



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

October 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

Carey Waycaster, Editor

cwaycaster@thewoodland
inc.com

(434) 392-6106

Influenza Vaccine Notice

The Woodland will begin administering flu shots in November to residents & employees.

The Woodland Family Practice will be posting clinic dates for employees to begin receiving their shots. They are free of charge for all employees. More information will be posted closer to date.



Stay Healthy All Season

As much as possible, avoid coughers and sneezers. Most germs are spread by droplets in the air. During cold and flu season, try to stay at least 3 feet away from people who are ill.



2018 Walk to End Alzheimer's

This year's walk will be held at Longwood University on Thursday, October 4th. Please consider joining the team or making a donation. Please help us keep The Woodland as Grand Champions for another year! Go to www.alz.org/walk and search-The Woodland, Inc. For more information please contact Marion Kyner at ext. 222.

Purple Bracelets

Are available for \$1.00 donation to go toward the Alzheimer's Walk. They can be found in the Gift Shop or reception desks.

Find us on 

Type in The Woodland Inc and like our page!



Support Group Information

*Alzheimer's Association
Caregiver Support Group for
Families and Caregivers of
Persons Living with Dementia*

meet on the 1st Thursday of the month at 2pm at Brookview. For more information, please contact Marion Kyner at (434) 392-6106, ext 222.



Trivia Whiz

Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

Brazil. Green peas are often found on Brazil's pizzas, along with carrots, beets, raisins and quail eggs.

Japan. Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed.

Costa Rica. Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

India. Here, the classic Indian dish of tandoori chicken is used as a topping for pizza.

Fuqua School & Brookview

With school starting back, Brookview and Fuqua School have partnered again this year to bring fun-filled activities to our residents. Starting in September, Fuqua's students will be visiting Brookview on a regular basis for activities such as cross-generational reading programs, game day events, and to assist in writing residents' life stories. This partnership was started last spring when Fuqua school's kindergarten and first-grade classes were invited by Brookview Activities Department to participate in a cross-generational reading program in which small groups of students were read to by both residents and staff.



Community Card Game

The Community is cordially invited to The Woodland every 2nd & 4th Thursday of each month for an afternoon of fun, exercise and social enrichment. Begins at 2pm at Varner Hall-Brookview.



Wellness Corner

The seasons are changing! Our Wellness department offers land & aquatic classes daily! The Farmville community is welcome to join, \$30 single & \$50 for family. Residents & employees are free. For more information, please contact our Wellness Office at (434) 392-6106 ext 333.

Look Out for These Upcoming Events on Your Activities Calendar!

- The Great Gatsby movie
- Baked Potato Bar
- Wear your pink top day
- Apple Orchard outing
- Taco Bar
- Halloween Parties
- Youth Boo Walk
- Halloween Costume Contest

Fall Community Stew

The Woodland will be having a stew on Friday, October 26th in the Community Center parking lot. All residents and staff are invited. More information to follow.

Pasta Bar Update

Jefferson dining room every 1st & 3rd Wednesday. Brookview dining room every 2nd & 4th Tuesday. Cost is \$8.00 + tax for guest & employees. Meal tickets may be purchased at the Java, Cafe, or Moore Center reception desk.



Sunday Brunch Update

Held every 3rd Sunday in Jefferson dining room. Cost is \$8.00 + tax for guests, The Courts residents, & employees. Tickets may be purchased at Moore Center reception desk.

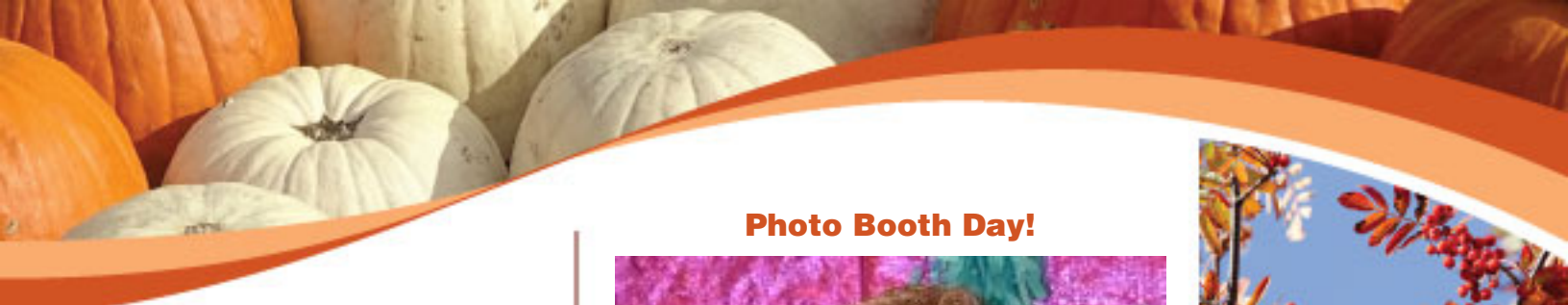


Photo Booth Day!



Dining out at the new restaurant, One19, in Farmville



Brookview choir practicing



Judy & Mary showing their patriotism.

Flu Shot Tip

Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.



Wit & Wisdom

"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunities."
—Lewis Grizzard

"My favorite memories were with my dad, throwing a football around when he came home from work. As long as kids are having fun, that's the biggest deal at the end of the day."
—Andrew Luck

"Football is unconditional love."
—Tom Brady

"Football teaches you hard work. It takes a lot of unspectacular preparation to have spectacular results in both business and football."
—Roger Staubach

"I want little girls to grow up knowing they can do anything, even play football."
—Jen Welter

October 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------|-------------------|----------------------------------|--|----------------------------------|----------------------|
| | 1 | 2 | 3 Jacqueline Goodwin | 4 | 5 Walter Paige Eula Martin | 6 |
| 7 | Columbus Day 8 | 9 | 10 | 11  | 12 Lloyd Richardson | 13 Evelyn Lynch |
| 14 | 15 George Wilson | 16 | 17 Selena White Gail Davis | 18 Heber Ashbrook | 19 | 20 Albert Keeling |
| 21  | 22 | 23 | 24 Allen Lumpkin | 25 | 26 Shirley Lewis | 27 |
| 28 | 29 | 30 Lois Nervig | 31 | October | | |

Word Search

Category: Insects

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

1. Locust
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- Word Search Solution:**
- | | |
|------------|----------------|
| 1. Ant | 11. Hornet |
| 2. Aphid | 12. Katydid |
| 3. Bee | 13. Locust |
| 4. Beetle | 14. Mosquito |
| 5. Cicada | 15. Moth |
| 6. Cricket | 16. Roach |
| 7. Earwig | 17. Silverfish |
| 8. Flea | 18. Termite |
| 9. Fly | 19. Wasp |
| 10. Gnat | 20. Weevil |

