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Winthrop West Assisted Living, located on Technology Parkway in Rome, is a locally owned and operated senior living community specializing in Alzheimer's Care. We provide quality care with a servant's heart by a well trained staff including a medical director and a team of nurse practitioners.

Our programs and services are designed to promote individuality, dignity, respect and privacy while nurturing the spirit of each person in a safe, loving environment. Services include meal plans, social activities, weekly linen and housekeeping services, personal care assistance and 24 hour monitoring.

Management Team

Linda Russell
Executive Director

Sharlette Swain
Resident Services Director

David Duke
Activities Director

Esther Posey
Administrative Assistant

Gaynell Pittman
Food Services Director

Welcome New Residents
Carlton Littlejohn
Joy Littlejohn

Make the Most Of Every Day



February 2010 Winthrop West Assisted Living Community

Specializing in Alzheimer's Care

A Note from Your Executive Director

When I think of February, I always think of hearts. St. Valentine's Day and the American Heart Month are celebrated in February but my sweet Kelly's birthday is February 21st and then God called her Home to heaven on February 24th, 2009. She was so very much a part of my heart. She lived to be 44 years old and was a blessing to everyone she met.

The sadness and grief has been with me every day since she was called home, but as the anniversary of her leaving me approaches, my heart is beginning to heal and the love I feel around me each day at Winthrop has helped me to face each day anew.

Colors of Love

Love can be red, like the intense heat of a passionate kiss.
...the color of sweetness,
the color of strawberries
Love can be blue, like the comfort we take in a pair of denim jeans
....the color of strength
...the color of perfect skies.
Love can be yellow,
bright and warm like the morning sun.
....like the sounds of laughter of children on the merry-go-round
....like the sounds of fun from the boys flying kites in the open fields.
Love can be green, peaceful and serene



I can hear your heart beats.
....it is the feeling of a loving hand that touch a grieving heart
....it is the whispering of trusting words to a distressing soul
Love can be orange, the loudness of it can drive you up a wall.
....it can drive you to sing like nobody is listening
....it can drive you to dance like nobody is watching
Love can be purple, the courage we need to love bravely and unselfishly
With a grateful heart for all of you sharing your hearts with me;

With all my love,
Linda Russell

Happy Valentine's Day!



Resident Spotlight

Donald Godfrey

Donald Godfrey was selected as this month's "Resident in the Spotlight" at Winthrop West.

Mr. Godfrey was born in Georgia and was raised in and around Rome. His father Gilbert Godfrey was a well known, long time Baptist minister in the area.

Mr. Godfrey graduated from McHenry High School. After high school he joined the Marines and served four years; however, he never saw active battle. After the military, Mr. Godfrey attended college at Jacksonville State in Alabama where he earned a Bachelor's degree in business.

Mr. Godfrey worked 30 plus years for AAFES (Army Air Force Exchange Service) in the area of merchandising and management. His career took him around the world; he lived in several foreign countries including Japan, Korea and The Philippines as well as in many states in the U.S. He has always been an avid traveler and even bought a motor home to use to travel around the country after he retired.

Mr. Godfrey has four children; Tim who lives in Cedartown, Michael who lives in Kentucky, Sharon who lives in Texas, and Theresa, from North Carolina. He has 10 grandchildren and 6 great grandchildren.

Mr. Godfrey enjoys fishing, traveling, vintage car collecting, movies, music, dining out, and spending time with family and friends.

Everyone at Winthrop West is happy to share a part of our lives with Mr. Godfrey and we thank him for allowing us to shine the spotlight on him for the month of February.

Somewhere Deep Inside

*Somewhere deep inside of me
There is a person you might not see
Look at my face and you may only see
The person that you may not want to be
Look at my smiles, my tears, my confusion
Then you may know my world is illusion
Do I make you wonder
who I may have been
If so, then you have become my friend
If only you will smile
when you look into my eyes
I may see the glimmer when
life was once full of surprise
I no longer have the need to rationalize
So there is no need to apologize
So please care for me as you would
for your friend
Because it is you for whom I have to depend
If but for a moment you find me content
It is then you will know your time was
well spent.*

January Birthdays

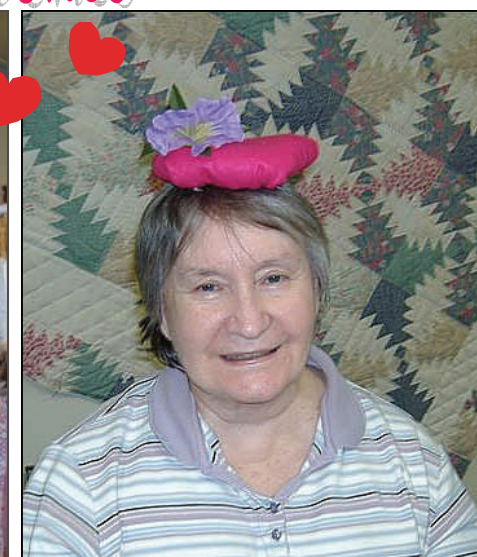
Malcolm Gore – 02/18

Mary Dean Harris – 02/27

Annie L. Jones – 02/06

Angela Lavette – 02/26

January Activities and Events



Employee of the Month

Belinda Haines

Belinda Haines was selected as this month's "Employee of the Month". A newcomer to Winthrop West, Belinda joined the team in October 2009. She has quickly made quite an impression on the residents and staff. Belinda is very loving and caring to all our residents and is a reliable, dependable, top notch employee. Thanks Belinda for being a team player and all of your hard work.

