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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

John T Foster,
Elsie Broom
John Bowling Sr.

A Prison of the Mind

Jerry Ham

This prison does not have to have bars of steel, but the barriers to freedom, remain just as real. There is no judge that can free her on bail, and no able lawyer that can keep her from jail, It started so simply, just a phrase here and there, or maybe a memory, that vanished in thin air. She was starting to repeat, things she'd already said, offering only faint clues as to what lay ahead. She slowly grew worse, as the seasons passed by. She knew something was wrong, but not what, nor why. To try to go anywhere would become such a task, for over and over, the same questions she'd ask. Then came the times when in anger and fear, she'd beg: "Please help me!" and weep bitter tears. Now for some time she has lived here with us and every evening she makes such a big fuss. "I want to go home!! Why can't I just leave?" The answers we give her, she just can't receive. Slowly, but surely, the disease shuts her in. Now we can see, the beginning of the end. What is this illness, with no cure we can find Alzheimer's Disease, it's a prison of the mind.

November 2009

Winthrop West

Assisted Living Community

Specializing in Alzheimer's Care

A Note from Your Executive Director

How do you face a day of Thanksgiving and how can you still possibly be thankful when you have lost a big chunk of your heart from the loss of a precious and dear loved one this year?

This is what I thought and pondered before sitting down to write for the Newsletter this month of November. Then God spoke to me and I started remembering and reflecting on my memories and precious moments and the love we shared brought me into the realm of thankfulness and filled my heart with gladness.

It has been a tough year for others too. Many have lost their jobs, their homes, a way of life they were accustomed to, and many have suffered with illness of all kinds. Our Winthrop family has lost Mr. Griffin, Mr. Ritchey, Mr. Rickman, Mr. Alexander, Barbara Hart, Linda Adair, and Telula Langston. Our hearts are heavy no doubt about it and we realize they will not be with us at the Thanksgiving table this year.

Weeping may last for a night, but joy comes in the morning. Psalm: 30 verse 5 I can truly say, I am thankful for my family, my friends, my co-workers, my sweet residents and their families and the love we can share and for the Lord who blesses us each day.

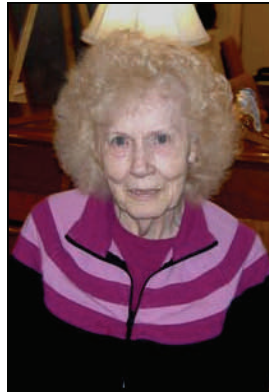
May you have a thankful and joyful heart this Thanksgiving.

*With love,
Linda Russell*

"Sing unto the Lord with Thanksgiving:
Sing praise unto the harp unto our God"
Psalm 147



Resident Spotlight Noma McCrickard



Noma is a long time resident of Rome, Georgia. She was born in Floyd County and married James (Jim) McCrickard in 1947. The couple were married for 28 years. Jim passed away July, 1975, and Noma never remarried. She owned and lived in the same

home on the Kingston Highway for 54 years. Noma and Jim had four children, two boys and two girls, Rodger, David, Debbie and Rita. The children visit her frequently, and tell us that Noma is a loving mother and wonderful friend to others. "If I could sum up my Mom's life it would be: dance like no one is watching, sing like no one is listening, love like you can't be hurt, live life like it's heaven on earth...I still think she might dance when no one is watching." Rita Fraser Gayler.

Noma was once called the "poodle lady". She bred and sold AKC registered poodles for many years in the Rome area and even recently received requests for poodles. She was also an entrepreneur. Noma managed several rental properties in the area and has always been a very hard worker.

Noma has a large collection of cow girl boots, dolls, miniature ceramic shoes, salt and pepper shakers, antique dishes and porcelain miniature tea sets. You can see some of her tea sets displayed in her home at Winthrop. She also loves music and dancing. She would often go to the Legion on Friday nights with friends and have a ball!

Noma has been a resident here at Winthrop West since September 12th. She is a lovely person and we the staff and residents welcome her as one of our family. Noma we love you. Thanks for letting us spotlight you.

A Note from Esther:

Here we are in November getting ready to give "Thanks" for so many wonderful blessings that the Lord has bestowed upon us. I hope everyone's getting ready to enjoy family and friends for Thanksgiving. You know I especially love the Turkey & Dressing, gravy and as much Cranberry Sauce as I can hold. With the holidays fast approaching us, what better way to start them than to eat? (At least that is my philosophy). There is no reason to even get on the scales. Don't you agree?

Thank you to everyone, family members and friends who came to the Fall Festival this year. Thanks to Gaynell and Ms. Jane for doing a wonderful job with the food. We enjoyed it. To the caregivers we appreciated all your hard work. Those who donated cakes for the cake walk, thank you for your donations. I just appreciate everything that everyone did, even if it was just being here. I hope everyone had a wonderful time.

On November 11, we honor our military veterans. They could be in your immediate family or in a family of someone you know. Let's remember all the great men and women who have endured and sacrificed in order to preserve our nation and our freedom.

November is American Diabetes Month. Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that converts sugar, starches, and other foods into energy needed for daily life. Let's all take care of our health and make sure we stay informed about our bodies and our health!

*Love to you all,
Esther*

Employee of the Month



Danielle Loyal was voted by her peers to be employee of the month for November. She has been a caregiver at Winthrop West since February 24, 2009. Among the comments made about her is that she is very caring toward the residents and that she is dedicated and kind. Congratulations, Danielle, our November employee of the month.

Fall Festival at Winthrop West



November Birthdays
Ida Bell Ware
Virginia Krueger
Cindy Keiper

Rome High students from John Millard's class decorated tree with ghosts and pumpkins the Fall Festival