

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

June 2011



### OFFICE HOURS

Bus. Office ..... M-F 8:30-4:30

### IMPORTANT NUMBERS

24 Hours ..... (434) 392-6106

Hot Line ..... (888) 391-1163

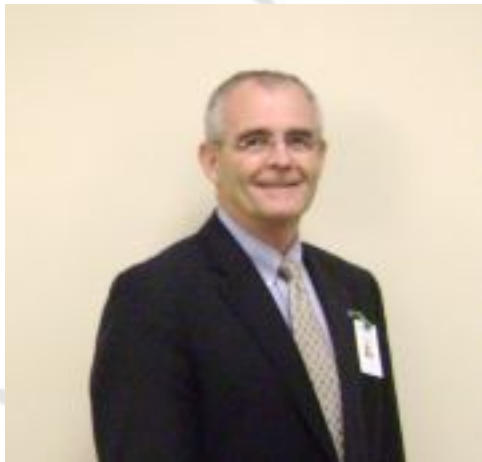


### The Woodland Connexion

Marika Runnells, Editor and  
Director of Hospitality

mrunnells@thewoodland  
inc.com  
(434) 392-6106, Ext. 261

## Welcome



**Stephen Reynolds,  
MPM, LNHA**

Greg Cole, President and CEO  
of The Woodland, is pleased to  
announce the appointment of  
Stephen Reynolds, Administrator  
of Long Term Care.

### Annual Memorial Service



**Pastor Louis Liotta and  
Karen Kitchen**

Residents and staff members  
gathered in the **Jefferson Dining  
Room** to remember those  
who passed. The moving  
service included the reading of  
names, beautiful music and the  
lighting of candles, followed  
by refreshments.

### Positive Thought

"People become really quite  
remarkable when they start  
thinking that they can do things.  
When they believe in themselves,  
they have the first secret of  
success." —Norman Vincent  
Peale

### UPCOMING EVENTS

- \* Father's Day Celebration
- \* Barbeque and Ice Cream
- \* Boutique Sidewalk Sale
- \* Karaoke Night
- \* Check with Activities  
for details.



**Honor Dad**



### Omega 3

## Health & Wellness

**Question:** What's all the fuss about Omega 3 fish oils? What do they do for my body?

**Answer:** Omega 3 fish oils - found in fresh fish - are essential to the human body. Some of the many ways that they can be of benefit are:

- \* **Stronger Heart:** reduced risk of arrhythmias and sudden heart attacks
  - \* **Improved Brain Function:** better concentration, less likelihood of memory loss or depression
  - \* **Better Joint Health**
  - \* **Hair, Nails and Skin:** Better health and more attractive appearance
  - \* **Improved Vision**
  - \* **Balancing Cholesterol**
- The American Heart Association** recommends under three grams of fish oil daily.

# Happy Birthday

- June 2 John H. Varner
- June 3 Pam Angello
- June 10 Sarah S. Cunningham
- June 11 Ernestine Garrett
- June 11 Estherlyn Young
- June 11 William Bradby
- June 12 Stephen Rhue
- June 14 Marjorie Streat
- June 15 Henry L. Barksdale
- June 15 Samuel C. Thackston
- June 21 Mary Sue Powell
- June 23 Pauline S. Johnson
- June 24 Kathleen W Baldwin
- June 24 Zeanie Bolden
- June 25 Kathleen J. Hull
- June 27 Joyce Spencer
- June 27 Ray N. Lonvick
- June 28 McKinley L. Hubbard

### Happy Belated Birthday Wishes!

- May 2 Flora Grant
- May 6 Elizabeth Barrere
- May 8 Louise Boswell
- May 13 Bernice (Bunny) Crane
- May 14 Virginia Branch



**The Woodland Men's Club**

### Seniors and Summer



**Mary Walter**

**Stay Safe and Beat the Heat** this summer by following these simple steps:  
\* drink plenty of liquids  
\* avoid the outdoors when the

temperatures get high  
\* wear a wide brimmed hat when you go outdoors.



**Georgia Harrison and Emma McIlwain**

Volunteer Georgia brightens residents' days with her cheerful smile and sunny personality.

# Resident Spotlight

AMAZING THERAPY!



## Individual Results May Vary

Good-natured **Hubert Atchley** poses as poster child for **The Fabulous Woodland Therapy Team**.



**Opal Tyler and Brenda Nagy** having a good time at the Ladies' Special Tea.



Residents and staff felt like they were part of **The Royal Wedding** as they enjoyed refreshments while watching the spectacular event.



Those **Famous Woodland Boutique Models** wowed residents with their stylish and colorful ensembles ... left to right: Carol Eastlake, Georgia Harrison, Barbara Trinkle, Lois Nervig and Mary A. Lynn; Center: Betty Childress



**Angelina Hall's** granddaughter, Sally Hanson, and great-granddaughter, Sara, came all the way from Ballwin, MO, to honor her on Mother's Day.



## Wit & Wisdom

"Those who bring sunshine into the lives of others cannot keep it from themselves."  
—J.M. Barrie

"Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."  
—Louisa May Alcott

"Just living is not enough. One must have sunshine, freedom and a little flower."  
—Hans Christian Andersen

"He that will enjoy the brightness of sunshine must quit the coolness of the shade."  
—Samuel Johnson

"Wherever you go, no matter what the weather, always bring your own sunshine."  
—Anthony J. D'Angelo



Residents enjoyed a fun-filled trip to the famous PICASSO EXHIBIT in Richmond

back row, left to right: Margaret Kachadorian, Pastor Lou Liotta, Arleen Liotta, Bessie Ransome, Lois Nervig, Pam Angello, Shirley Rice, Elsie Wilson, Marika Runnells, Carol Eastlake  
 front row: Betty Childress and Charles Booker

# Word Search

Today's Category: Fish

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

1. Shark
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20. \_\_\_\_\_

- Word Search Solution:
1. Albacore
  2. Barracuda
  3. Bass
  4. Bonito
  5. Cod
  6. Dolphin
  7. Flounder
  8. Halibut
  9. Mackerel
  10. Marlin
  11. Perch
  12. Piranha
  13. Salmon
  14. Shad
  15. Shark
  16. Snapper
  17. Sturgeon
  18. Trout
  19. Tuna
  20. Walleye

