

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

March 2018



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

March Madness

- NCAA March Madness begins March 13th
- Saint Patrick's Day March 17th
- First Day of Spring March 20th
- Palm Sunday March 25th
- Good Friday March 30th
- Passover March 31st
- 2 Full Moons March 17th & 31st
- Easter Sunday April 1st
- April Fool's Day April 1st



Check your calendars for events!



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Walk for Health

With spring just ahead, it's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits.

Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!

Early Opening Day

It's been said that the true sign of spring is the sound of a bat on a ball. This year, baseball fans will hear that familiar sound on Thursday, March 29, the earliest opening day in MLB history. And for the first time since 1968, all 30 teams will start action on the same day.

Spring Forward Sunday, March 11th

Remember that Daylight Saving Time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late!





Trivia Whiz

Flu and You

Protect yourself from influenza by taking a few simple, common-sense precautions.

Washing your hands is the most effective way to protect yourself. Suds up for 15-20 seconds. If necessary, alcohol-based cleansers can be effective substitutes, but rub your hands until the gel dries.

During times of heightened alert, you may want to carry both gel cleanser for your hands and wipes to clean surfaces, such as doorknobs where flu germs can survive for up to two hours.

Avoid touching your face and take care of yourself. Eat healthfully and get plenty of sleep. Being in good shape ensures your body has the resources to effectively fight off illness.

Introducing Our Dining Services Team



Pictured above from left to right. Front Row: Regina McKoy Manager of Jefferson Dining, Scott Wolcott Manager of Brookview Dining, Don Meadows Manager of Holly Manor Dining Back Row: Donald Tiesler Executive Chef, Cary Sauls Director of Dining Services, Erik Davis Front House Manager Brookview, Jason Klein Front House Manager Jefferson/Special Events.

The Woodland is proud to announce our new Dining Service Management team. Cary Sauls, Director of Dining Services has held various roles from Executive Chef to Directing. Mr. Sauls has been in healthcare food service for the past 5 years. At the present time his

home is in Saltville, Virginia where his wife and family resides. He received his Bachelors degree in Culinary arts and his Masters in Education and has taught at the high school and college level.

We are very excited to have a new team that would like to focus on educating staff and obtaining excellent cooking skills. The menus are being reviewed and there should be changes and additions for our residents, guests and staff to enjoy.

If you should have suggestions please feel free to speak with one of the managers or contact Cary at (434) 392-6106, Extension 264.



Wellness Schedule

Spring is coming, time to get out and move! Check out our Wellness schedule, we have the perfect class for you.

Land Classes:

- Low Impact Seated Brookview Monday thru Friday 10am
- Open Gym Monday, Wednesday & Friday 11am till 12pm
- Courts Conditioning Monday, Wednesday & Friday 3pm in the Watkins Wellness Suite.
- Open Gym Tuesday 4pm till 5pm
- Seated Yoga Thursday 10am in the Watkins Wellness Suite
- Open Gym with Tyler Thursday 2pm till 3pm
- Brookview Strengthening Thursday 3pm

Aquatics:

- Water Walking Monday thru Friday 9am till 10pm
- Aqua Robics Monday, Wednesday & Friday 10am
- Aqua Arthritis Monday, Wednesday & Friday 11am
- No Impact Fusion Tuesday & Thursday 11am
- Open Pool Monday, Wednesday & Friday 12pm till 5pm
- The Courts Splash Tuesday & Thursday 2:30pm till 3:30pm
- The Next Step Tuesday & Thursday 4pm
- Salt Water Shape up Monday & Thursday 5:30pm

Contact (434) 392-6106 ext 333 for additional information

Brookview Fashion Show



Wit & Wisdom

"Are you looking for gold, friend? Look around you; anything useful to you is pure gold, pure silver!"
—Mehmet Murat Ildan

"The man who treasures his friends is usually solid gold himself."
—Marjorie Holmes

"Fire is the test of gold; adversity, of strong men."
—Seneca

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
—J.R.R. Tolkien

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold."
—Leo Tolstoy

"Gold is good in its place; but living, brave, patriotic men are better than gold."
—Abraham Lincoln

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March</h1>				1	2	3
4 Margaret Hargrove	5 Bobbie Robertson	6	7 Izetta Moore Douglas Hamlett	8	9 William Tomlinson Sarah Evans	10
11 Virginia Cobb Sue Wilkerson	12 Vickie Sprouse	13 <i>March Madness Begins, Check Your Local TV Listings for Times.</i>	14	15	16	17 Happy St. Patrick's Day 1st Full Moon
18 Altha Southall	19	20 1st Day of Spring David Cobb Jeanne Hollis Reese Tucker Bernard Wooten	21 Marie Powers Elizabeth Wilson	22 Maude Slater Lois Bickford	23	24
25 Palm Sunday	26 Mary Laird	27	28 Lorraine Banton	29 Ruby Warren	30 Good Friday Carol Prescott Donald Deskins	31 Passover 2nd Full Moon James R Smith

Word Search

Category: Things on the Head

D E R B Y K T D T H Y Y
 C D C H L I E V I O H A
 F A H C D S R K A O T R
 P T O U P E E F R D A M
 G D G R D B B C A D M U
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- Word Search Solution:**
- Beanie
 - Beret
 - Bonnet
 - Cap
 - Crown
 - Derby
 - Fez
 - Hair
 - Hat
 - Helmet
 - Hood
 - Panama
 - Sombrero
 - Tam
 - Tara
 - Toupee
 - Turban
 - Veil
 - Wig
 - Yarmulke

