



# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

December 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

Carey Waycaster, Editor

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inc.com

(434) 392-6106

### Mix and Mingle

Holiday gatherings can be a merry way to catch up with loved ones and meet new people, and all that socializing can be good for your health. Experts say mingling with others can help lower stress, boost confidence, and improve physical well-being.

### Wreaths Across America

Every year on the third Saturday in December, the sacrifice of U.S. veterans is remembered and honored on Wreaths Across America Day. Wreaths are placed at veterans' graves at Arlington National Cemetery and more than 1,400 locations in all 50 states and abroad.



### Local Christmas Parades

**Farmville Jaycees 68th Annual Christmas Parade**

Sunday, December 2 at 2pm

**Crewe Christmas Parade**

Thursday, December 6 at 7pm

**Keysville Christmas Parade**

Friday, December 7 at 6pm

**Blackstone Christmas Parade**

Friday, December 14 at 6pm

**Buckingham Christmas Parade**

Saturday, December 15 at 10:45am

**Dillwyn Christmas Parade**

Sunday, December 16 at 3pm



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### Avoid This to Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, avoid touching your face.

### Support Group Information

*Alzheimer's Association*

*Caregiver Support Group for*

*Families and Caregivers of*

*Persons Living with Dementia*

meet on the 1st Thursday of the month at 2pm at Brookview. For more information, please contact Marion Kyner at (434) 392-6106, ext 222.





## Trivia Whiz

### Notin' but Net

Invented in December 1891, the game of basketball has bounced its way through history to become one of the world's most popular sports.

The first basketball hoops were peach baskets, and balls had to be retrieved after every "basket."

Dribbling was not part of the game's original rules. Players could only throw the ball to each other.

Basketball became an Olympic event at the 1936 Summer Games in Berlin.

The National Basketball Association was created in 1946.

The bumps on a basketball are called pebbles.

A warm basketball bounces higher than a cold basketball.

During a pro game, a player may run as much as 3 miles.

The free-throw line on a court is also called the "charity stripe."

## The Meaningful Life Program

### A Day Program Specializing in Dementia Began November 5, 2018.

*Providing a structured, repetitive, daily schedule for residents to:*

Promote socialization & foster emotional connection.

Enable self expression.

Engage and stir memories.

Foster a feeling of purpose & engagement in daily life activities.



## Thanksgiving Dinner With Family







## Fun Times on Halloween!



Fuqua Pre-K Trick or Treating



Halloween Party



Residents get ready to enjoy the stew!



Woodland Stew on Halloween Day



## Wit & Wisdom

“Giving is not just about making a donation. It is about making a difference.”  
—Kathy Calvin

“You get more joy out of the giving to others, and should put a good deal of thought into the happiness you are able to give.”  
—Eleanor Roosevelt

“The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.”  
—David Viscott

“At the end of the day it’s not about what you have or even what you’ve accomplished. ... It’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back.”  
—Denzel Washington

“Success is finding satisfaction in giving a little more than you take.”  
—Christopher Reeve



Breast Cancer parade through Holly Manor

## Upcoming Events for December

- December 2 The Happy Elf will be visiting.
- December 13 The Holly Manor Dancers will be performing.
- December 17 Holly Manor Hand Bell & Choir will be performing.
- December 20 Resident Christmas party.
- December 21 Ugly Christmas Sweater Day for Residents & Staff
- December 31 New Year’s Eve Social

Be sure to check your activities calendar for locations and times.



The Jefferson’s full of families enjoying their Thanksgiving meal.

# December 2018

Sunday

Monday

Tuesday



Wednesday

Thursday

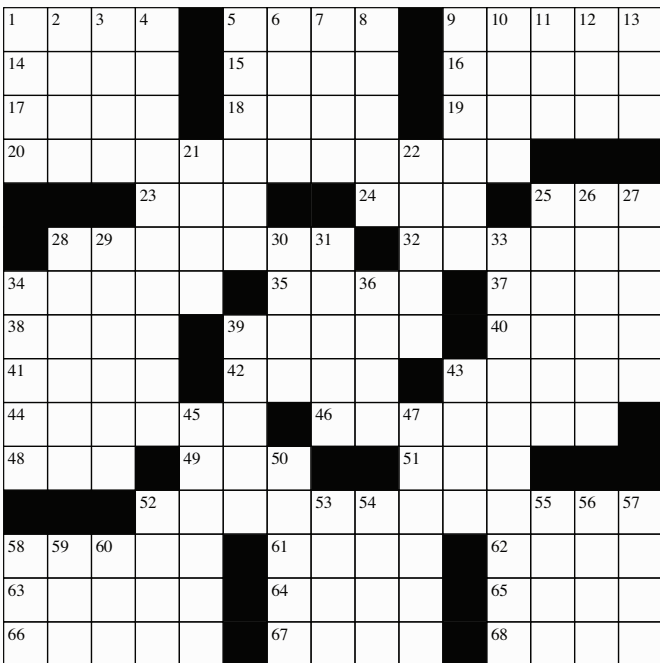
Friday

Saturday

# December

							1
2 Roberta Stables	3 Alma Lewis	4	5	6	7 National Pearl Harbor Remembrance Day Anna Taylor	8	
9	10 	11	12	13 Edwin Seabolt	14	15 Mildred Locke	
16 Cordelia Higgins	17	18 Dale Douglas	19 Nancy Giannini	20 Helen Wright Judge Stearnes	21 Mary Martin	22 	
23/30 23-Paula Bauer 30-Gladys Morris	24/31 24-Lucy Gordon 24-Edna Archer	Christmas 25 Thelma Evans	26	27 Nancy Noel	28	29	

## Crossword Puzzle



### ACROSS

- Go by
- Pops
- Things to be learned?
- Prefix for depressant or histamine
- Esfahan's location
- Not hidden
- Meander
- "See ya!"
- AFL-CIO president (1955-79)
- Post-Civil War profiteer
- Vientiane resident
- Mister
- Military address letters
- Locks
- Played in a lively way
- Box
- Barbie or Ken
- Acted like
- Make room changes
- Saints' rings
- Monster movie feature
- 20th-century tyrant
- Musical brothers
- One who gets up
- Lifts
- Slumbered
- Yrbk. section
- "\_\_ a Small World"
- Furrow

- Woman with a business
- "West Side Story" heroine
- \_\_ out; endured successfully
- Marks for a whiz
- Spoken
- Word of agreement
- Brief haircut
- Future, for one
- Some votes
- Football positions

### DOWN

- Recreational area: Fr.
- Celebes ox
- Celebrity
- Fools
- Marks of repetition
- Middle Easterner
- Facts and figures
- Obstacles
- Cesar \_\_
- Four \_\_ two is two
- Small green item
- White-tailed eagle
- Animal enclosure
- At one's \_\_; relaxed
- Misses
- Put side by side
- Looked closely
- Stranger
- Quake
- Boom boxes

- Dutch export
- Shoemaker, at times
- Official
- Grouchy people
- Suffer defeat
- Must
- Put to flight
- Fiery speech
- Is fussy about one's appearance
- Bug killer
- Society of St. \_\_ X
- Capital city
- Creative thought
- Be a breadwinner
- Uttered
- Houston and others
- Porch item
- Frothy drink
- Rifkin or Reagan

