



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

June 2017



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 Kitchen, Editor

Carey Waycaster, Assistant Editor

kkitchen@thewoodland
inc.com

(434) 392-6106

Fastest Fastball

The fastball might be the most common pitch used in baseball, but one flying at 105.1 mph is not something you see every day. Aroldis Chapman, the current record-holder for the fastest pitch in MLB history, has thrown balls clocked at that speed *twice*—in 2010 for the Cincinnati Reds and in 2016 for the New York Yankees.



147th Running of the Belmont Stakes

If you are into horse racing, then you know the 3rd race in the Triple Crown is the running of The Belmont Stakes on Saturday, June 10, 2017 in Elmont, New York. Coverage begins at 4:30 pm on NBC.

Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers.

A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a celebration to say thank you to all our center's dads who've raised generations. We will have a feast fit for a king! We'll supply the meat for the grill; you just bring along the fixings to make the meal complete. Don't miss the fun and fellowship at this Father's Day feast.



An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

D-Day Remembrance

Tuesday, June 6, 2017
Observance of Allied Forces' invading the beaches of Normandy, France in WWII

Flag Day

Wednesday, June 14, 2017
commemorates the adoption of the flag of the United States



Pat Stout, LPN retires after 32 years. Congratulations and Best Wishes.



Trivia Whiz

Starry, Starry Night

The night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

Orion. The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

Ursa Major. The name of this constellation means "Great Bear," and it is notable for containing the Big Dipper, one of the most recognizable star patterns.

Ursa Minor. In Greek mythology, the "Little Bear" is the child of the Great Bear, and is also called the Little Dipper.

Canis Major. The brightest star in the night sky, Sirius, is located in this constellation, which means "Great Dog."

Sandy River Reservoir & A Goode View Alpaca Farm



National Nursing Home Week

was May 14th thru 20th. This year's theme was "The Spirit of America." The Woodland celebrated each day of the week with different events. Monday was Red/White/Blue Day, and chocolate chip cookies were delivered through-out the facility. Tuesday all nurses' stations got to decorate their area with decorations supplied by facility with daiquiris delivered as a treat. On Wednesday everyone enjoyed a picnic on the patio located on the Lee unit and you got to make and wear your favorite red/white/blue hat. Thursday was Wear Your Favorite Scrub Day with root beer floats. Then topping it all off on Friday, a scavenger hunt was enjoyed and all employees were able to wear their favorite Woodland shirt.





VFW Program

The local VFW visited in the Jefferson Dining with residents.



Elizabeth Barrerre celebrates her 105th birthday!

Wellness News

Please pick up your new Wellness Calendar to see where times and events have changed. We are reviewing our summer time activities and changes will be occurring. New things should be in place by June 1st. Contact Wellness at 392.6106 Ext 333.



Wit & Wisdom

“My father gave me the greatest gift anyone could give another person; he believed in me.”
—Jim Valvano


“My dad had this philosophy that if you tell children they’re beautiful and wonderful then they believe it, and they will be.”
—Emily Mortimer

“My father was my teacher. But most importantly he was a great dad.”
—Beau Bridges

“It was my father who taught me to value myself. He told me that I was uncommonly beautiful and that I was the most precious thing in his life.”
—Dawn French

“My father believed in toughness, honesty, politeness and being on time. All very important lessons.”
—Roger Moore

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>June</h1>				1	2 Helen Baker	3 Betty Perkins Pamela Angello
4	5 James Wade	6	7	8 Julia Tomlin Joseph Vick	9 Jean Phillips	10 Sarah Cunningham Alma Overstreet
11 Ernestine Garrett Janice Mahone William Bradby	12 Byron Shorter	13	14 Constance Gills Dorothy Shumaker	15	16	17
18	19 Kathryn Broadwater	20 	21	22	23 Pauline Johnson Garland Doss	24 Betty Fox
25	26	27 Joyce Spencer	28	29 Willie Roach Shirley Rice	30	

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

8	7	6	1	5	2	3	4	9
1	3	4	8	9	7	2	6	5
2	5	9	3	6	4	7	8	1
4	9	7	5	2	1	8	3	6
6	8	2	4	3	9	1	5	7
3	1	5	6	7	8	9	2	4
5	2	1	9	8	6	4	7	3
7	4	3	2	1	5	6	9	8
9	6	8	7	4	3	5	1	2

2			3				9	
	6			1		3		
3		4	9					5
4	2			7		5		
		1	6			2		
		8		2			6	4
1	8				3	6		2
		2		6			3	
	4				1			8