



# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

October 2016



### 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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(434) 392-6106



### Thursday, October 20th, 2016

The Walk to End Alzheimer's will be held at Longwood University at 5pm.

#### Woodland Fundraisers to Help End Alzheimer's

The Woodland Team will be selling Purple Bracelets & Purple Buttons for \$1.00.

Gift Basket Raffle-looking for departments to donate themed baskets to be raffled off.

Cake Walk-homemade cakes to be donated for a Cake Walk.

Sign-up sheet for the team is located in staff break room. For more information, please contact Marion Kyner at ext. 222 or Jonathan Brooks at ext 270.

### 5 Things About: Favorite Fall Foods

- Pumpkins were once believed to help eliminate freckles.
- Bobbing for apples got its start as a courting game in England.
- The world's heaviest squash was grown in Canada in 2011 and weighed 1,486 pounds.
- George Washington Carver used sweet potatoes to develop more than 100 products, including glue for postage stamps.
- In Latin, pomegranate means "apple with many seeds."

### Watch Nature's Splendor

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn." —Elizabeth Lawrence



### Ease the Sting of Flu Shots

If the needle prick of your seasonal flu shot makes you anxious, here's some advice that may help: Look away. The medical journal Pain found that patients said the stick of a needle hurt less when they didn't anticipate the sting by watching the process.





### Glen Memorial Youth

Children from Glen Memorial came out to entertain residents.



*The Woodland will announce when flu shots will be available for residents and employees. Please stay tuned.*



## Trivia Whiz

### Pumpkin Power

Archaeologists believe that pumpkins could be the oldest domesticated plants on the planet. Evidence found in Mexico suggests people cultivated pumpkins as far back as 10,000 B.C. Here are a few more things you might not know about this round, orange squash:

- Pumpkins are a good source of vitamins A and C and potassium.
- In 2014, a Swiss man grew a pumpkin that weighed 2,323 pounds.
- A pumpkin generally has about 500 seeds, which are a good source of iron.
- There are more than 40 varieties of pumpkins.
- Pumpkins were a staple in the diets of many Native American tribes.



### Shopping in Henderson, NC

The Courts residents enjoyed a day of shopping along with lunch at George's Restaurant in Henderson, NC.



### Luau Enjoyed by All!





**Don't forget to check out the wide variety of amenities offered here at The Woodland, Inc. . . .**

*Watkins Wellness Center  
Watkins Outpatient Therapy  
In-House Rehabilitation Therapy  
Cafe*

*Java Station  
Gift Shop*

*Woodland Pharmacy  
Woodland Family Practice  
Assisted Living  
Independent Living  
Long-Term Care  
Community Center*



## Wit & Wisdom

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”  
—Marcel Proust

“The beginning of knowledge is the discovery of something we do not understand.”  
—Frank Herbert

“All truths are easy to understand once they are discovered; the point is to discover them.”  
—Galileo Galilei

“You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things.”  
—Nate Berkus

“What I really want out of life is to discover something new: something mankind didn't know was possible to do.”  
—Elizabeth Holmes

## Race Street Baptist Church



Holly Manor was entertained by the group from Race Street Baptist Church. Even by the youngest member.



## Prescription Safety

October observances include Prescription Errors Education and Awareness Week. If you haven't already, make a list of the medications you take, including the dosage, reason for taking, and any side effects you have experienced. Bring this list with you to every doctor visit and give a copy to a trusted relative or friend.



## Step Right Up!

Carnivals and fairs arrive in many cities and towns this time of year. Use the following questions to discuss your memories of these annual fun-filled attractions with your family and friends.

- What is the first carnival or fair you remember attending? How old were you? Where was it held?
- Did your family and friends attend these events each year? What about now?
- The midway is often the featured centerpiece. What was your favorite part of the midway? Was it a particular ride or show?
- Do you remember playing any games like throwing darts at balloons or knocking over milk bottles with a ball? Did you ever win a prize?
- Everyone likes to indulge in fair food. Did you have a favorite treat such as cotton candy or funnel cakes?
- Did you or anyone you know ever enter livestock, produce or a craft into a fair competition? If so, did you win? Talk about the preparation involved.

# October 2016

Sunday

Monday

Tuesday



Wednesday

Thursday

Friday

Saturday

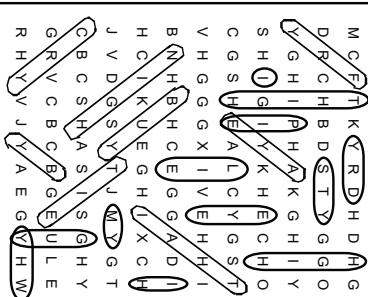
# October

						1
2	3	4	5	6	7	8 
9	10 Columbus Day	11 Page Johnson	12	13 Claude Schmidt Aurie Locke	14	15
16	17 Gail Davis Coleen Inge Selena White Bobby Shreve	18 Heber Ashbrook Joan Neihouse	19	20	21	22
23/30 30th-Lois Nervig	24/31 31st-Sherman Pierce	25 	26 Lorraine Elliott	27 William Kellam	28	29

## Word Search

Today's Category: Words That Rhyme with "SKY"

<p>M C F T K Y R D H D H G</p> <p>D R C H B D S T Y G G O</p> <p>Y G H I P H A K G H I Y</p> <p>S H I G I Y K H E C H O</p> <p>C G S H E A L C Y G S T</p> <p>V H G G G X I V E H H I</p> <p>B N H B H C E G G A D I</p> <p>H C I K U E G H I X C H</p> <p>J V D G S Y T J M Y G T</p> <p>C B C S H A S I S G H Y</p> <p>G R V C B C B G E U L E</p> <p>R H Y V J Y A E G Y H W</p>	<ol style="list-style-type: none"> <li>1. Lie _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> <li>6. _____</li> <li>7. _____</li> <li>8. _____</li> <li>9. _____</li> <li>10. _____</li> <li>11. _____</li> <li>12. _____</li> <li>13. _____</li> <li>14. _____</li> <li>15. _____</li> <li>16. _____</li> <li>17. _____</li> <li>18. _____</li> <li>19. _____</li> <li>20. _____</li> </ol>
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<p>Word Search Solutions:</p> <ol style="list-style-type: none"> <li>1. Aye</li> <li>2. Buy</li> <li>3. By</li> <li>4. Cry</li> <li>5. Dry</li> <li>6. Eye</li> <li>7. Fry</li> <li>8. Guy</li> <li>9. Hi</li> <li>10. High</li> <li>11. I</li> <li>12. Lie</li> <li>13. My</li> <li>14. Nigh</li> <li>15. Pie</li> <li>16. Sky</li> <li>17. Thai</li> <li>18. Thigh</li> <li>19. Tie</li> <li>20. Why</li> </ol>	
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