



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

February 2017



OFFICE HOURS

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

IMPORTANT NUMBERS

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Hot Line (888) 391-1163



The Woodland Connexion

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Snow, Snow, Snow...

On Saturday, January 7th, Farmville and the surrounding areas received its first snow along with blustery temperatures. A total of 6 inches was recorded in Farmville by our local radio station, WFLO.



Wellness for Families

When visiting family, sometimes it's nice to take a minute and focus on yourself while your family member is in therapy, taking a nap or just wrapped up in another activity. Join us in wellness to work out those kinks, start a program or continue your existing exercise routine! We have options in aquatics including open pool times for swimming, bootcamp classes, and aqua arthritis classes. We also offer land options for personal training and have plenty of cardio and strength equipment to suit your needs. Stop by the pool or dial extension 333 for more information on joining.

Memberships start at \$30 per month. Open gym:

Monday-Friday 8am-5pm. Open

Pool: Monday, Wednesday, Friday 8am-10am, 12pm-5pm.

Tuesday 9am-10am, 12pm-3pm, Thursday 8am-10am, 12pm-3pm.

Straighten Up and Read Right

Looking down too long to read a book or tablet computer can strain neck muscles and lead to back pain. If your nose is buried in a good novel or internet site, try not to slouch over your reading material and take breaks to roll your neck and shoulders.

Best Times for a Doctor's Appointment

For general checkups, experts advise scheduling doctor visits first thing in the morning or right after lunch, when doctors are more likely to be on time. Also, avoid Mondays and Fridays, which tend to be the busiest days at doctors' offices.

Congratulations to the Woodland

We recently had our state survey. The Woodland has managed to maintain our 5 star rating for another year. We couldn't have done it without the hard work of our employees and not to mention our wonderful residents.

*****Thanks*****



Trivia Whiz

The Human Heart

Not only is the heart a familiar symbol of Valentine's Day, but it's also the focus of another February observance:

American Heart Month. Celebrate this incredible organ with these facts:

Every day, the heart beats around 100,000 times. During the average person's lifespan, the heart may beat 3 billion times.

A healthy adult heart beats 60 to 100 times a minute at rest.

Make two fists and hold them together. This is roughly the size of your heart.

The average heart weighs between 8 and 10 ounces, or about the same weight as an apple.

The heart does the most physical work of any muscle during a lifetime, pumping 1.5 gallons of blood every minute.

Lap Quilts Donated to Watson Unit



Lap quilts were donated to the residents of the Watson Unit. Thank you Sylvia Abernathy for the gracious gifts.

104th Birthday!



Happy Birthday to Mary Martin who celebrated her 104th birthday on December 21st.

Activities and Events Planned for YOU!

Hope everyone is taking advantage of the activities and events we have been planning for you. In January there was a Winter Wonderland Social, a trip to Virginia Historical Society and a movie at Sunchase Cinema.

February is equally as full with trips planned to the new Wine Tasting Cellar in Farmville, Ferguson Art Gallery, and a play at Longwood University, just to name a few. If you have an idea for an activity, need a schedule, or have a question concerning an activity see a member of your activities team.



Christmas Morning Surprise!



On Christmas Day, this wonderful family came in to visit and pass out Christmas cards to residents.

Annual New Year's Eve Auction



Holiday Smiles



Wit & Wisdom

"Romance is the glamour which turns the dust of everyday life into a golden haze."
—Elinor Glyn

"In a great romance, each person basically plays a part that the other really likes."
—Elizabeth Ashley

"Romance is thinking about your significant other, when you are supposed to be thinking about something else."
—Nicholas Sparks

"Tradition wears a snowy beard; romance is always young."
—John Greenleaf Whittier

"To me, romance and suspense go hand in hand. What's more suspenseful than wondering how two wonderful people can manage to get together in spite of the world going crazy around them?"
—Maggie Shayne

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February			1	2 Thomas Avent	3 Marie Blanton Sandra Nygaard	4
5 Elfriede Jones Nora Rutledge	6 Dorothy Wilkerson	7	8	9 Mary L Reardon Barbara Remington	10 	11 John Johnson Patricia Smiley
12 Ruth Catlin Jane Tomlinson Joyce Grant	13 Rose Sapienza	14 Valentine's Day Edward Harris	15	16 William Pollard	17	18 Clarence Marr III
19 Alice Bartlett	Presidents Day 20	21 Anne Berry	22	23 Dan Owens	24	25 Phyllis Walker
26 	27 Audrey Lamberth	28 Mary A Lynn Willie Reid Sr Leo Clerkin Joyce Davis Dorothy Sadler				

Word Search

Today's Category: Fish

P C K U L O B S T E R S
M A R L I N T D D L W C
I D H D T U O R T O D R
R B K A R N W A R P H A
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- Word Search Solution:
- Albacore
 - Bass
 - Cod
 - Crappie
 - Haddock
 - Hallbut
 - Lobster
 - Mackerel
 - Marlin
 - Prawn
 - Salmon
 - Scallop
 - Shad
 - Shark
 - Shrimp
 - Sole
 - Sturgeon
 - Swordfish
 - Trout
 - Tuna

