



279 Technology Parkway
Rome, Georgia 30165

Phone: 706-232-5244
winthropwest@cwreic.com
www.cwreic.com

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
Donald Godfrey
Wyatt Thornton



Pictured L-R:
Top, Mrs. Samuel,
Helen and her guest,
Mrs. Hendon, Betty
and Melba; Santa and
Mrs. Elsie Broom.

Winthrop West

Assisted Living Community

January 2010

Specializing in Alzheimer's Care

A Note from Your Executive Director

Making A Difference

It is my habit in the evening to go home and watch the evening National news. It is a habit developed when, as a child, I relished sitting in my father's lap while he watched the news. My favorite station is R.B.C. because, for several months now, they end their broadcast with a segment called... "Making A Difference".

The segment focuses on ordinary people who have done extraordinary acts of kindness for others and made huge differences in people's or animal's lives who have fallen on hard times, lost their jobs or homes, need medical attention, and performed many miraculous and remarkable investments of goodness to others.

Having been made so aware through this program, of the kindness shown, has given me a renewed hope and boasted my faith in our country coming together to lend a hand and care for one another.

As we go into a New Year, 2010, let us remember many still need our help, and one person can truly "Make A Difference".

We at Winthrop West have renewed our commitment in 2010 to do our part.

With Much Love,
Linda Russell

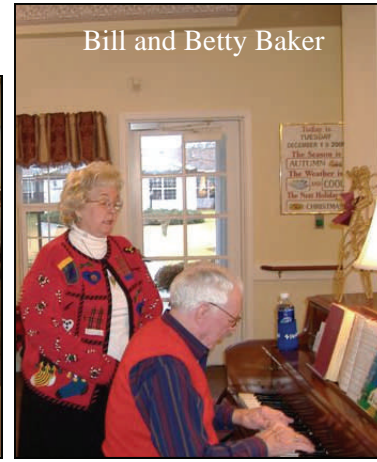
*I expect to pass through life but once.
If therefore, there be any kindness
I can show, or any good thing I can
do to any fellow being, let me
do it now and not defer or
neglect it, as I shall not pass this
way again. ~William Penn*

**Make the Most
Of Every Day**

Celebrating the Holidays



Saint Mary's Hand bell Choir



Bill and Betty Baker



The Garden Lakes Elementary School Chorus



Dixie Stompers dancing and entertaining the residents



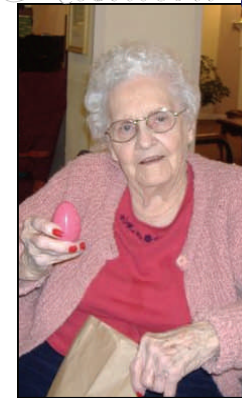
Woody Woodfin and his little Santa



January Birthdays

- Robert Carter – 01/06
- John T Foster – 01/20
- John Hendricks – 01/23
- Elizabeth Jackson – 01/23
- Esther Posey – 01/20 (staff)

Resident Spotlight



This month Opal McRay was selected as the resident in the spotlight at Winthrop West.

Opal Miller McRay has lived most of her life in and around Rome, moving to Floyd County in December, 1931. She was married to C. G. (Dick) McRay June 30, 1934; they were together for over 55 years

before his death. Opal has one son, Steve, a daughter-in-law Mary, two grandchildren, four great grandchildren and one due in March, a little girl, Rebecca Jane.

Opal was known to many as the "Insurance Lady". She worked as an agent in the insurance industry for many years. She was named State Mutual's "Agent of the Year in 1973. She received the Company's President's Club Award for the years 1975, 1976, 1977, 1978 and 1979. In 1980 she won the National Sales Achievement Award. These are just a few of Opal's numerous awards she received while she worked at State Mutual. Opal retired in 1980.

Opal is a member of the "Dykes Creek Baptist Church" and the T.E.L. Sunday School Class. For many years she was an active member of the weekly YMCA "Water Aerobics" sessions, "The Water Hole Gang".

Opal moved to Winthrop West in June 12, 2006. She is a wonderful lady who mothers and cares for everyone. We enjoy having Opal as part of our Winthrop West family and it is a joy to share our daily lives with her. We love you Opal.

A note from Esther:

I hope everyone had a Merry Christmas and Happy New Year. I hope it was an enjoyable time for you and your family. I pray that God placed his blessings upon you and your families.

My family and I had a wonderful, blessed Christmas. Just being together with my family another year is what mattered to me. Of course, we enjoyed having a lot of good food to eat and eating as much as we want. However; we suffer the consequences of that eating, but we enjoyed all that good food while we were eating it.

January is the beginning of a new year, 2010; it's a time when everyone makes New Year's resolutions for what they would like to accomplish the upcoming year. I sure hope you hold to your New Year's resolutions better than I do!

I pray the beginning of 2010 is a good year for all of you and that the Lord will continue to bless each of you.

*Love to you all,
Esther*

Congratulations Latoya Crawford

The staff at Winthrop West selected Latoya Crawford as employee of the month. Latoya came to Winthrop West in February 2004. She joined the team as a caregiver, but was promoted to the position of Med/Tech. Latoya is a reliable, dependable hard worker who loves and cares for every one of the residents. Latoya we appreciate you and all that you do here at Winthrop West.