

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

January 2013



## OFFICE HOURS

Bus. Office ..... M-F 8:30-4:30

## IMPORTANT NUMBERS

24 Hours ..... (434) 392-6106

Hot Line ..... (888) 391-1163



## The Woodland Connexion

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## Christmas Play & Holiday Dinner



Apartment residents enjoy dinner at The Babcock House.

The Woodland apartment residents recently went to The Thomas Road Virginia Christmas Spectacular in Lynchburg, Virginia on Dec. 8. They saw the play *Yes Virginia, A Christmas Letter*. After the play the residents enjoyed a delicious meal at The Babcock House in Appomattox, Virginia.

## The Grinch & Santa Make a Stop at The Woodland

The air was filled with holiday cheer when Christmas Breakfast at The Woodland was held. The Grinch was even in high spirits and Santa spread his holiday joy to all.



The Grinch and Santa brighten Christmas festivities at The Woodland.

## Holiday ABCs for January

I is for Icy streets and sidewalks  
C is for Chilling temperatures  
I is for Imagining warmer weather  
C is for Cozying up in a warm blanket  
L is for Ladlefuls of warm stew  
E is for Elaborate plans for the year to come



The Grinch & Sadie Hodnett stroll the halls bringing Christmas cheer.

## Upcoming Events

- Brookview
- Gough's Gospel
- Holly Manor
- New Year's Eve Party
- The Courts
- VA Museum of Fine Arts Trip
- Spa Day



## Music at BV

Gough's Gospel recently held a musical event at Brookview for residents and visitors to enjoy.



Wayne & Linda Gough



Residents enjoy the music.



Brenda Nagy and Edna Phillips dance a jig.



Mabel Taylor, Patricia Rivero and Nancy Moss

## A Visit From Family



Hubert Atchley (apartment resident) with his sister and four nieces.

Hubert Atchley's sister and 4 nieces recently visited him at The Woodland. Hubert was the only male in the bunch.

Hubert's sister said, "We are so impressed with your facility ... it is huge! And everybody was so friendly toward Uncle Hubert. Thank you for your compassion and caring for all who need it."

## Holiday Decorating

Ruth Adam's garden club donated 16 wreaths to Brookview. The wreaths were given to residents so their rooms could be decorated for the holidays.



Ruth Adams, Harold Neihouse and garden club members.

## Be a Blood Donor

January is National Blood Donor Month. Blood is often in short supply during the winter, especially in the month of January, as a result of holidays, travel schedules, inclement weather and illness. So this is a good time to donate your blood to help save someone's life. Every one unit of blood donated can be separated into four individual components that can save multiple lives.



## Red Hatters at Brookview

The Red Hatters meet monthly at Brookview to enjoy an afternoon snack and each other's company.



These Red Hatters sit around the table to exchange pleasantries.



Edna Phillips enjoys her time at the Red Hatters Social.



## Christmas Breakfast At The Woodland



Margaret Scott, Santa and Family



Santa and Tommy Chambers



Lillian Wilkerson and Santa



Rachel Snead takes a moment to tell Santa what she wants for Christmas.



Nancy Moss, The Grinch and Nancy's daughter Diane Andrews



Santa and Betty Dobbins



## A New Year

Resolving to live better is a New Year's tradition. Here are some resolutions to put seniors on the road to better health:

*Drink more water.*

To ensure the body is functioning at its best, consume plenty of liquids.

*Catch your z's.*

Don't underestimate the power of a good night's sleep.

*Get adequate nutrition.* Aim to eat 3 balanced meals a day.

*Move your body.*

Talk with your health-care provider about activities appropriate for your level of fitness and mobility.

*Stay socially connected.* Social connections boost emotional well-being, which is every bit as important as physical health.



# January 2013

| Sunday  | Monday  | Tuesday                                   | Wednesday   | Thursday                           | Friday  | Saturday              |
|---|---|---|---|------------------------------------|---|-----------------------|
|   |   | 1<br>New Year's Day                       | 2<br>Alma Miller<br>&<br>Pamela Brumfield   | 3<br>Opal Tyler<br>&<br>Ruth Foutz | 4<br>Elizabeth Haga,<br>Lucille Staley<br>&<br>Margaret Templeton                                     | 5                     |
| 6<br>Elizabeth Kincheloe,<br>Robert Chevalier<br>&<br>Ruby King | 7<br>Robert Davis,<br>Elner Slayton<br>&<br>Raley Henderson | 8<br>Hilda Cassell<br>&<br>Susan Polonski | 9   | 10                                 | 11  | 12                    |
| 13  | 14  | 15  | 16<br> | 17<br>Roland Latta                 | 18  | 19<br>Patricia Rivero |
| 20  | 21<br>Martin Luther King<br>Jr. Day                         | 22<br>Edith Edmonds                       | 23  | 24                                 | 25<br>Maebelle Cook   | 26                    |
| 27<br>Barbara Bedner  | 28<br>Ada Langhorne<br>&<br>Ronald Kleinsmith               | 29<br>Emma Mcilwain                       | 30  | 31<br>Gene Combs                   |  <h2>January</h2> |                       |

# Happy New Year!

Word Search

- |             |            |
|-------------|------------|
| Birthday    | Hot Cocoa  |
| Celebration | January    |
| Champagne   | Mittens    |
| Cold        | New Year   |
| Confetti    | Resolution |
| Fireworks   | Slippers   |
| Goal        | Snow       |
| Hockey      | Start      |

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