



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

May 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

Karen M. Kitchen, Editor
Alison Kitchen, Asst. Editor
kkitchen@thewoodland
inc.com
(434) 392-6106

Meet and Greet

Do you know Missy Scott? Here at Brookview we know her as Peggy Scott, but Peggy uses Missy as her pen name. She is the author of Corporations That Changed the World: Harley-Davidson Motor Company. Along with Kenneth A. Fisher, M.D., and Lindsay E. Rockwell, D.O., she wrote In Defiance of Death: Exposing the Real Costs of End-of-Life Care. Missy also helped W. Sherman Rogers, Professor of law at Howard University, to organize the book, The African American Entrepreneur: Then and Now. Currently Missy is collecting memoirs of Brookview residents that will be compiled together in a book. A meet and greet will be held on May 3. Come by and meet Missy! Those interested in buying her books can get them at discounted price.

Swift Creek Mill Theater



Swift Creek Mill Theatre

Bravo! Residents recently took a trip to Swift Creek Mill Theatre in Chesterfield, Virginia. Residents thoroughly enjoyed the dinner theatre performance and meal. The Swift Creek Mill Theatre building celebrates it's 350th year in 2013. Before becoming a theater in 1965, the building functioned as a gristmill for many years. It is believed that Swift Creek Mill was the first gristmill in the United States.



Cheers! Lois Nervig enjoys an Irish coffee at Keegan's Restaurant.



Peggy Scott A.K.A. Missy Scott

Resident Choir



The Woodland resident choir had their first performance. They were very well received and will be performing at the Memorial Service on May 19.



Mother's Day

May Is for Mothers

On the second Sunday in May, we honor mothers. Happy Mother's Day to all the moms out there!

The Woodland will honor all women with a Mother's Day Tea Party and Ice Cream Social at 2 p.m.



Warm Weather Safety

With the approaching heat remember to prepare accordingly. Here are some tips to stay safe.

- Wear sunscreen.
- Stay hydrated.
- Limit physical activity outdoors.
- Park your car in the shade or run the air-conditioning before driving.

Bake Time!



Rebecca Moore, Evelyn Scott, Evan, Hazel Garrett, Patsy Pough, Kendall, and Roberta Stables

Residents tested their baking skills at Brookview Lodge. They made a beautiful dirt cake that tasted just as good as it looked as well as other baked goods. Residents were able to decorate their creations and dig in.

Memorial Day

On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We want to take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country, both at home and abroad. A Memorial Day Service will be held at The Woodland to honor our residents who have served. Happy Memorial Day!



National Nursing Home Week

The theme for National Nursing Home Week 2013 is Team Care. NNHW will be observed in skilled nursing facilities throughout America, May 12 through May 18. Activities for the week will include Now & Then Dancers, 50 Plus Thomas Road Baptist Choir, Bingo Tournament, and a Scavenger Hunt.



It's a Party!



Many residents celebrated March birthdays at Brookview. A total of 19 residents turned a year older. A party was held to commemorate all of the years past. Ages ranged from 49 to 101.



Residents Enjoy Warm Weather

May Is National Stroke Awareness Month

Every year, more than 700,000 Americans suffer a stroke, which occurs when a blood clot or broken vessel interrupts blood flow to part of the brain. Stroke is the third-leading cause of death in our country and the No. 1 cause of adult disability. However, there is good news—80 percent of strokes are preventable. In honor of National Stroke Awareness Month, we'd like to offer you this advice to help you minimize your risks:

- High blood pressure and cholesterol are both risk factors. Talk to your doctor about the best way to manage your blood pressure and cholesterol.
- Don't smoke or drink excessively.
- Exercise. It's good for your body, your heart and your brain!
- Pay attention to what you eat. By cutting back on your sodium intake, for example, you may be able to help lower your blood pressure.

If you do suffer a stroke—symptoms of which include numbness or weakness on one side of the body, confusion, trouble seeing, dizziness or a severe headache, all of which can occur suddenly—get prompt medical attention. The faster you are able to receive treatment, the better your chances of minimizing the damage.



Inez Simpson and Coleen Inge soak up the sun.



Hester Bishop and William Rand cool down in the shade.



Hildred Gobble and Margaret Whiteley enjoy a stroll along the sidewalk.



St. Patty's Party



Brookview residents had a St. Patrick's Day Party. A good time was had by all. Residents were able to participate in a variety of activities including putt-putt.



Mary Powell tries for a hole in one.



Betty Dobbins loops a leprechaun.



Score for Harold Neihouse.

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MAY			1	2 Clifton Morris, Flora Grant & Betty Childress	3 Helen McLane	4
5	6 Elizabeth Barrere & Estelle Flippen	7	8 Betty Thompson, Hassell Simpson & Louise Boswell	9	10 	11
12	13	14 Virginia Branch	15	16 Thomas Paris	17 Mamie Bishop	18 Gertrud Buono
19 Mildred Harvey	20	21	22 Adeline Oddo	23 Hyacinth Greaves	24	25
26	Memorial Day 27 Florence West	28 Fannie Borum	29 Richard Holley & William Kerns	30	31	



Word Search

- | | |
|----------|-------------|
| Barbeque | Grandmother |
| Birthday | May |
| Camping | Memorial |
| Child | Mother |
| Color | Picnic |
| Family | Proud |
| Flowers | Roses |
| Food | Sunshine |

R E H T O M D N A R G I U D B
 O S U B A Q S H N G N O T W S
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