



# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

April 2018



### 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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### Introducing Joe Catrambone



Please welcome Joe Catrambone to The Woodland. He will be assisting the residents of Brookview Lodge and The Courts as Assistant Administrator. Joe was born & raised in Virginia Beach. He is married to Emily and together they have 2 boys, Owen (5) & Cole (1). He earned his Bachelor's degree at Florida Atlantic University. He is very excited to be embarking on this new chapter here at The Woodland.



### Daisies Greet the Day

Bright and simple, the classic variety of daisy is actually made of two flowers, the rays of white petals and a center cluster of tiny yellow florets. A cousin of the sunflower, the daisy gets its name from the Old English words meaning "day's eye," since its petals close at night and open at dawn.

### Double-Duty Herbs

Lavender, mint, rosemary, thyme and basil will all repel biting insects. Grow some in your outdoor area and you'll have not only fresh herbs for cooking, but also fewer pests to bother you outside.

### Resident Meeting Reminder

Our resident meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community. Make plans to attend this month's meeting; check the calendar for the date and time.

### Eat for Allergy Relief

Do seasonal allergies have you sniffing and sneezing? Certain foods may provide some relief by reducing inflammation and strengthening the immune system. Try broccoli, onions, garlic, pineapple, oranges, watermelon and tomatoes.

### Top It Off

April is National Straw Hat Month, so dust off yours or consider purchasing one. It will help protect your head, ears and face from the rays of the spring and summer sun.

**"The Earth is what we all  
have in common." —  
Wendell Berry**



## Trivia Whiz

### Tree Trivia

Trees are among the planet's most fascinating organisms, and their importance is celebrated each April on Earth Day and Arbor Day. Branch out with these tree facts:

The Earth is home to about 3 trillion trees.

Scientists have determined there are more than 60,000 tree species.

Trees are the longest living organisms. The world's oldest known individual tree is a bristlecone pine that is 5,062 years old.

A fully grown, leafy tree can produce a year's supply of oxygen for as many as 10 people.

Various parts of a tree grow during different times of the year: foliage in the spring, the trunk in the summer, and roots in the fall and winter.

Being around trees has been shown to make people feel calmer and happier.



Ms. Akers clearing out for spring.

### Woodland Gift Shop

The Gift Shop is located at Brookview Assisted Living. Operating hours are Wednesdays & Fridays 10am till 3pm and Thursdays 11am till 6pm. Keep a check, new items arrive daily.

### Woodland Café & Java Station

For Families, visitors, employees and most of all our residents, located at Brookview Assisted Living is our very own Woodland Café and Java Station.

Designed to add to The Woodland experience, you have the option to order A La Cart. Stop by the Java Station where you can have your favorite cappuccino or latte made to perfection.

Woodland Café is open 7 days a week 11am till 7pm.

Java Station is open 7 days a week 8am till 4pm

### Activities Calendar

Don't forget to checkout your activities calendar daily to keep up with what's going on around campus. Also check with your activities department for last minute changes.

### Time to Bloom

"Cheerfulness, like spring, opens all the blossoms of the inward man." —Jean Paul Richter



Mutt Banton enjoying herself!



Brookview Choir practicing



Volleyball at Holly Manor



# Memories



Sweetheart Party



Painting Class



Watercolor



Mardi Gras



Cleaning up for Spring



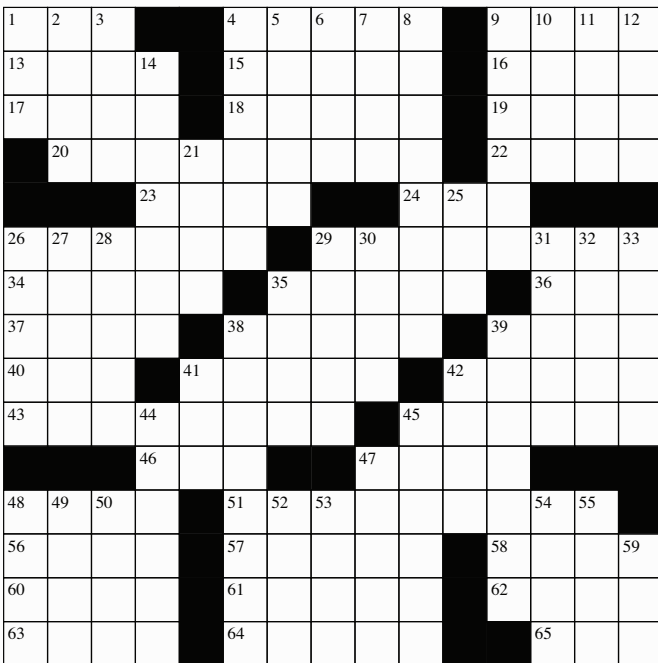
Cheers!



# April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter April Fools' Day Harry Macquarrie	2	3	4 Catherine Stith Harold Neihouse	5	6	7 Virginia Hancock Patricia Vickery
8 Catherine Estes	9	10 Evelyn Giannetti	11	12	13 	14 Marie Broxton
15	16	17 Tax Day (observed)	18 	19	20	21
22 Earth Day Doris Amos	23	24 Coleen Andrews	25	26 Edith Stitt	27 National Arbor Day	28
29	30	<h1>April</h1>				

## Crossword Puzzle



### ACROSS

- Beast of burden
- Stage items
- Mr. Campbell
- Kids
- Hindu queen
- Prefix for space or gram
- Pennsylvania city
- \_\_ Lauder
- Speak wildly
- Carry
- Bewildered
- Makes a lap
- Unightly one
- As a whole
- Fragrant liqueur
- Satellites
- Eye movement
- Curé d'\_\_; St. John Vianney
- Noon-to-evening periods: abbr.
- \_\_ time; serving one's sentence
- Olympic footgear
- \_\_ West
- Obsolete
- Part
- Honest
- First name for a president
- \_\_ Mexico

### DOWN

- Suffix for consider or compassion
- Separate into categories
- Recipe word
- Pressure cooker name
- Grates
- Aware of the duplicity of
- Equal
- Furious
- Mechanic's milieu
- Pasturelands
- White-tailed eagle
- \_\_ bene
- Fall and others
- Tiny insects
- Query
- Muslim leaders
- "Jack Sprat could eat \_\_\_..."

### 28. Carrier

- "...making \_\_ and checking it twice..."
- Four and five
- Receiver
- Instant
- \_\_, Germany
- "Nonsense!"
- Certain sandwiches
- Cut of beef
- Bakery purchase
- Coconut bearer
- One of the apostles
- Electricians
- Star in Cygnus
- \_\_ out; solve
- Norse deity
- Stood
- Second word in a fairy tale
- Late Communist leader
- Skin mark
- Heavy book
- Calif.'s neighbor

