

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

June 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

Karen Kitchen, Editor

Carey Waycaster, Assistant Editor

kkitchen@thewoodland

inc.com

(434) 392-6106

### The Woodland Company Picnic

Employees and their families are invited to The Woodland's Annual picnic. You are asked to please join us June 8, 2018 between 11:00 am - 1:30 pm at the lot beside Woodland Family Practice for lunch, music and fun! The menu will include hamburgers, hot dogs, fried chicken, macaroni and cheese, baked beans, ice cream and more.



### Honoring Dad

"No music is so pleasant to my ears as that word—father." — Lydia Maria Child

### Congratulations!

Our very own resident here at The Woodland entered his paintings at the Heart of Virginia Festival on May 5 and came home with a Best of Show award!

**Congratulations Mr. Waldron Cluett!**



### Hydrating Foods

Staying hydrated is important, especially when the temperature soars. In addition to drinking water, try snacking on these fruits and vegetables that are more than 90 percent water: strawberries, watermelon, tomatoes, cucumbers, baby carrots and celery.



Sunday, June 17th

### Wedding Dress Tradition

When Queen Victoria of England married Prince Albert in 1840, she made a daring choice and wore a white satin gown for her wedding ceremony. Until then, most brides dressed in red for their nuptials, but Victoria's example began a tradition that continues today.





## Trivia Whiz

### Here Comes the Sun

On June 21, the Northern Hemisphere will experience the summer solstice, the day of the year with the most hours of daylight. As you enjoy the extra sunshine, ponder these facts about our closest star:

Situated at the center of our solar system, the sun is responsible for Earth's climate and weather.

About 1 million Earths could fit inside the sun.

The sun is the closest thing to a perfect sphere that has been observed in nature.

Light from the sun takes eight minutes to reach Earth.

The visible part of the sun is about 10,000 degrees Fahrenheit, while temperatures in its core reach more than 27 million degrees.

The sun is a type of star known as a yellow dwarf.

## Dementia Training Week

May 7 thru May 12



The Woodland supports the Alzheimer's Association at the High Bridge Ride on April 20th.

**The Alzheimer Association Caregiver Support Group** for Families and Caregivers of Persons Living with Dementia meets on the 1st Thursday of the month at 2pm at Brookview. For more information on Alzheimer's or Dementia care, please contact Marion Kyner at (434) 392-6106 ext 222.

## Gardening at the Woodland



Ms. Lois Pugh enjoying the freshly planted tomato garden.  
left picture: Sonya Goodman helping plant vines.



## You'll 'Dig' Our Gardening Club

Want to get some exercise while enjoying the warm weather outside? Then "plant" yourself into our Gardening Club! Check with activities for meeting times.





### Cinco De Mayo Celebration



### Wit & Wisdom

"All you need is the plan, the road map, and the courage to press on to your destination."  
—Earl Nightingale

"A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward."  
—Harvey Mackay

"Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision."  
—Ayn Rand

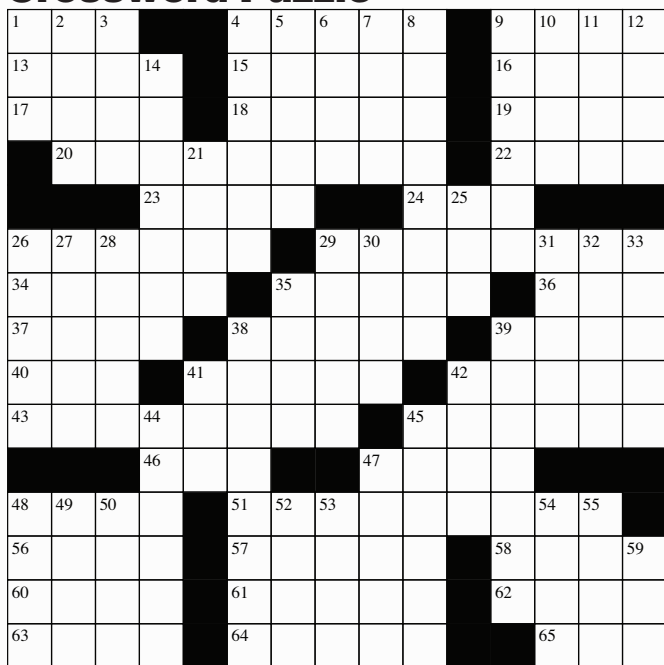
"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."  
—Anne Lamott

"If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you."  
—Calvin Coolidge

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>June</h1>						1	2
3 Pamela Angello Betty Perkins	4 Robert McDaniel Louise McKissick Tina Arrighi	5 Ruth Patteson James Wade	6	7 Pasta Bar-JDR Lottie Elaine Hawkins	8 Joseph Vick	9 Jean Phillips	
10 Sarah Cunningham	11 William Bradby Janice Mahone Ernestine Garrett	12 Pasta Bar-BV	13	14 Flag Day Shirley Hartley Dorothy Shumaker	15	16	
17 Father's Day Sunday Brunch-JDR	18	19 Kathryn Broadwater	20	21 Summer Solstice Pasta Bar-JDR	22	23 Pauline Johnson	
24 Betty Fox	25	26 Pasta Bar-BV	27 Joyce Spencer	28 Shirley Rice	29 Willie Roach	30	

## Crossword Puzzle



### ACROSS

- Lawn tree
- Penitential practices
- Sets
- Gather
- Bar, legally
- Landed
- Prefix for room or date
- Horned animal, for short
- Narrow way
- Savior
- Augury
- Greek Orthodox artwork
- Breather's need
- Fourth zodiac sign
- Appeared nervous
- Epic by Homer
- Collectible figurine
- Nice friend
- Secluded valley
- Word with strip or book
- OAS member
- Govt. agcy. from 1946-75
- City on the Rhone
- Grand adjuster
- Reuben-maker's need
- Napoleon, for one
- Professionals' org.
- Seasoning
- Summon
- South Pacific islanders

### DOWN

- Historical period
- Give for a time
- Partner
- Zeal
- Grayish
- Prison: slang
- Muscle quality
- Irregular
- In abundance
- Old Western actor Jack
- Hold the \_\_\_; stand firm
- British weapon of old
- Louisiana's state bird
- Frosted
- "\_\_\_ to Pieces Over You"
- Groucho's prop
- Stray cat's milieu
- Caroline, to Ted
- Became very annoyed
- Flower with three petals
- Jeer at

- Smoldering piece
- Personal book
- Vending machine purchase
- Being
- Creamy dessert
- Location of the humerus
- Foot-leg connectors
- Item that is cast
- Communion plates
- Stringed instrument
- Lawsuit
- Vicinity
- Fails to keep up
- Over
- Charter
- Carol
- Kill
- Poet's word

