

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

January 2015



OFFICE HOURS

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IMPORTANT NUMBERS

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The Woodland Connexion

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Happy New Year!

"Ring out the old, ring in the new,

Ring, happy bells, across the snow:

The year is going, let him go;

Ring out the false, ring in the true."

—Alfred, Lord Tennyson

We want to wish all of our residents a happy new year. We hope it's the best one yet! Our resolution for the year remains the same as always: To ensure our residents have a wonderful place to call home. Let us know if there is anything we can do to better fulfill this resolution. Happy New Year!



Schedule Annual Appointments

January is a time for fresh beginnings. So take some time between your new exercise routine and cleaning out that hall closet to schedule your health and wellness appointments for the year. Here are some basic appointments to keep in mind:

Dental. Adults and children alike should see the dentist at least twice a year for checkups and professional cleanings.

Wellness. Everyone can benefit from a yearly wellness exam. Staying on top of "silent" issues such as blood pressure and cholesterol levels can prevent long-term problems.

Specialists. It's advisable that adults see a dermatologist at least once a year to have moles or any other skin issues examined. And don't forget the optometrist, who can check for eye disease and renew lens prescriptions.

Sky Watch: Wolf Moon

In early January, watch the sky for the Wolf Moon. Native Americans named the month's full moon phase for the wolves who howled outside their villages during the cold and snowy midwinter.



The Woodland Memorial Service

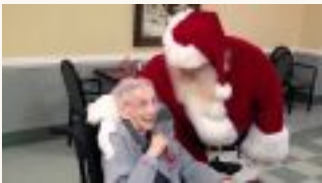
On Nov. 20, The Woodland held its semi-annual Memorial Service in the Jefferson Dining. In the memory of the residents who we cared for so dearly, we released balloons in the shape of doves.



Christmas Memories

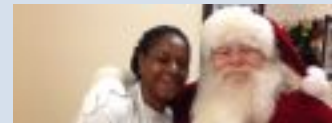


Talk About It








Remember Me?



January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 				New Year's Day 1	2	3 Opal Tyler
4 Elizabeth Haga Margaret Templeton	5	6	7 Doris Bellofatto	8 John Atkinson	9 Josephine Bland Maurine Hockman	10 
11	12	13 James Wilkerson	14	15 Carol Reynolds	16	17 Lucille Dowdy Roland Latta
18 Martin Luther King Jr. Day	19 Patricia Rivero	20	21	22 Charles Barron	23 James Papouchis	24
25 Maebelle Cook	26 	27 Barbara Bedner	28	29	30	31 Gene Combs

