolph Williams, who was working for the U.S. Department of Agriculture.

(Ask her about one of her students saying, "Miss Field! There's that cow-tester!").

After a year of teaching and a year of working for the Army in Florida (her first long train trip), she received a discharge to marry Dolph in Gatlinburg, TN on December 19, 1942. Dolph was transferred to White County, GA where their first child was born in September, 1944. About three weeks later, they transferred to Cedartown where they had their second child in 1946.

Wilna began teaching school in 1951 and attended West Georgia College in the evenings and summers to complete her degree. She taught at Purks Jr. High, Northside Elementary and back to Purks before retiring in 1980. She coached girl's basketball and taught math and history to just about everyone you meet in Cedartown!

Wilna's activities include being an active member of Cedartown's First Baptist Church for over 65 years where she participated in the women's activities, choir and teaching Sunday School. Always one to try new things, she's traveled widely and has been active in many crafts such as macramé, basket weaving, needlepoint, candle wicking, and china painting. She was an avid gardener, square dancer, cook and bird watcher. Currently she spends her time enjoying her lovely home in Winthrop at Polk and doting over her daughter, Judy Maybach, her son, Dolph, Jr. and her 5 grandchildren.

We are so proud that Wilna is a part of the Winthrop at Polk family!

## Celebrating Life



# Party, Party, Party?



Valentine's Day Party



B Team Angels



Hal Floyd FHF Salon

## Keep That Brain Fit!



Can you unscramble the countries in Part 1 and match them with the appropriate fact about them in Part 2?

### Part 1

1. HCAIN
2. GRIINAE
3. PAJNA
4. SUKTROOAEH
5. MIKUDITDNENGO
6. HUFAIORSACT
7. MNAAORI

### Part 2

1. This is the world's most populous country.
2. The capital of this country is Abuja.
3. This is the only country to ever suffer an attack with atomic weapons.
4. The capital of this country is Seoul.
5. This country is a great industrial power despite the fact that it must import many resources.
6. The capital of this country is Pretoria.
7. Dracula's home, Transylvania, is in this country.

(See answers page 4)