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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

Happy Birthday! Residents

Mary Sandlin – 09/12

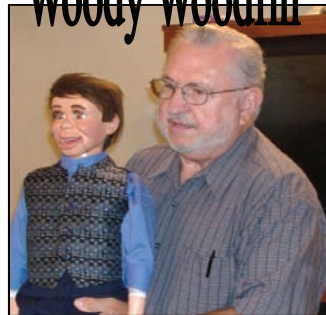
Staff

Mary Osner – 09/06
Angie Williams – 09/07
Angie Pettyjohn – 09/27

Welcome New Residents!

Agnes Padayhag
Charles "B" Stephens
Oma Stephens
Clois Alexander

Woody Woodfin



Prize Catch



Make the Most
Of Every Day!

September 2009

Winthrop West

Assisted Living Community

Specializing in Alzheimer's Care

A Note from Your Executive Director

September is all about Alzheimer's and Supporting Rome's Memory Walk

The Coosa Valley/Rome Memory Walk 2009 is set for Saturday, September 19th on the beautiful Berry College Campus. Winthrop has a team this year and we are in need of walkers. Those who participate are encouraged to raise donations on their own; however, this is a formal request to all who read this newsletter to make a donation to the Alzheimer's Association Memory Walk for our team. Please consider this prayerfully and carefully. We invite all of our families and friends to join us in the Walk.

Winthrop lost several residents to this terrible disease this year and we have personally witnessed the heartbreak their loved ones have endured. Your donations are tax deductible and can be made in honor or memory of anyone. We will have our **Forget Me Not's** to sell again this year for just \$3.00 and we hope to cover our windows with them with loved one's names.

I would also like to remind everyone that Winthrop West has a Support Group that meets the 3rd Tuesday at 6:30pm every month. Our meeting is very informal. It is a place where you can share your feelings, hear from others in a similar situation and get help with problem solving.

Did you know....

- *Every 71 seconds, a person is diagnosed with Alzheimer's disease.
- *Approximately 200,000 Georgians have Alzheimer's disease.
- *There are no meaningful treatments. Currently approved medications only delay facility placement by two years.

I speak to a lot of folks in Rome each week who are struggling to care for a loved one at home. Many times the caregiver gives out before the person with Alzheimer's.

Come join us in the Walk...or make a donation to our team. Thank you...together we can help conquer Alzheimer's and put a stop to the suffering and loss.

Linda Russell



Resident Spotlight



"When things got really tense in Arkansas Social Services, Bess Meiner was there with a solution."

A native of the Mississippi Delta, Bess Meiner, grew up on the Grand Prairie, as part of a family dedicated to rice and soybean farming outside Stuttgart, Arkansas.

A career social service employee, Bess stayed

true to her ethic of *service above self* and her family's notion that *public service was a most worthwhile career choice*. In a career that spanned more than 20 years, she made her way up the administrative ladder to a position of leadership in the Arkansas Welfare and Human Services Dept. During that time, she settled in North Little Rock, Arkansas to be near her workplace.

Bess was such a good listener at her work that she proved indispensable as an advocate for seniors and the disabled. Her goal within the Welfare and Human Services division of state government focused on ensuring quality nursing home licensure. In the process, she became devoted to administrators, staffs and patients at long term health care sites throughout Arkansas. By the time she retired, a system of real accountability was in place, protecting the rights of those living in nursing homes.

It's hard to believe that a person charged with such a profound professional responsibility was able to fit volunteer, church, and social activities into her schedule. A member of Beta Sigma Phi, BPW, Little Rock Women's City Club, American Legion Auxiliary, Baptist Hospital Auxiliary and United Methodist Women's organizations, Bess served in a variety of leadership positions. Her goal was always to leave an organization better than she found it.

According to club members and volunteers in her circle, Bess was known for her event planning and for running timely meetings. For her, friendship and fellowship were the ultimate takeaways from club involvement. She seems to live up to the motto: *If you want something done, ask a busy person to do it.*

In 2003, Bess moved to the Village at Maplewood in Rome and quickly made friends with residents in the senior community. She was one of the first occupants of the community and enjoyed living in the area and entertaining in the Club House. Her son and daughter-in-law, Bruce and Renva Watterson are connected to the local college community and are residents of Rome, so she felt right at home in Floyd County.

The move to Georgia allowed Bess to re-create the physical closeness she experience as a child when her family gathered around the kitchen table each week to catch up on one another's lives. Her grandson, Chase and his wife, Carrie, and great-grandson, Tripp, live in Summerville Park, so when circumstances warranted another move, Winthrop West became an ideal second "home" for Bess in Rome in June 2009.

The move to Rome also brought Bess nearer her sister, Elsie Cook, and her niece, Debra McCarson, and their families, who call Chattanooga home. Bess' daughter, Stephanie Rumpfelt, and her granddaughter, Jessica, live outside Paducah, Kentucky. Bess enjoys the social network at Winthrop West and her connection to family and friends. Considering herself a "people-person," she has worked hard over the years to "maintain" a smorgasbord of friends and family. And it continues to pay big dividends.

We here at Winthrop West are happy to have Ms. Bess as a member of the Winthrop family and hope she will plan to make this her home for a long time to come.

We love you and "thank you" for letting us spotlight you.

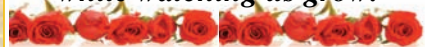
Doris Patterson Named Employee of the Month for September.

Doris has been a member of the Winthrop team since April 07, 2008. She started as a PRN Caregiver and went to full time status in our Tranquility Care Unit.

Doris has always been very dependable, reliable, cheerful, and a hard worker. She is someone that you can count on to be there with a smile and helping hand. Thank you, Doris, for all you do and for the loving spirit in which each task is completed.



Grandparents Day
They remember your achievements, forget your mistakes, and are crazy about you no matter what. Let's pamper every grandparent on this special day, Sunday, September 13. Shower gratitude upon our most kindhearted of family members. We thank our grandparents for loving us so, while watching us grow.



Jeffrey Linc Performs

Last month the residents at Winthrop West were treated to a special performance by vocal artist, Jeffrey Linc.

Jeffery Linc's show contains a mixture of Traditional Country, R&B, Classic Rock, Jazz and Old Classic's from the 40's and 50's. Jeffery finds great joy in bringing his music to the senior community, and we are very blessed to have him entertain our residents.



Jeffrey Linc and Mrs. Janette Duke



David Duke & Kathryn Burnes dance to the music



Mrs. Youngblood enjoys the music

Be Gentle With Those in Your Care Brenda Race

Did you ever wake up feeling confused and out of place? It's not a feeling that is very nice.

Not knowing where you are or what day it would be. Struggling with your thoughts....trying to see. Try to imagine that feeling...never going away. Trying to find your place every single day.

Trying so hard to remember why and the only answer you get is a sigh. Daylight is here and it's not so bad but then.....why oh why are you so sad?

No one around you seems to know. They don't seem to know you have places to go. If only you could find some face you knew Just what would you do if this happens to you?

Step into my shoes for only a day Perhaps you will know why I run away. What would you do if you could no longer tie your shoe And when it's time to dress you don't know what to do

What if you didn't know when or how to shower A task so great that perhaps you too would cower. If I strike out and seem to be mean Perhaps it is over things that can't be seen

Step into my shoes for only a day Maybe then you will see why I act this way.

So please remember as you care for me today To treat me with kindness and love in every way Be patient and tender as you guide me along my way Step into my shoes for only a day.

Saying Goodbye...



Residents at Winthrop West hosted a "Going away party" for Ann North. Ann has been a devoted employee for over 4 years and recently resigned to move near her family in Texas. She will be missed.