



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

August 2011



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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Director of Hospitality

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Team Member Spotlight



Volunteer Georgia Harrison

When her Spirit calls, Georgia, obeys. One morning, Georgia received a message from her Spirit ... something about

Wood? And a nursing home? She got on the Internet and started searching "wood" and "nursing home" and up popped **The Woodland.**

Georgia, who lives in Amelia, knew nothing about **The Woodland.** But a call and a visit later, she knew this was where the Spirit had led her. Georgia works closely with Marika Runnells, Director of Hospitality, and has taken on the responsibilities of coordinating The Woodland Volunteer Program.

"God loves us the way we are; Love is loving others the way they are," Georgia says. *"Listen for that tiny whisper and your heart will be full of Love to give freely."*

For information on volunteer opportunities at **The Woodland**, please contact Georgia or Marika.

Upcoming Events

- * Sunchase Cinema
- * Workshop at LU Visual Arts
- * Guest Speakers
- * Trip to Yogaville
- * Hawaiian Luau
- * Cooking and Baking Projects

Please check your calendar or contact your Activities Dept. for details.



Enjoy the Summer...



Be sure to stay cool ...



Trivia Whiz



We Love Lucy

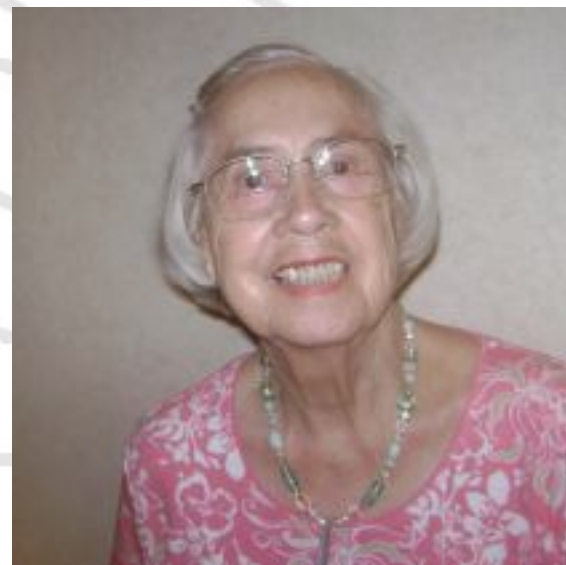
Comedian and TV pioneer Lucille Ball was born on August 6, 1911. Her first TV series, **I Love Lucy**, premiered in October 1951, and for the next quarter century she remained a top TV star, amassing 43 film credits to her name and earning her the title "Queen of the B Movies."

Lucy met Desi Arnaz on a movie set in 1940. "It wasn't love at first sight," Ball said, "It took a full five minutes."

Lucy died in 1989, but she continues to appear on lists of the most beloved performers of all time, leaving behind a lasting legacy for millions to enjoy.

Happy Birthday

August 1	Nina Ford
August 2	Gloria Gilliam
August 2	Phyllis Towler
August 4	Cora Anderson
August 6	Carolyn Overbee
August 8	Ethel Rawls
August 9	Sarah Stinnett
August 11	Madeline Wynn
August 12	Lucille Richards
August 13	Joyce Woods
August 14	Mary Gutowski
August 15	Lawrence Butterfoss
August 15	Alma Pennington
August 16	James Parrish
August 20	Doris Witt
August 27	Charles Cary
August 28	Vanessa Jackson
August 29	Mary Walter
August 30	Bessie Ransome



Ruth Thackston

...models the pretty necklace she made recently at the Jewelry Workshop.

Cornhole Competition Begins!



The Woodland's Romeo Club (*that's Retired Older Men Enjoying Outings*) enjoyed a lively and competitive game of Cornhole on Varner Circle.

Pictured left to right: William Bradby, Volunteer Cory Wingo, Charles Baker, William Brown, and Volunteer Kevin Nagy.

To join in the fun next time, contact Tricia Wingo.

Cataract Awareness

August is National Cataract Awareness Month. As we age, cataracts become common. By age 80, more than half of Americans either have cataracts or have had surgery to remove them.

A cataract is a clouding of the eye's lens, causing blurry vision, glare from lights, poor night vision, frequent double vision and changes in prescription.

How can you protect your eyes? The National Eye Institute suggests wearing sunglasses and brimmed hat in the sun and eating plenty of antioxidant-rich foods, such as fruits and leafy green vegetables.

For people 60 or older, the Institute recommends a comprehensive, dilated eye exam every two years.

Those Glamorous Ladies...

Residents recently posed for their "glam shots." Pictured below: Edith Harding and Barbara Kennedy; top right: Cora Anderson; center, Edith Townsend; bottom: Mary Wilkerson.



Wit & Wisdom

"When you're hot, you're hot; when you're not, you're not."
—Flip Wilson

"A woman is like a tea bag. You can't tell how strong she is until you put her in hot water."
—Eleanor Roosevelt

"If you saw a heat wave, would you wave back?"
—Steven Wright

"When you can't make them see the light, make them feel the heat."
—Ronald Reagan

"If you can't stand the heat, don't go to Cancun in the summer."
—Ben Stein

"One cool judgment is worth a thousand hasty counsels. The thing to do is to supply light and not heat."
—Woodrow Wilson

"That's hot."
—Paris Hilton



Six Resident and a Total of 610 Birthdays!
 The Woodland's Centenarians Celebrate Their Birthdays
 front row: Louise Boswell, Angeline Hall and Minnie Elliott
 Back row: Karen Kitchen, Rose Bates and Tricia Wingo
 Not present: Henry Barksdale, Elizabeth Benhoff, and Bennie Massie

Word Search

Today's Category: Magazine Titles

V A N I T Y F A I R P V
 G W M C C A L L S R K O
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 A M D M G C H V H K E U
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 6. Life
 7. McCall's
 8. Money
 9. Newsweek
 10. Parents
 11. People
 12. Prevention
 13. Redbook
 14. Seventeen
 15. Sunset
 16. The Angelus
 17. Time
 18. Vanity Fair
 19. Vogue
 20. Woman's Day

