

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

May 2014



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

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Celebrate the Season

We've made it through winter and April's showers. Now it's time to enjoy May's colorful flowers!

May Flowers

The full moon in May is called a Flower Moon.

Word for May: Felicitations

High school and college graduates everywhere are smiling this month, so offer them felicitations! The word is a synonym for "congratulations" or "expressing vicarious pleasure on the occasion of success or good fortune," according to www.M-W.com. From the Latin root *felix*, meaning "fruitful, happy or lucky," felicity vividly describes the emotions bouncing around under that mortarboard cap. After all that hard work, hearing a little encouragement goes a long way toward making a new graduate's success all the more memorable.



Happy Mother's Day
Sunday, May 11!!!
Enjoy and Relax

Armed Forces Day

The third Saturday in May honors our nation's military.



History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who died in our nation's service. It was officially proclaimed on May 5, 1868, by a general. It was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.



Thank you to caregivers, staff and residents of The Woodland ...

May Folklore

Mist in May, heat in June makes harvest come right soon.

Free Those Toes

May 8 is No Socks Day.

Stay Strong

The last Wednesday in May is National Senior Health and Fitness Day.



Let's Get Fit ...

The Wellness team is available to meet the health needs of residents, employees and the community of all ages and levels. We serve those including: the post-therapy population, those wanting to improve/maintain their health, private pay one-on-one wellness exercise and group fitness classes. The Wellness team also offers swim lessons for Adults, Children and Infants/Toddlers.

As a Wellness Team, We Don't Just Have Classes--WE EDUCATE!



The Watkins Wellness Center

The Wellness Center provides a setting for people to improve their quality of life through fitness, rehabilitation, and education for all ages. In conjunction with OP Therapy Center and in-house care systems we provide a highly qualified staff to help individuals work toward their wellness goals. Our staff specializes in all areas of fitness from general and aquatics fitness to instructing a wide variety of group fitness classes.



The Wellness Team

Pictured to the left: Susan Dykes, Sue Simpson, Stephanie Arnold and Rachel Jennings

Rachel has a bachelor's of science degree in Kinesiology. Rachel has been an employee for 7 years and enhances the group with her vast knowledge of wellness programs.

Susan is Aquatic Therapy Rehab Institute Certified. She has over 25 years experience in exercise fitness.

Sue has been certified through ACE Fitness since 1998. She brings 24 years of experience to the Wellness Team. Stephanie is our newest member. She has an educational background in recreational therapy.

General Fitness

Group Fitness Classes

- Low Impact Aerobics
- Exercise with Arthritis

Personal Training Program

Due to each individual's fitness needs, a personal trainer can formulate an exercise plan based on a fitness assessment to help you achieve your goals.

Therapy After-Care Program

This program is designed for previous therapy, aquatics or personal training clients who have successfully completed the prescribed treatment and want to continue to maintain their gains through exercise in a group setting.

Family & Multi-class Discounts Available!

Aquatics

Group Fitness Classes

- Water Walking
- Golden Flippers
- AquaCise
- Aqua Arthritis
- Splash

After Care Program-

bridges the gap for previous pool therapy patients who have successfully completed their prescribed aquatic treatment and would like to continue on a private pay basis.

Adaptive Aquatics-

programs allow for one-on-one instruction in the pool for those needing exercise or swim based activity.



American Red Cross Classes

The Wellness Center will again be holding American Red Cross Swim Lessons and CPR/AED Classes between May to August. Open to the community.

Register early because swim classes do fill quickly.

CPR/First Aid for Babysitters-

May 17, 1-5 p.m.

American Red Cross Water Safety Class-

June 24 & 26, 6-7:30 p.m.

Longfellow's Whales Tales-

June 23, 4-6 p.m.

CPR/AED for Layperson

-Infant, child, & adult. June 26, 6-7:30 p.m.

CPR/AED Professional Rescuer &

Health Care Provider-July 12, 1-5 p.m.

Call to schedule your class or group today! 434-392-6106



American Red Cross

May Swim Schedule

Adult Beginners-Tues. & Thurs., 6:30-7:15 p.m.

Parent/Child-Mon. & Wed., 5-5:45 p.m.

Level 1 & 2-children beginner-Mon. & Wed., 4-4:45 p.m.

June Swim Schedule

Adult Beginners-

Tuesday & Thursday 6:30-7:15 p.m.

Level 1 & 2-Children

beginner-Monday & Wednesday 4-4:45 p.m. or 5-5:45 p.m.



Are you looking for an aquatic program for yourself or your family? The Wellness Center has an affordable class that will meet your needs.

- **Parent & Child Aquatics**- developed for children 6 months to 5 years of age and their parents.
- **Level 1**-Introduction to water skills
- **Level 2**-Fundamental aquatic skills
- **Level 3**-Stroke development
- **Level 4**-Stroke improvement

Swim classes have limited sizes, please register early!

Cost is \$50 for 6 classes a month. No discounts apply.

Please contact our Wellness Department for more information and registration information.

Would You Like to Have Fun?

Volunteer aides are needed to help our American Red Cross Instructor teach **Learn to Swim Class**. Training date is April 30 at 4 p.m. Please call for more information!



Wow!

'The Worlds Largest Swim Lesson'

Help us help break The Guinness Book of World Records' largest simultaneous swim lesson.

Adult volunteers & witnesses before May 9!

For more information, please call 434-392-6106 ext. 333

Date: June 20

Time: 11:00am

Place: Watkins

Wellness Center

Open to children up to 12 years

Register between

9:00am-10:00am

Parade through

facility

10:15am-10:30am

Line up for lesson at

10:30am-10:45am

Lesson

11:00am-11:30am

Fun swim

11:30am-12:00pm

Lunch on the lawn at

Noon.



May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>MAY</h1>				1 Harris Huskey	2 Flora Grant Betty Childress	3 Helen McLane
4	5 Edith Clements Dorothy Long	6 Elizabeth Barrere Anita Eanes Lewis Wilkerson, Sr	7	8 Louise Boswell Betty Thompson Mabel Cason	9	10
11 Elsie Boswell	12 	13 Maude Welton	14 Virginia Branch Thomas Kremski	15	16	17
18 Gertrud Buono	19 Mildred Harvey	20	21 Billie Baldwin	22 Jack Layne Marjorie Tisdale	23 Hyacinth Greaves	24 
25	25 Memorial Day 26	27	28 Fannie Borum	29 Richard Holley Robert Johnson Iris Lehman	30	31



Eat a variety of fruits and vegetables



Drink plenty of water



Exercise 20 minutes a day



Get enough sleep



See your health care provider regularly



May is

Family Wellness Month