

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

July 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

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(434) 392-6106

100th Birthday Celebration

Virginia Branch celebrated her
100th Birthday in May.



Our Nation's Foundation

"America was built on courage,
on imagination and
an unbeatable determination
to do the job at hand."

—Harry S. Truman

Celebrate the USA

Independence Day
commemorates July 4, 1776,
the day when the Continental
Congress, representing the 13
Colonies, adopted the
Declaration of Independence.
We celebrate the nation's birth
with gatherings of family and
friends, fireworks, food and fun.
Happy 241st birthday, USA!



The Woodland Is Proud . . .

to announce that Lawrence C.
Varner, M.D. and Eugene
Donovan, M.D. have joined our
medical team. The physicians are
both board-certified and have
been practicing in the Prince
Edward and Burkeville area for
years. Please help us in
welcoming them to our
community.

Hydrating Foods

Staying hydrated is important,
especially when the temperature
soars. In addition to drinking
water, try snacking on these fruits
and vegetables that are more
than 90 percent water:
strawberries, watermelon,
tomatoes, cucumbers, baby
carrots and celery.

Eat for Allergy Relief

Do seasonal allergies have you
sniffing and sneezing? Certain
foods may provide some relief by
reducing inflammation and
strengthening the immune
system. Try broccoli, onions,
garlic, pineapple, oranges,
watermelon and tomatoes.



Check Us Out

Yes. . .we're Open!

- **Café** - order a-la-cart items off the grill along with hand dipped ice cream. Open 7 days a week, 11am till 7pm.
- **Java Station** - stop in to grab a cup of joe or enjoy a latté. Snack items also available for purchase. Open 7 days a week, 8am till 4pm.
- **Gift Shop** - forget something? Need a quick gift? New items are always arriving in the Gift Shop. Open Wednesday & Friday, 10am till 3pm and on Thursdays, 11am till 6pm.

Located at Brookview Lodge Assisted Living building.



Mud Run Fun!

The Woodland staff members: Toshal Thanawala, Mary Kate Lyons, Terry Green & Tim Cook participated in this year's Rugged Maniac 5K Obstacle Race held at the Virginia Motorsports Park in Petersburg, VA.



Toshal jumps over fire....

The Wellness Connection

Now that summer has finally arrived and the temperature is becoming hotter, the risk of dehydration is at its greatest. It is important to stay hydrated by drinking adequate amounts of water throughout the day. The recommended intake of water is approximately eight glasses per day.

Being hydrated will help with cardiovascular health, keeping your body cool, cleaning toxins from your body, helping muscles and joints to work more efficiently, and overall, promoting better health.



Signs of dehydration may include: muscle cramps, fatigue, headaches, light-headedness, increased thirst, and decreased urine output. If you're working outside in the heat, it may be helpful to apply a wet wash cloth around the back of the neck and take frequent breaks in the shade.

Wellness Classes

Don't forget the Wellness Department offers a wide variety of land and water classes, which are open community-wide. Prices are as follows: \$30 single & \$50 for a family. Facility residents and employees are able to participate at no cost. For questions please contact one of our Wellness Members at 434-392-6106 ext 333.





Field Trip to Metro Richmond Zoo



More Mud



July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>						1 Elizabeth Cluett Warren Mclaughlin
2 	3 Ann Dischler	4 Independence Day Marvin Harrison	5 Joseph Bellofatto	6 Marjorie Huskey Pauline Dunnavant	7 Mary Ann Ryan Betty Dobbins	8 George Anderson
9	10	11	12	13 Mary Copley Bettie Brightwell	14	15
16 Lois Pugh	17	18 Winfred Viele, Jr	19	20 Jean Keeling Myrtle Banton	21 	22
23/30 23rd-Linwood Weakley, Jr 30th-Christine Yeatts	24/31 24th-Sharron Brown 31st-Alice Templeton	25 Gussie Abernathy	26	27	28 Laura Layman	29

Word Search

Category: Words That Rhyme With "STOLE"

W C K G H H L L O R C S
 H G K H E P O L E D L O
 O H N L L D C G D H G L
 L B O C B F C H T B P E
 E M L V H O G L U O S G
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- Word Search Solution:
- Bowl
 - Coal
 - Dole
 - Droll
 - Foal
 - Hole
 - Knoll
 - Mole
 - Pole
 - Poll
 - Role
 - Roll
 - Scroll
 - Shoal
 - Sole
 - Soul
 - Toll
 - Troll
 - Whole

