

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

July 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

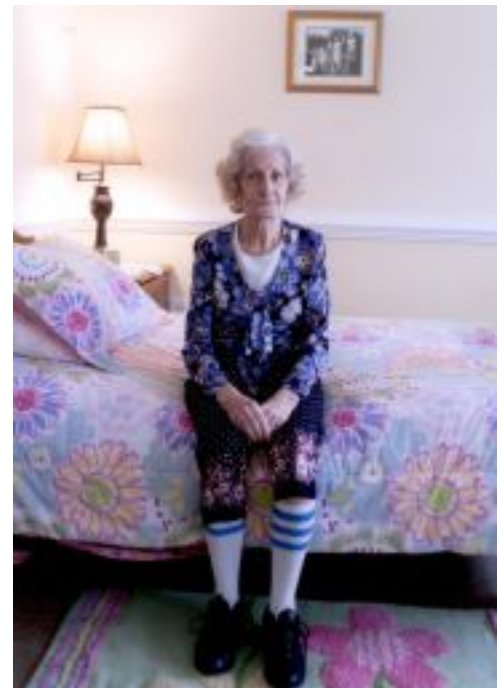
A Trip to the Tank Museum



Bill Pollard, Mary Cuffle, Bill Bradby, Mary Walter, Mary A. Lynn, Howard Ferguson, Dick Holley, and Lois Nervig (not pictured Mac McLaughlin) take a picture with a tank at the Tank Museum in Danville, Virginia.

Residents recently took a trip to the Tank Museum in Danville, Virginia. The museum has the most extensive collection of international tank and cavalry artifacts in the world. A fun time was had by all that ventured on the trip.

Rachel Snead Takes the Prize!



Rachel Snead was recently featured in a photo that won first place in a class competition at Longwood University.

Ice Cream at the Cafe

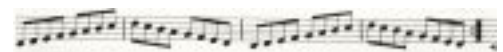


With warm weather upon us, stop by the The Cafe for a scoop of ice cream or the Java Station for a cup of frozen yogurt.

Upcoming Events

- Brookview
- Red, White, & Blue Picnic
- Family Feud
- Holly Manor
- Pamper Me Day
- Red, White, & Blue Picnic
- The Courts
- Charles Town Horse Races
- Fishing Club

Special Music



Ruby Gray will be visiting The Woodland every second Tuesday to perform special music. On July 11, she will be at Brookview, and in August she will be visiting Holly Manor.



4th of July

“Taxation without representation!” That was the cry of the 13 colonies in America that were forced to pay taxes to England with no representation in Parliament. On June 11, 1776, the colonies’ 2nd Continental Congress met to form a committee to draft a document that would formally sever their ties with England. They officially adopted the final version on July 4.

The following day, copies of the Declaration of Independence were distributed and, on July 6, “The Pennsylvania Evening Post” became the first newspaper to print the document. The Declaration of Independence has since become our nation’s most cherished symbol of liberty.



Thank You for Your Service, Charles Lewis



Charles Lewis and his World War II medals for service.

Charles Lewis, a volunteer who frequently plays the harmonica for residents at The Woodland, was honored for his service in World War II. He received medals at a ceremony at the Buckingham VFW Hall on February 27. He was honored at The Woodland on Memorial Day for his contribution and service to the United States. Thank you for your service to our country and your volunteer work at The Woodland.

Bon Appetit Food Critics

The Bon Appetit Club now has a rating system for the restaurants they visit. Restaurants are rated up to five stars on friendliness, cleanliness, atmosphere, and cost categories. Fiesta Tapatia was rated five stars in each category.



Fiesta Tapatia in Lynchburg, Virginia

The Fishing Club Strikes Again!



Bessie Ransome and her citation fish.

The fishing club has been very active recently. On a trip to Briery Creek Reservoir residents enjoyed a day of fishing and a picnic lunch of fried chicken.

Sing for Joy!

The Jubilation Senior Adult Choir from Midlothian recently performed at The Woodland. The choir is composed of members age 55 and older who sing sacred, secular, and patriotic music. Their mission is to spread fellowship and goodwill through music.



Jubilation Senior Adult Choir

Sakes Alive, She's One-O-Five!



Louise Boswell and Erica Collins

In December of 2011 it was estimated only 71,991 people in the United States were 100 or older. Not too many people make it to the 100 year mark, and even fewer make it to 105, but Louise Boswell, an apartment resident at The Woodland turned 105 on May 8. She celebrated the big day by having her hair done and reading a book. Louise is originally from Burkeville. Happy Birthday, Louise!

census.gov

Painting on the Patio



Robin and Nicole from the activities department, Hester Bishop, Myrtle Bridgeforth, Coleen Inge, and Mary Crowder.

Ladies gather on the patio to have their fingernails painted.

Tea Time



Mac MacLaughlin & Elsie Wilson

A group from The Woodland visited Simply Tea, a tea room in Amelia, Virginia. The group enjoyed specialty teas and assorted sandwiches.



Keep Cool


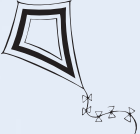

Heat stroke is a potentially dangerous condition that does not have to occur. Avoid the potentially harmful consequences by playing it safe.

Know the signs of heat stroke, which include hot dry red skin with no sweating. Confusion, dizziness & hallucinations may follow. If heat stroke is suspected, move the victim to an air-conditioned or shaded location & call 911. Cool the person by wrapping them in cool, wet cloths or placing in a cool shower.

The best tool in preventing heat stroke is air-conditioning. Cool showers or baths & drinking plenty of fluids also help. Summer clothing should be lightweight & loose-fitting.

Hot summer days shouldn't be dangerous. Protect yourself & have fun!

July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Warren McLaughlin	2	3 Lena Dowdy & Mary Young	4 Estelle Womack & Christine Clark	5 William Rand	6
7 Betty Dobbins	8	9	10 Barbara Randolph	11	12 	13
14 Virginia Bowen	15 	16 Lola Anderson	17	18	19	20 Jean Keeling
21 Myrtle Banton & Lucile Cristo	22	23	24 Sharron Brown & Frances Worley	25 William Donaldson	26	27
28 Marilyn Francis	29 Walter Wilson	30 Lillian Bondurant & Virginia Presnell	31 Sandra Contreras & Paul Layne			

S F F F S G A L F F F S
S G L F L G S F L A G S
G S A A F A F F A L S G
A L G L G G G G F A A
L F S A A S L S S L S L
F L A G S A G G L A G F
L A F L G A G A A G A L
A G S G A L F A L S L A
G S G F L A G S L F F G
S G A L F A A F L A G S

CAN YOU FIND
THE WORD
"FLAGS" 15 TIMES
IN THIS PUZZLE?