

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

August 2016



OFFICE HOURS

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

IMPORTANT NUMBERS

24 Hours (434) 392-6106

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The Woodland Connexion

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Remember to Hydrate

Staying hydrated through your summer workout is essential to fitness success. Losing too much water from your body through sweat stresses your cardiovascular system and impairs performance and mental acuity. In the two hours before a workout, drink at least 16 ounces of water. During your workout, refresh with 5 to 10 ounces of water every 15 to 20 minutes. Continue to take in fluids after you're done exercising.

Know the Signs

Heat stroke is a major summertime threat. Watch your friends and loved ones for signs of the condition, such as confusion, dry skin, headache, nausea and rapid pulse. If you suspect heat stroke, get the person to a cool area and seek medical help immediately.

The Woodland Fashion Show

The Woodland held its first fashion show in years. It was a complete success! It was enjoyed by over 100 visitors and participants. Thank you to the residents & staff who participated in the show, I believe everyone had fun!



Senior Citizens Day

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." With those words, President Ronald Reagan proclaimed Aug. 21, 1988, the first National Senior Citizens Day, now an annual celebration.

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.



Fashion Show



In Memoriam of Our Veterans

The Courts residents visited The Bedford D-Day Memorial. Then stopped by Liberty Station for lunch.



Betty Perkins Retires...

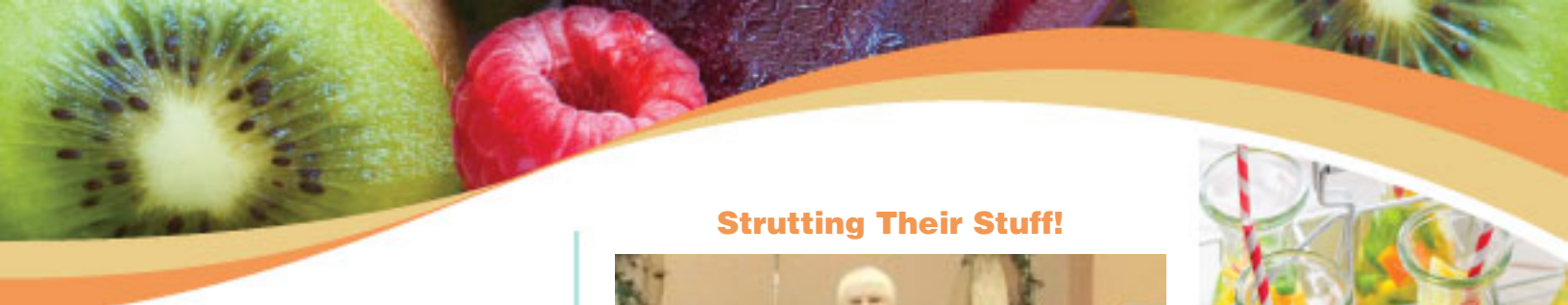
The Woodland residents & employees would like to thank their long-time hair stylist, Betty Perkins, for her many years of service. She retired in July.



Car Show at the Woodland!

Residents & employees had a GREAT time watching and talking with owners of the old timey cars.





Strutting Their Stuff!



Fashion Show



Reid Broadwater's 81st Birthday Celebration with family.



Ms. West & Dorothy Wilkerson decorating the July bulletin board.



Watson's 1st Wine & Cheese Party



August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Victor Lotterer	8	9	10 Helen King	11 	12	13 Marie Enders
14	15	16 Inez Simpson	17	18	19	20
21 	22 Claudine Harris	23	24	25	26 Marie Conner	27
28 Ruby Pulliam	29	30	31	<i>August</i>		

