

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

December 2015



OFFICE HOURS

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IMPORTANT NUMBERS

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The Woodland Connexion

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Lena Horner, 100 years young was born in Fort Gay, WV, on November 6, 1915. Her family moved to Farmville where she graduated from Farmville High School and attended The State Women's College (*Longwood University*) graduating in 1936. She married Jack Horner late in life and moved to Crewe, VA. After 40 years with Norfolk and Western Railroad, Lena and Jack traveled in their motorhome, seeing the countryside.



Lena Horner Celebrates!!!



Memorial Service

What a difficult task, to say goodbye to our loved ones. On Thursday, November 12th, we held a Memorial Service for our residents who had passed in the past six months.

We expressed our condolences to family members and guests for those we took care of with our sincere thoughts of love and sympathy. A remembrance table was set with lots of memories the families brought from their personal collection. The music was provided by Sallie Mowbray and The Sister's.

Sky Watch: Full Cold Moon

The temperatures that grip much of the country during this time of year give December's full moon a fitting name: the full Cold Moon. Because of the month's dark, wintry nights, Native Americans also called this moon the Long Nights Moon.

Days of December

December brings the arrival of winter, the holiday season, and the eve of the new year. Enjoy this exciting time! Watch for The Woodland calendars.



Peppermint Pick-Me-Up

Candy canes, lotion or tea, peppermint is popular this time of year. Use it to give yourself an instant pick-me-up. The scent stimulates blood flow to the brain.





Let's Go...

Ways to Fight Cabin Fever

When the weather is dreary, staying inside is a natural response. Indoors can make you feel restless and irritable. If you find yourself falling victim to cabin fever, try these remedies:

Get out there.

Break out of your routine by taking a short walk outside. The fresh air will re-energize you.

Tap into your creative side. Winter days are good for tackling that list of craft project ideas at The Woodland.

Spread some cheer. Visit a neighbor or our retirement home for a friendly chat with the residents. It's usually much harder for these folks to leave their home during the winter, so bring a cabin fever cure to them.



The newly renovated Walkers Diner was enjoyed by the Assist Living residents from our Brookview facility.



The Courts & Brookview residents visited Sailors Creek!



Have you ever tried The Cumberland Restaurant? The residents believe it has very good home-like food, and nestled in a small town.



Fishing Club enjoying a relaxing afternoon.



Art Class

Hand-Somely Done!

If handiwork is of interest to you, join your neighbors for craft activities in the community room. We offer a variety of projects every month. No experience is required, just a desire to craft and have a great time! Stop by the office for a list of upcoming crafts and dates.



Halloween 2015



Wit & Wisdom

"A warm smile is the universal language of kindness."

—William Arthur Ward

"That best portion of a good man's life: his little, nameless, unremembered acts of kindness and of love."

—William Wordsworth

"What wisdom can you find that is greater than kindness?"

—Jean-Jacques Rousseau

"Kindness is always fashionable, and always welcome."

—Amelia Barr



"The words of kindness are more healing to a drooping heart than balm or honey."

—Sarah Fielding

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

—Princess Diana

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December		1	2 Roberta Stables	3 Alma Lewis	4	5
6 Gerald Harbaugh	7	8 Katie Ramsey	9 Rachel Snead	10	11 	12 Edna Hawkins
13 Edwin Sebolt	14 Franklin Gunn	15	16	17	18	19 Nancy Giannini
20 Helen Wright	21 	22	23	24 Edna Archer	25 Christmas	26 Edna Wood
27 Billye J Minnix Nancye Noel	28	29 James Andrews	30	31		

Word Search

Today's Category: Trees

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

1. Maple
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20. _____

- Word Search Solution:**
- | | |
|-------------|--------------|
| 1. Alder | 11. Linden |
| 2. Ash | 12. Maple |
| 3. Aspen | 13. Oak |
| 4. Banyan | 14. Palm |
| 5. Birch | 15. Pine |
| 6. Cedar | 16. Poplar |
| 7. Chestnut | 17. Redwood |
| 8. Dogwood | 18. Spruce |
| 9. Elm | 19. Sycamore |
| 10. Fir | 20. Willow |

