

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

Dale Janes
Food Services Director

Pattie Roberts
Activity Director

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
- *October 7-Jimmy & Jean Sanders sing at 2:00
- *October 10 Fall Festival at Winthrop Polk
- *October 10 Larry and the Over comers sing at 2:00
- *October 16-B Team Angels sing at 2:00
- *October 22-Resident Council Meeting 2:00
- *October 23-Out to Eat, El Napo 11:30
- *October 26-Booty Spencer sings at 10:00
- *October 30-Halloween Party 3:00
- *October 13-27 Boys and Girls Club 4:30

October 2009

Winthrop at Polk

Assisted Living Community

Ah yes, October...much cooler temperatures, magnificent colors and falling leaves... Every month I sit down with my husband, Scott, and talk about what I might want to write about in the monthly newsletter.

I have fallen into a pattern of discussing the season...what it means to me and our to our residents, and how it relates to my mission here. As I sat down today to write this, Scott and I agreed that I really should see if I can come up with something more interesting and meaningful that doesn't necessarily tie into the month or the season.

Since so many of our extended family here are from Polk County and Cedartown specifically, we decided to discuss some of the wonderful history of our beloved Cedartown.

I dove into the internet to see what I could find and as usual, there is an alarming amount of information there (*). I could spend a week reading all about the history of Cedartown, Polk County, and this region just on the internet! A few basics:

*Cedartown was chartered in December of 1851 by the Georgia General Assembly and named after James K. Polk, the 11th president of the United States.

*According to the US Census of 2000 (which I look forward to comparing to the 2010 census as mandated by our Constitution)

~ 14,012 households
~ 33% were children of 18 or less
~ 55% were married couples
~ Nearly 11% were seniors of 65 yrs or older, living alone

But the facts and figures really don't tell the story. The personal stories of what living in Cedartown was like a few dozen years ago is what really matters.

In his book, *Polk County, Georgia*, Gordon D. Sargent shows numerous photos of significant places and the people who shaped Polk County and Cedartown. The shots of Main Street are especially interesting to me. In all of pictures, the sidewalks are full of busy people going about the business of life, visiting with each other and sharing the news of the day.

Even as late as my childhood (no, it wasn't all that long ago, thank you) Main Street was vibrant with activity on the sidewalks, in all the stores, and parking was scarce. Everybody was busy but never too busy to stop and ask, "How's your Mama and Daddy?". I miss that. The big box stores out on Hwy 27 are wonderful and spacious, with plenty of parking and air conditioning and I can be in and out in a jiffy, but I might not speak with anybody but the nice girl at the register.

As I understand, downtown Cedartown is about to receive a makeover including new sidewalks with brick paver details, curbs and new plantings. Several new businesses have opened within the last year or so and Moore's still has the oldest soda fountain, fresh lemon sours and serves one of the best lunches around. Times are tough all over and many small towns are struggling and succeeding at keeping what makes them special and such an important part of this great country.

So, in this installment I want to encourage everybody to shop our downtown businesses and appreciate our heritage. Ask some of our residents what downtown was like...and by the way, how is your Mama and Daddy?

(* In case you are interested, some of the sites I visited were:
www.rootsweb.ancestry.com/~GAPOLK
www.roadsidegeorgia.com
www.polkonpurpose.com

Have a great month!

Carol Saunders, Executive Director



Main Street, Looking North, Cedartown, Ga.

Making the Most of Every Day!



Jessie Woods had the residents tapping their toes to the lovely tunes of her accordion. She also shared her collection of paper dolls with us.



The residents enjoy listening to the harmony of Jimmy and Jean Sanders. We are very blessed to have them entertain our residents.

Elvis Party



Resident of the Month

Fred Coleman

Fred Coleman was born in Polk County, Georgia to Aford and Done Coleman. He was one of six children, including Estel Coleman, Mary Coleman, Dorothy Coleman, Donnie Coleman, and Howard Coleman.

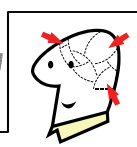


Fred was married to Louise M Sheet Coleman for sixty years, and the couple had one son, David. Fred has two grandchildren and three great grandchildren.

Fred worked for Good Year and later was a State employee for over 31 years. In his spare time, Fred loved to play golf and checkers, and is well known for his green thumb and beautiful gardens.

We are all very happy to share our days with such a wonderful man and so glad that he chose Winthrop Polk as his home.

Keep That Brain Fit!



A spoonerism is a pair of words that can have their initial sounds switched to form new words. The pairs need only sound the same, not necessarily be spelled the same (power saw & sour paw, horse cart & coarse heart).

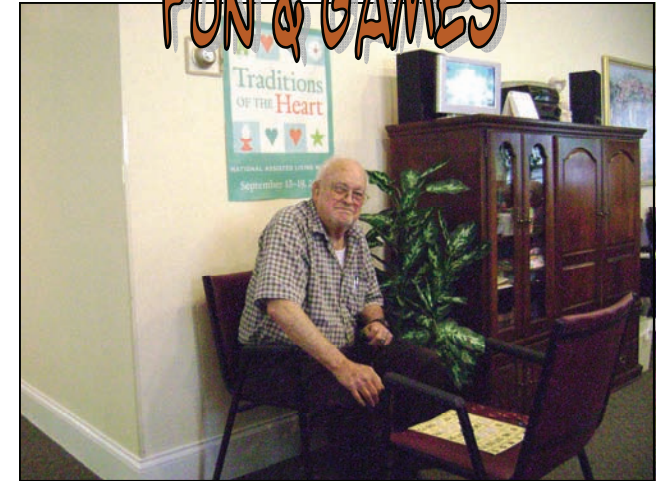
There may sometimes be one or two connecting words (kick the stone & stick the cone, king of the rats & ring of the cats). Given the following definitions, what are the spoonerisms?

- 1) a circular depression & a part for a canine actor
- 2) a container for an alcoholic beverage & an insignificant insect
- 3) a container for a container & the bottom of a coffin
- 4) a cunning wolf relative & insect foot coverings

The first to solve the spoonerism wins a prize!

Happy Birthday Martha Williams

FUN & GAMES



Mr. Speight, sneaking in some practice time on the checker board.



Checkers tournament with Fred Coleman, Stan Arasmith & Robert Speight...



Mrs. Barrett cheers on the team at the Football Party