

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

November 2016



OFFICE HOURS

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IMPORTANT NUMBERS

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The Woodland Connexion

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Mary Trammell-Jones, RN, DON

Mary has a deep commitment to caring for our residents & staff. The Woodland held its first job fair on Oct. 25th. I would like to follow our mission of being "Employer of Choice." If you have questions or staff recommendations, please visit our HR office for additional information to include referral bonuses.

IN MEMORIAM

The Woodland Residents (April 2016 - September 2016) will have a memorial service at The Woodland Thursday, the seventeenth of November, six in the evening.

Please join us at
The Woodland Community
Center

103 Varner Drive

Reception will be held prior
to service

Please bring a photo for
Remembrance Table.

RSVP by Nov. 7th (434) 392-6106
Ext. 257



Inspiring Oaks

It's never too late to accomplish something—just ask an oak tree! Oaks begin producing acorns when they are 20 to 30 years old, but the peak age for most species is between 50 and 80.





Five County Fair Fun

Holly Manor had 8 residents who entered pieces in this year's Five County Fair. All received participant ribbons but among them we also had a First and a Second place winner. Good job gang!



"Autumn—the year's last, loveliest smile." —William Cullen Bryant

Trivia Whiz

The Lowdown on Elections

Every four years, Americans head to the polls in November to cast ballots for the nation's president.

Late fall was historically considered a good time for elections because the harvest was mostly over and winter weather hadn't set in yet. The days varied, however, until 1845, when Congress set the Tuesday after the first Monday in November as the day for presidential elections.

Prior to 1804, the presidential candidate who received the second-highest number of electoral votes was named the vice president.

The only bachelor elected president was James Buchanan.

John F. Kennedy was the youngest elected U.S. president at 43. Ronald Reagan was the oldest at 73.



National Assisted Living Week Fun

This year's theme was "Keep Connected"



Happy belated birthday to Nancy Redman on October 23rd.



Family Feud was played during NALW





National Donut Day enjoyed at Watson AL



Playing cribbage at Brookview



Join the Chorus

Soon, holiday tunes will fill the air. If you get the chance, join in a sing-along. Singing in a group is good for you. Crooning in a chorus lowers your stress, elevates your mood and can even benefit your heart rate as much as yoga does.

Car Show at The Woodland



Lunch enjoyed at the Cruis-In Cafe in Keysville, VA



B.I.G. catch of the day



Wit & Wisdom

"I am grateful for what I am and have. My thanksgiving is perpetual."
—Henry David Thoreau


"If you are really thankful, what do you do? You share."
—W. Clement Stone

"Best of all is it to preserve everything in a pure, still heart, and let there be for every pulse a thanksgiving, and for every breath a song."
—Konrad von Gesner

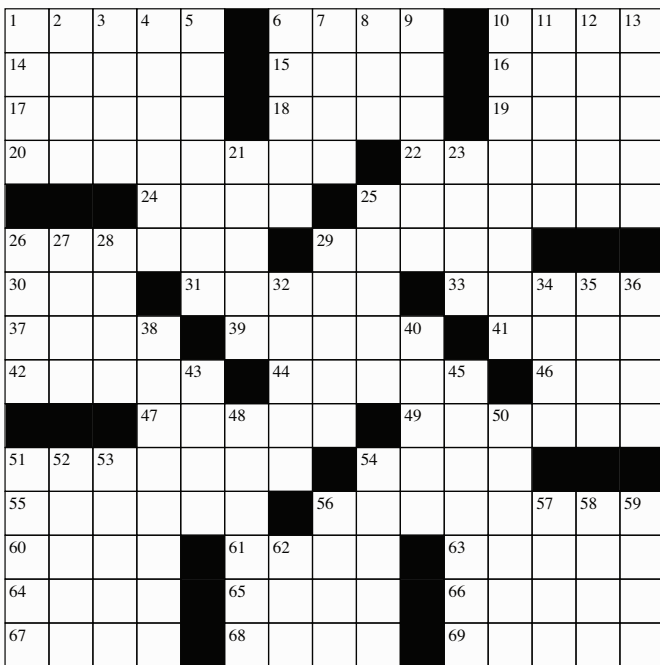
"If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get."
—Frank A. Clark

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
—Oprah Winfrey

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Maurice Sneller James Robertson	2 John Miller David Burke	3 Sylvia Wood	4 	5 Jeanne McPeak Virginia Grile
6	7	8 Mary Crowder	9 Charles Brisentine	10	Veterans Day 11	12
13 John Christensen	14 	15 Alice Hines Terry Jennings	16 Claire Couillard Mary F Harvey	17 Florence West	18 Hilda Woodson	19
20	21	22	23	Thanksgiving 24	25	26 Mary Speas Mildred Chambers
27 Leslie Leonard	28 Christine Hadel	29	30	<h1>November</h1>		

Crossword Puzzle



ACROSS

- Most common first name for U.S. presidents
- Ardor
- Campus area
- Remus or Sam
- French I verb
- Biblical preposition
- Clamor
- Laugh loudly
- On
- Imagery
- City in Wisconsin
- Lake birds
- Singing group for Davy, Peter, Micky & Mike
- Gathered
- Strain vegetables
- Bullring cry
- Chopper
- Fury
- Animal with a snout
- Leading
- Ox's burden
- Nursery rhyme Jack
- City on the Rhone
- Won back?
- Under __; confidential
- Show affection for
- Gifts from a crocheter
- Whiten
- Cup-shaped blooms

DOWN

- Beaver Cleaver's mom
- Of unknown authorship: abbr.
- 1104
- Women's names
- Becomes enraged
- Digits
- Type of collar
- Casa Mrs.
- Great fright
- Charlatan's claims
- Loosen
- Make reparation
- Dummies
- Popular nation
- Again
- Huge painting
- Crowds
- Tilted
- Scorch

- Equals
- Fellows
- Excellent
- Ref.'s decisions
- Chops
- Untanned skins
- Appliquéd sticker
- Pitfall
- Bars
- Piece of info given to a "Jeopardy!" player
- Save
- Tête-__
- Make __; ridicule
- Brief flash of light
- Reduced
- Fence opening
- "Mary __ little lamb..."
- Type of school: abbr.
- Talk back
- Season in Soissons

