

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

September 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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Woodland Family Practice



Pictured above L to R- Maurice Randall PA, Edward I Gordon MD, Virginia Short, AND & Jorge Capo-Rodriguez MD

As previously shared we suspended our out-patient services to the community, but as of Aug. 11 we have started treatment of campus residents and employees. If you would like to make an appointment please feel free to call **Carey Waycaster, Receptionist at 392.6143 or 392.6106 at ext. 257.**

Mondays and Wednesdays are

dedicated to facility resident needs and acute sick visits.

Fridays are dedicated to DOT / School Physicals.



Healthy Autumn Years

September is Healthy Aging Month, a time to think positively about growing older and taking charge of our overall health and well-being. The U.S. Surgeon General suggests concentrating on avoiding disease, staying physically and mentally active, engaging with people, and keeping a watchful eye on finances.

A Figure of Speech

Phrase: Break the ice

Meaning: Overcome awkward situations and get people talking.

Origin: The phrase originates with icebreaker ships that would forge a path for other ships. The phrase took on the meaning of forging a path through an awkward social situation.

Lifelong Learning

"As long as I'm learning every day of my life, I will never feel old. Never." —Pat Mitchell

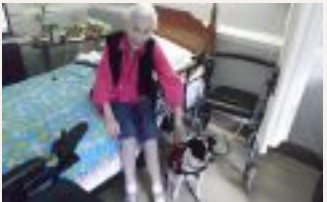
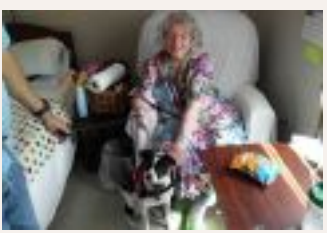
Peace to All

The International Day of Peace, which aims for an end to all wars, is observed annually on Sept. 21 by many nations.





On the Road



Good Boy!

Is someone in your home begging for attention? Come see us! This is a pet-friendly community, and we love for you to meet and greet our residents—four legs or two. Contact the activities department if you have an affectionate furry friend that you would like to visit.

Goode View Alpaca Farm



Briery Creek fishing...



White Oak Lavender Farm



Hilltop Winery



Local youth choir singing...



Anyone up for a Puppet Show?



Pattie Trent enjoys visits and family time.



It's Fall Y'all

Remember Your Grandparents

The Sunday after Labor Day is Grandparents Day, a time to remember with special affection the importance of grandparents in our lives. On this special day, take time to visit your grandparents, send them a card or give them a call. It will brighten their day to know that you care.

Seasonal Selections

September means harvest time, cooler weather and the beginning of autumn. Celebrate the changing of the season with this in-season produce:

Fruits: Apples, dates, figs, grapes, melons, pears, plums and raspberries.

Vegetables: Beans, beets, cucumbers, eggplant, lettuce, okra, peppers, squash and tomatoes.



Exercise and Activities

"I'm too old-I might hurt myself." "I don't have time."



Some reasons to get fit include:

- Lack of physical activity combined with an unhealthy diet is the second-greatest cause of U.S. deaths. (Smoking is No. 1.)
- Regular exercise prevents and delays some illnesses, such as cancer, heart disease and diabetes.
- Being active helps seniors stay independent and keep doing things on their own, such as getting around or dressing.

Make physical activity a part of your everyday life.



September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 Elsie Wilson	2	3 Virginia Clabo Ida Allen	4 Marion Brown	5 Barbara "Seppi" Thoma	6 Rebecca McBride
7 Mildred Walter	8 Delsie Harrup	9 Hassie Walker	10	11	12 Edna Woodson	13 Regina Wilkerson
14 Docia Shumaker	15 	16	17 Hubert Atchley	18 Mary Lloyd	19 Marie Anton Louise Randolph Charles Thomas	20 Marie Bishop
21	22	23	24	25 Ella Taylor	26 Pauline Allen	27 James Jordan Charlotte Huskey Pattie Trent
28 Ronald Haney Barbara Barden Clarence Beall	29	30 Mary Cuffle				



THE Magic OF Music
 NATIONAL ASSISTED LIVING WEEK
 Sept. 7-13, 2014