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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*

### Fading Memories

*I see her in her favorite chair; her eyes are moist with tears,  
I wonder if her mind is full of thoughts of long-gone years.  
As I near her chair, her eyes light up; She welcomes me with joy,  
A smile appears on her care-lined face,  
like a child with a brand-new toy.  
We sit together, holding hands, and talk of mundane things.  
I try to fill in missing thoughts, that loss of memory brings.  
We talk of clouds and other things, like, how I've spent my day.  
Her questions stay unfinished cause the thoughts have gone away.  
As I leave her there, I feel the loss; her companionship I miss.  
I hold her close for just a while, and tenderly, we kiss.  
But although she can't remember things that happened just before,  
I know that she'll remember me, beyond the closing door.  
I'm sure we have it better now, than someday it will be;  
I'll look into her eyes one day, and no recognition see.  
And then I'll know she's in God's care, he'll keep her in His love,  
Until, together, we will walk the Golden Streets above.*

*This poem was written by Ray Prillwitz whose wife (Sharon) had Alzheimer's. The couple were married for 53 years before she passed away.*

Make the Most  
Of Every Day!

October 2009

# Winthrop West

Assisted Living Community

Specializing in Alzheimer's Care

### A Note from Your Executive Director

September was certainly a busy and exciting month! Winthrop West celebrated National Assisted Living Week with a special recognition of **GRANDPARENT'S DAY!**

The Rome Alzheimer's Memory Walk on September 19<sup>th</sup> was rained out but thanks to all your help, Team Winthrop raised \$1800. I enjoyed serving on the committee this year. In the hard economic times we have all endured, it has been tough raising funds and at this moment I don't know whether our goal was reached or not. Fortunately, there is still time to donate and I ask you all to carefully consider it. I am so very proud of all of you who gave with your heart, thanks to all who bought pancake breakfast tickets and to all who signed up to walk.

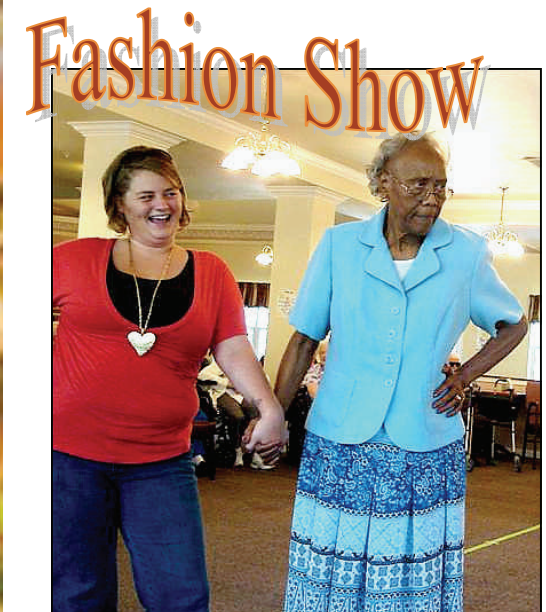
By print time, I have attended the Georgia ALFA conference in Atlanta for two days. This year's Theme is Creating Assisted Living Communities One Resident at a Time.

Now...on to OCTOBER.  
Winthrop West has chosen Saturday October 17<sup>th</sup> for our annual Fall Festival. We will have our cake walk so we need lots of our fantastic cooks to donate a cake. Esther has already started working on this. We will play Bingo and many of our usual games. We have some new surprises this year that we have added so make plans now to attend the Fall Festival. I would like to see the children come dressed in costumes for our first children's costume contest and we will have fresh popcorn and cotton candy!

Sadly we have lost two of our dearly loved residents last month. Mather Rickman and Clois Alexander passed away and will be missed. As I pondered their passing, I realized that the staff at Winthrop is blessed to share our lives with all of our residents. What we do is more than merely assist with baths, laundry, medicine, making beds, dressing, toileting, providing meals and activities. We have the privilege to spend precious loving time with them in the last years of their lives and make a difference in the quality of their every day moments and spiritually lift them up with a Servant's Heart. Each moment is special and precious because we never know how much time any of us have. I thank God every day for such a privilege.

May each of you have a blessed month!

In Christ's love,  
Linda Russell



# Winthrop West Celebrates Assisted Living Week



Doreen Attard and Michelle Barrett, both caregiver's at Winthrop West, show off their prizes from last month's Assisted Living Week Celebration.



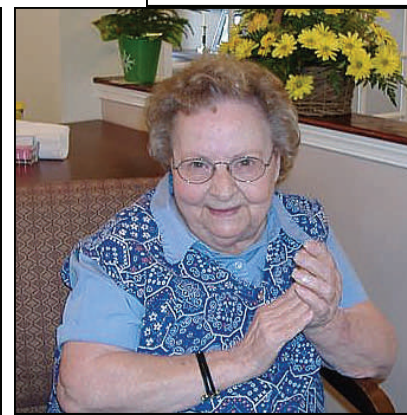
Mr. Dick Tracy entertains the residents with his gift of classical violin music.



Mary Osner, a Winthrop West caregiver, playing the piano for our residents. She's quiet the gifted pianist.



Ron Messingill plays Country tunes on the guitar and sings for residents. Louise Rickman, Mr. and Mrs. Frank Chastain, enjoy the entertainment.



## Resident Spotlight

Rebecca (Becky) Maddox grew up in Elberton, Georgia. After college, she taught Art at Westminster School in Atlanta and at Shorter College in Rome. It was while she was teaching at Shorter that she met her husband, James D. (Jimmy Dick) Maddox, on a blind date. Becky and Jimmy Dick, a retired attorney, were married 54 years. They had one daughter, Rebecca (Becca) Maddox who teaches Nursing at Georgia Highlands College.



After Becca was born, Becky taught art at home for many years. There are even residents here at Winthrop West whose children were students of Becky. Many of her students won prizes for their drawings at the Coosa Valley Fair. Some have gone on to become artists themselves or to work in careers in which they use their eye for color, beauty and composition.

Becky is a member of the Colonial Dames of America. During her most active years, Becky held national offices and traveled a great deal. She headed a committee for Indian Nurse Scholarship program and headed a project to locate and identify significant American Portraits in private collections across the United States. She is also a sustaining member of the Junior Service League of Rome and was part of the group of women who helped start the Chieftain's Museum.

Becky loves a bargain. She once went to trade days to search for the unusual or unrecognized bargains. She loved to shop the deals in Scottsboro, Alabama. She also looked forward to going to the 500 mile Yard Sale each year. If you visit her apartment, you will see some of one of her collections. Becky loves to collect child size chairs. She has everything from grape vine chairs to primitive looking chairs, to replicas of Windsor chairs. Most of the time, you will see some of her dolls or stuffed animals sitting in the chairs.

Thank you, Becky, for sharing such wonderful stories of your life and career. We are happy to have you as a part of the Winthrop West family. We love you and thank you for letting us spotlight you this month.

# Becky Maddox

Welcome to Our  
New Resident  
Noma McCrickard

Happy October Birthdays!

**Resident Birthdays**

- Sybil Youngblood 10/11
- Peg Whalen 10/13
- Opal McRay 10/21
- Thelma Hendon 10/28
- Charles "B" Stephens 10/28
- Agnes Padayhag 10/30

**Staff Birthdays**

- Danielle Loyal 10/03
- Gaynell Pittman 10/09
- Ed Churchill 10/09
- Sharlette Swain 10/10
- Jessica Greissing 10/13



Darniesa Carter was voted our employee of the month for October. Darniesa has been an employee of Winthrop West since May of this year. Among the comments

submitted for Darniesa for Employee of the Month were: "She is dependable and dedicated" and that she can be "counted on to lift everyone's spirits." She was described as "kind and loving toward the residents." Another noted that even though she "does not have a car, she manages to get to work on time and will work whenever she's needed." This is high praise indeed from fellow workers. Congratulations Darniesa!