

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

April 2011



### People to Know

Greg Cole MBA, LNHA ... Pres/CEO  
Karen Kitchen ..... ExDir/AsstLvg  
Sam Shield ..... Dir/Admin  
Pat Felker ..... Dir/Nursing  
Sharon McAbee .... Dir/Nursing AL

### OFFICE HOURS

Bus. Office ..... M-F 8:30-4:30  
Nurses' Station ..... 24 Hours

### IMPORTANT NUMBERS

24 Hours ..... (434) 392-6106  
Hot Line ..... (888) 391-1163



### The Woodland Connexion

Marika Runnells, Editor and  
Director of Hospitality  
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(434) 392-6106, Ext. 261

## What's **NEW!** New?



### The Brantley

**Open House: April 3  
Hours: 2-5 p.m.**

**Dedication at 3 p.m.**

**Light Refreshments Served**

After years of planning, months and months of construction, **The Brantley** - the beautiful new wing of **The Moore Center** - is ready for the public. Plenty of parking ... spacious private rooms ... the

sunny **Jefferson Dining Room** that feels like a tree house (soon offering made-to-order selections) ... all make **The Woodland** a great place to be!

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### The Watkins Wellness Center

... features a huge 30 x 50 salt water pool, state-of-the-art therapy gyms and equipment, occupational therapy ADL suite, and will be offering a wide variety of wellness classes and programs.

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### UPCOMING EVENTS

- \* **Open House at The Brantley**, new wing of The Moore Center
- \* **Royal Supremes Musical Group**
- \* **Easter Musical: Hallelujah! Praise the Lamb**
- \* **"Royal Wedding" Reception** please check your calendar, or with activities for details



**April 2**  
Reconciliation Day



## Spring Walk...

Walking is an ideal exercise. It's weight-bearing, so it strengthens bones. It's aerobic, so it improves heart and lung function. And it's free! So if your doctor says it's OK, it's time to hit the ground walking.

*How far?* A good beginner's goal is to head out the door, walk five to 10 minutes and then walk back. If that's easy, next time walk 10 or 15 minutes before turning back. Increase your time in five-minute increments. Focus on how you feel, not how far you're walking.

*How fast?* Aim to walk a bit faster than normal, as if you were late to an appointment. But slow down if you feel winded. You should have enough breath to keep up a conversation.

*How often?* Walking five days a week is ideal, but any amount of exercise is beneficial.

# Happy Birthday

- April 1 Edna Rice
- April 1 Elizabeth Garnett
- April 3 Fred Pape
- April 1 Shirley Wicks
- April 5 Katherine Page
- April 8 Eloise Tucker
- April 10 Ella Mae Scott
- April 12 Effie Anderson
- April 13 Sadie Hodnett
- April 14 Doris Baldwin
- April 14 Ann Gillispie
- April 16 Mittie Peak
- April 16 Katherine Fitzgerald
- April 21 Mildred Atkinson
- April 23 Margaret Jones
- April 23 Hugh Nixon
- April 26 Margaret Scott
- April 26 Irene Spurlock
- April 27 Myrthel Clements

- April 27 Mabel Taylor
- April 28 George Elliott
- April 29 Margaret Jordan



**Happy Anniversary!**  
Congratulations to **Mr. and Mrs. Raymond Kelsey** on their recent 56th anniversary.

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**New Bible Study Series**  
**Rev. Dr. "Bill" Tomlinson** is leading a study group on **The Book of Phillip** beginning April 7 at 6 p.m. BV.

## Health & Wellness

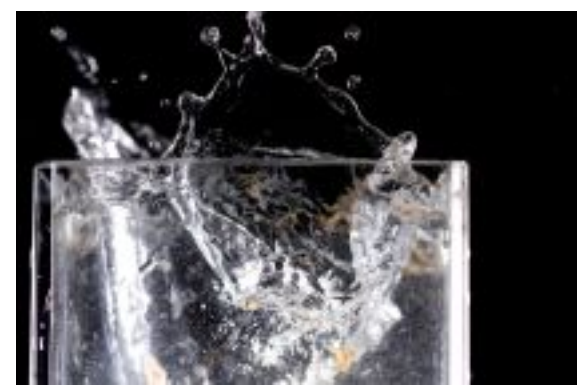
### Hydrate for Heart Health

Blood is 80 percent water, so if you're dehydrated, your heart must work harder, raising your risk of a heart attack. Staying hydrated is vital for seniors, because the body's thirst response diminishes with age. Here are some tips for getting enough liquids:

*Drink (and eat) your water.* Tufts University researchers recommend at least eight 6-ounce servings of liquid a day. This can come from a variety of sources: water, juice, milk, coffee, tea and low-sodium soup.

*Avoid energy drinks.* They may contain stimulants that can be dangerous to someone with high blood pressure or heart disease.

*The 70/70 rule.* According to the American Heart Association, when both the temperature and the humidity are above 70 you enter the dehydration danger zone, so drink more.



## Mardi Gras Festivities a Hit!



**The Woodland Family** - residents and staff alike - had a great time at the fun-filled Mardi Gras Party, swaying and dancing to the smooth sound of **The SouthSide Jazz Quartet**, forming a lively Congo line, and enjoying delicious refreshments.



**Dick Burrell and wife Chris Hadel**, so romantic dancing cheek to cheek.



**Queen Pat Bishop**, reigning majestically with her chosen **King Linwood Davis**, Volunteer



**Bill and Ann MacIntyre** gliding smoothly across the dance floor.



**Eloise Tucker**, elegant and sparkling, ready to party.



## Funny Quotes

### Top 7 List

1. Be thankful we're not getting all the government we're paying for - Will Rogers

2. I can't understand why I flunked American history. When I was a kid there was so little of it. - George Burns

3. I do benefits for all religions. I'd hate to blow the hereafter on a technicality. - Bob Hope

4. Drawing on my fine command of the language, I said nothing. - Robert Benchley

5. More than ever before, Americans are suffering from back problems ... back taxes, back rent, back auto payments. - Robert Orben

6. Art, like morality, consists in drawing the line somewhere. - G.K. Chesterton

7. I don't care what is written about me as long as it isn't true. - Katherine Hepburn



THE MARDI GRAS ROYAL COURT

Left to right: Karen Kitchen, Director of Assisted Living; Barbara Trinkle, Activities; Resident Eloise Tucker; King Linwood Davis; Demetra Hunt, Dietary Director, BV; Barbara Hansen, Activities; Beverly Currin, Director of Activities, BV; Queen Pat Bishop

# Word Search

Today's Category: Books of the Bible

S B R E V O R P K U S J  
 I L U K E H H J H K E G  
 S G S O M A O C D R M C  
 E H M G I S G S E H A V  
 N C G A U M H M E Y J M  
 E V S D L L I A G A A N  
 G I O G G A G R H T U U  
 D X J A H S C K T J H M  
 E R U T H P N H S H S B  
 G G J U D G E S I J O E  
 H E B R E W S B O S J R  
 E E V N H O J B M C K S

1. Ruth \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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20. \_\_\_\_\_

- Word Search Solution:
1. Amos
  2. Exodus
  3. Genesis
  4. Hebrews
  5. Hosea
  6. Isaiah
  7. James
  8. Jeremiah
  9. Job
  10. John
  11. Joshua
  12. Judges
  13. Luke
  14. Malachi
  15. Mark
  16. Matthew
  17. Numbers
  18. Proverbs
  19. Psalms
  20. Ruth

