

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

August 2012



OFFICE HOURS

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IMPORTANT NUMBERS

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The Woodland Connexion

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Happy 102nd Birthday Mr. Barksdale!



Mr. Henry Barksdale and Anne Barksdale

Mr. Barksdale recently celebrated his 102nd birthday with a party on the Lee Wing. We wish him a happy birthday and hope he has many more!

Joyful Noise Event

The Woodland recently hosted Karen Peck, a gospel singer from North Carolina. She appeared in the movie Joyful Noise with Dolly Parton and Queen Latifah. Karen sang and held a meet and greet.

Joyful Noise was shown in the Brookview dining room afterwards. Many residents and community members attended the event. The event was such a success that there was standing room only in the dining room!



Karen Peck

Chocolate Each Day

A study published in the Journal of Psychopharmacology found that a few ounces of dark chocolate a day can result in a better mood. It also improves concentration and blood flow to the brain. Chocolate with the highest percentage of cocoa is best.



Mary Crowder and friend show off Mary's artistic side.

Upcoming Events

- *Brookview
- V-J Day Dance
- National Senior Citizen's Day
- *Holly Manor
- S'mores Day, Trail Mix Day
- Hawaiian Luau & Glamour Shots
- *The Courts
- Badeaux's Cajun Kitchen



Watson Occasions



Mr. Hugh Nixon gave a beautiful beam for Smile Power Day!



Josephine Valente gets decked out for Camera Day!

Let's Make Some Flapjacks!



Mary Grigg, Nancy Moss and Helen McLane

Residents recently made seasonal peach pancakes at Brookview topped with whipped cream and syrup. The pancakes were scrumptious!

Eye Exams!

Even if you think your eyes are healthy, it's important to get regular check-ups to prevent any issues. After age 65, get your eyes checked every one to two years. If you wear glasses, have a family history of eye disease or have a chronic disease — such as diabetes — that puts you at greater risk of eye disease, you need to have your eyes checked more frequently. You might also need more frequent eye exams to check for retinal problems if you were born prematurely or to monitor your eyes for glaucoma. Here at The Woodland, vision services are offered regularly. Please contact your social worker for more information.

www.myfresnoeoc.org



And They're Off to the Races



The Courts residents recently went on the second annual trip to Colonial Downs. Although it was raining, everyone had a great time. Bets were placed, money was won and some money was lost, but everyone left the races in high spirits.



God Bless America!

Dollie Noble celebrated the Fourth of July in her patriotic attire. Thanks for showing your support, Dollie!



Personal Emergency Pendant



Don't forget about that emergency pendant around your neck! It is easy to not even think twice about your pendant when you wear it all the time. All Brookview and Courts residents should wear their pendant when they are at The Woodland. It is used to call for nursing assistance and notify staff if there is an emergency. The pendant is water-resistant; however, it should not be submerged in water. If the pendant is damaged or abused, then the replacement fee is one hundred dollars. When Brookview residents leave the facility, the pendant should be left in room or at the nurses' station. When Courts residents leave The Woodland, pendants should be left in their apartment. Pendants taken out of The Woodland perimeter malfunction and also pose the threat of being lost. So don't forget that pendant!



Residents Let Their Inner Florists Bud!

Residents at Brookview recently made flower arrangements.



Margaret Ashmore, Ruby Johnson and Page Johnson



Jessie McGhee and Helen McLane



Kevin Nagy and Hilda Cassell



Aug. 21

Aug. 21 is **National Senior Citizen's Day**, an annual "holiday" that celebrates America's seniors. On this day, Americans are encouraged to honor and recognize the countless contributions and sacrifices senior citizens have made throughout their lives to their families, communities and the nation.

United States President Ronald Reagan proclaimed Aug. 21 National Senior Citizen's Day back in 1988.

Thank you to all of our senior citizens here at The Woodland!

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A Creamy, Carbonated Concoction

The first root beer float was served Aug. 19, 1893.

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Gloria Gilliam	3	4 Cora Anderson
5	6	7	8	9 	10	11 Madeline Wynn
12 Grace Taylor & Lucille Richards	13	14 Mary Gutowski & Gladys Lott	15	16	17 Gloria Hackney	18
19	20 	21	22 Claudine Harris	23	24	25 David Burke
26	27	28	29 Mary Walter	30 Bessie Ransome	31 	

Word Search

Today's Category: Words (of 3 or more letters) That Rhyme with "GO"

W O R G O I P G C M B M
 D D G K F G H L G R S D
 S G W L K H F O E G O E
 D H O G G C D W S C D W
 G E B D C G G H C V M O
 C X L C O M G D H L O W
 J H G H W U S G S E W G
 G O V G O G G C R D D D
 A E B H N K S H O W G B
 O G T T K D C K W G E K
 H C G Y D G B O C A X M
 W S N O W C E X U X C N

1. Low
2. _____
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19. _____
20. _____

- Word Search Solution:**
1. Beau
 2. Bow
 3. Crow
 4. Dough
 5. Floe
 6. Foe
 7. Glow
 8. Grow
 9. Hoe
 10. Know
 11. Low
 12. Mow
 13. Owe
 14. Row
 15. Sew
 16. Show
 17. Snow
 18. Though
 19. Whoa
 20. Woe

