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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

Make the Most Of Every Day



**"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses."
Alphonse Karr**

March 2010

Winthrop West

Assisted Living Community

Specializing in Alzheimer's Care

A Note from Your Executive Director

Traditionally the months of January and February are rather dull in Assisted Living...not so in the case at Winthrop West. Let's take a look:

We survived the bitter cold (even if a couple of our pipes didn't) but all is well now. We can be assured we will have no more indoor floods. The great wall of Winthrop went up on B hall to protect everyone from the repair work that needed to be done to a drain pipe. The noise and inconvenience were kept to a minimum and everyone was happy to see the wall come down.

We had a very good turnout for the Alzheimer's Support group meeting in January and had a guest speaker, Kindra Sterling who educated us about a new medical food called Axona which offers a new approach to controlling Alzheimer's disease.

Just in time for the snow and a power outage, the newly repaired emergency generator was up and running. It gave me an opportunity to see exactly what it would give us power to in the building and I am very grateful to know we have this vital back up when we need it.

February livened up our activity program with a big Valentine party, and a first annual crowning of a Valentine King and Queen. John Bowling Sr. is our King and Noma McCrickard is our Queen. You will see pictures of the fun we had in this Newsletter. The staff performed the Chicken dance, the Hokie Pokie, the YMCA dance, and a Congo line for the residents. Then some residents gave us a surprise go round of the Jitter Bug.

Mardi Gras was celebrated with lots of decorations and a King cake. Two babies were hidden in the cake and the lucky residents who found them were crowned King and Queen of Mardi Gras. Mr. Gore and Sara Ritchey found the babies. No floats came by but we still had lots of beads to give out for everyone to wear and several residents worked with David and made colorful masks for each resident.

Everyone enjoyed the jazz music and a few once again got up and showed us how to cut a rug! Next year, we can have a Winthrop West ball.

I rode to the Capital on a bus with other Alzheimer's advocates and I spoke to Senator Preston Smith and House Rep. Katie Dempsey about important legislation and increasing funding on current programs that are in danger of being cut in the 2010 budget. Last but not least, we have a new look inside West. Our remodeling project is going well and we are so proud. Full steam ahead!

It is March now and my Irish eyes are smiling looking forward to St. Patty's day. Maybe it will come in like a lion and out like a lamb, so we can begin to see signs of Spring early this year.

Wishing you a sky full of rainbows and a pot of gold at the end of every single one.

Let your Irish eyes smile, Love, Linda Russell

An Irish Blessing
How does one measure time?
No, not in days, months or years. It is measured by the most precious of all things....

Love.
Without which all beings and things whether brave and or beautiful would perish.



King and Queen of Winthrop West



Last month, during the annual Valentine's Day festivities, John Bowling and Noma McCrickard were crowned King and Queen at Winthrop West. The couple was treated like royalty and presented with gifts, flowers and crowns. The celebration continued with refreshments and plenty of dancing and excitement.



Mardi Gras at Winthrop West



Mrs. Ritchey



Mrs. Littlejohn, Mrs. Hicks, and Mrs. Broom



Mrs. Elsie Broom



Mr. Malcolm Gore

Employee of the Month Resident Spotlight



Kayla Crowe was selected as the Employee of the Month for March. Kayla joined the Winthrop West staff last October and has been a wonderful asset to the team with her sweet smile and caring heart. Her energy, enthusiasm and compassion have won the hearts of both residents and staff. Congratulations, Kayla, on a job well done.



Mr. John T. Foster is our resident spotlight for March. Mr. Foster was born on January 20, 1932 in Pleasant Hill, Illinois. He is the youngest of seven children. He enlisted in the United States Air Force, July 8th, 1952 and served in the Korean War. Mr. Foster received numerous medals during his service; the Korean Service Medal, United Nations

Service Medal, National Defense Medal and the Air Force Longevity Award. While stationed at Walker Air Force Base, Roswell, New Mexico, Mr. Foster was honorably discharged in 1962.

During his service to his Country, Mr. Foster met and married his wife of 43 years, Christine, in 1956 in Las Vegas, Nevada. They had three daughters: Lynn, Teresa and Carol. Mr. Foster has six grandchildren, Matthew Savage, Brandon Savage, Jeremy Morgan, Josh Morgan, the late Brian Wimpey and Jessica Roberts. He also has four great-grandchildren.

Mr. Foster, known as "Little John" to his co-workers, retired in 1996 from Goodyear in Cartersville, GA., after 35 years working in the mechanical shop.

Mr. Foster was always a good father and husband. He took good care of his wife from his retirement until her death in 1998. She was in a wheelchair the last 10 years of her life. He cared for her without any outside help.

Mr. Foster has been with us since October, 2009. He is a man of few words, but a pleasure to know and have him as part of the Winthrop West family.

Mr. Foster we love you and thank you for letting us spotlight you this month.

Happy Birthday!

Adelle Samuel - 03/16

Joy Littlejohn - 03/18

Marguerite Hicks - 03/22

Employee Birthdays

Kayla Crowe - 03/01

Catoya Crawford - 03/06



Winter Wonderland at Winthrop

*Look deep into nature,
and then you will understand
everything better.*

~Albert Einstein