

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

May 2019



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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Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.

Monday, May 27, 2019

Fun & Functional Event

Be on the look out for Therapy & Activities' new monthly event. This event will be held every 3rd Wednesday of the month (date & place subject to change) at the Community Center.



LIVE SOULFULLY

National Skilled Nursing Care Week

May 12-18, 2019

2019 National Skilled Nursing Care Week

The Woodland is excited to participate in the upcoming observance of **NSNCW**. The 2019 theme "Live Soulfully" will celebrate skilled nursing centers, and their residents and staff, by showcasing how they achieve happy minds and healthy souls.

This year, The Woodland will be celebrating campus-wide; please check your activities calendars for special events throughout the week.

Community Card Games

The Community is cordially invited to The Woodland every 2nd & 4th Thursday of each month. Begins at 2pm at Varner Hall-Brookview.



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.

Find us on 

Type in The Woodland Inc and like our page!



Trivia Whiz

Green and Glorious

Emerald, the birthstone for May, represents honesty, loyalty and friendship. Here are some more fun facts about this dazzling jewel:

Emerald is one of four recognized precious gemstones. The others are ruby, sapphire and diamond.

The oldest emeralds ever discovered are almost 3 billion years old.

The deeper an emerald's green color, the more valuable it is.

Emeralds can chip and crack easily. This makes the stones more expensive to set into jewelry, since extra care is involved.

Emerald is the traditional gift for a 55th wedding anniversary.

Actress Elizabeth Taylor owned an emerald necklace that sold in 2011 for \$6.5 million.

Activities in Jefferson Dining Room

- May 1st Sewing Club at 2:15 pm
- May 6th Birdhouse Painting at 2:15 pm
- May 7th Building Project at 2:15 pm
- May 8th Building Project at 2:15 pm
- May 13th Thomas Road Baptist Church Choir 2 pm
- May 15th Soul Train Dance Line Social 2:15 pm
- May 17th Pizza Party; staff invited 11 am



Community Center Event CC Live Show Event beginning at 1:30 pm on May 14th.



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Farmville Events

May 3 **Live At Riverside** concert series begins. Hosted by the Farmville Jaycees.

May 4 **The Heart of Virginia Festival** located Downtown Farmville vendors open at 9am.

10K Run/ 5K Walk begins at 8:30am.

May 11 **High Bridge Trail Dog Hike** Guided tour and history talk under High Bridge. Begins at 10 am.

May 12 **Mother's Day**



Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.



1st Fun & Functional Event!



Men's "Grillin and Chillin" Event at Brookview

Once a week the men at Brookview will be parking out on the back porch, lighting up the wood fired grill, cranking the tunes, and chowing down on mass quantities of juicy, flame kissed meat!



Fuqua Students Visit Brookview

The kindergarten class visits for story time at Brookview.



Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."
—Max Muller

"Challenge yourself, grow, blossom, and become who you were meant to be."
—Carolyn Aronson



"When the flower blossoms, the bee will come."
—Srikumar Rao

"Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so."
—Doris Lessing

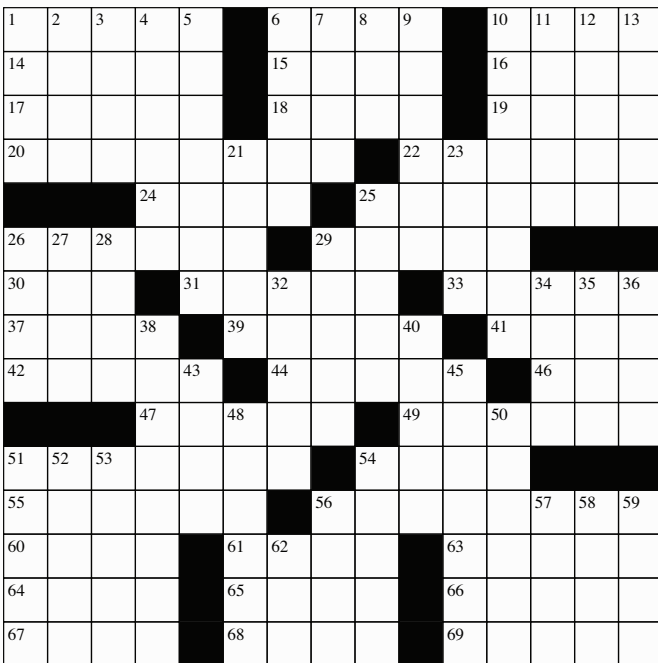
"I like to think of thoughts as living blossoms borne by the human tree."
—James Douglas

"Roses do not bloom hurriedly; for beauty, like any masterpiece, takes time to blossom."
—Matshona Dhlwayo

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>May</i>			1	2 Flora Grant	3 Katherine MacEachran	4
5 Morris Miller Jr	6 Micheline Sworobuk Anita Eanes	7 Doris Hatcher	8	9 Magaline Clark Elizabeth Dupree Sally Micka	10 Josephine Sandora	11
12 Mother's Day Betty Lotterer	13 	14 Martin Rizzo	15 Norma Williams	16	17 Myrtle Wilson Edward Micka	18
19 Mildred Harvey	20	21	22	23 Richard Johnson	24 	25
26	27 Memorial Day	28 Fannie Borum	29 Violet Potts Michael Blevins	30 Margarett Wilkerson Annie Pyle	31	

Crossword Puzzle



ACROSS

- Unruly kids
- Edible mollusk
- Dog food brand
- Rent to a new tenant
- Healthy
- Bookish fellow
- Have __ to the ground; heed public opinion
- City northwest of Tulsa
- Man's nickname
- Couldn't stand
- Swell
- Skunk's weapon
- Tailor, at times
- Floated on the breeze
- Guide
- Suffix for project or text
- Thomas More or Oliver Plunkett
- Pilgrim's destination
- Afraid to speak up
- Like Abel
- Sentence of condemnation
- Descendant of Noah
- Permitted
- Full deck
- Competitor
- Coax with flattery
- Tumbler
- Singer McEntire
- Shaping tool
- Part of a funny trio
- Busy spot
- Troubles
- Creamy white
- Tranquil spot
- Throne
- Adamant refusal
- Dried up
- Nelson, for one
- Large waterfowl

DOWN

- Actor Garrett
- France's Coty
- Pub orders
- Beverage container
- Walks
- Gladden
- Ground
- Ring king, once
- Interfere
- Like an elk
- "The Merry Widow" composer Franz __
- Rattle on
- More uncommon
- Ice cream concoctions
- Article
- Lofty spot
- Sissy
- Toward shelter
- Use one of the senses
- Slow one
- __ ease
- Centennial State: abbr.
- Spiral
- Gigi's friend
- Lamp liquid
- Kinder
- Scoff
- Postponing indefinitely
- Piece of luggage
- Member of a high school's junior varsity
- Is sore
- Berate
- Po, for one
- Out of practice
- Dressed
- "By __!"
- Mining finds
- Brontë heroine
- Went before the others

