

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

October 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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Influenza Vaccine Notice

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

The Woodland will post times and dates for employees to begin receiving their shots. They will be free of charge for all employees. More information will be posted closer to date.



Soothe Your Skin

If you have windburn from an autumn walk outdoors, apply a bit of petroleum jelly to relieve the chapped skin.



This year's walk will be held at Longwood University on October 3, 2019. You can join The Woodland Team online, www.alz.org/walk; you can enter zip code 23901 for the Farmville Walk. For more information, please contact Marion Kyner ext. 222.

Purple Bracelets will be on sale at The Gift Shop for \$1.00. All proceeds go toward The Walk to End Alzheimer's.



Community Card Games

The Community is cordially invited to The Woodland Community Center every 2nd & 4th Thursday of each month. Games begin at 2pm. Please come join us.



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

Dandy Candy Facts

Whether chewy, crunchy or chocolaty, candy is a favorite treat. Indulge in these tidbits about some popular sweets.

- About 65% of American candy brands have been around for over 50 years.
- Candy corn was originally called "chicken feed," since it resembled the corn kernels fed to livestock.
- The Snickers bar was named after a racehorse that once belonged to the Mars family, whose company makes the candy bars.
- More than 60 million Tootsie Rolls are produced every day.
- M&M's are one of the most popular sweets requested by NASA astronauts.

The 'Hay'day of Barn Dances

A barn, some music and a host of friends and family are all the makings for the social gathering known as a barn dance.

This tradition originated in rural Europe in the 1800s as an informal version of fancy upper-class balls. Immigrants brought the custom to America. Held to celebrate a special occasion such as a barn raising, wedding or the end of harvest season, barn dances were often attended by the entire community. Folks of all ages gathered in a large barn to socialize, eat and dance to the lively music of a band.

Over time, barn dances began to feature a caller, a person who hollered out dance steps to direct the crowd into organized movements. Square dancing and country line dancing have close ties to these rural celebrations.

Barn dances declined by the turn of the 20th century, but radio is credited with their revival in the 1920s, most notably the weekly broadcast of the WSM Barn Dance. The Nashville-based radio show played country music and later evolved into the Grand Ole Opry.

You can still find communities that host barn dances for people to mingle and kick up their heels to country and folk tunes.



Purple Power

The color purple is a sure sign that a food is rich in antioxidants, particularly anthocyanins. These have been linked to health benefits such as reduced inflammation, lower blood pressure and better memory function. Here are some popular purple vegetables to add to your plate.

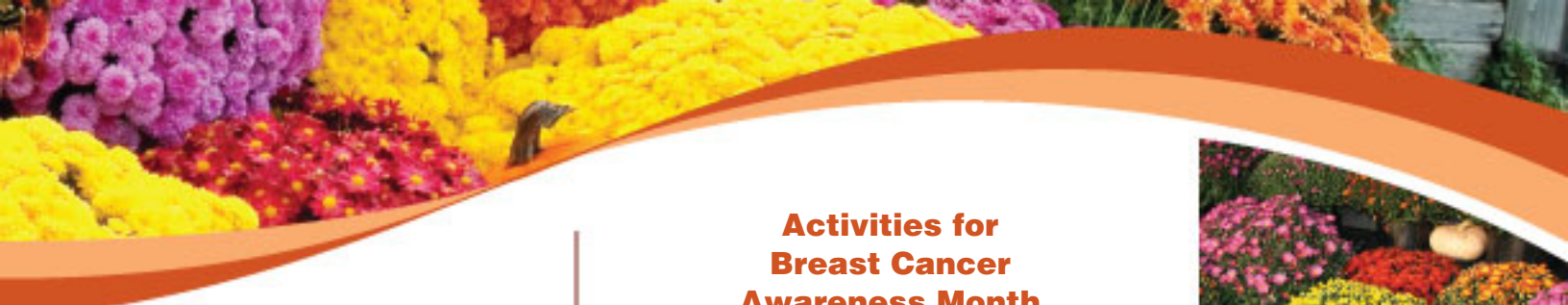
Eggplant. The star ingredient in eggplant Parmesan, ratatouille and

baba ghanoush, this veggie is a good source of fiber, manganese and several B vitamins. Its glossy purple skin provides the most nutrients.

Cabbage. Purple cabbage, also called red cabbage, provides dishes with crunch and packs a powerful nutritional punch. The cruciferous pick contains more than 30 different anthocyanins, plus high levels of vitamins A, C and K.

Cauliflower. Purple cauliflower is said to have a sweeter, nuttier taste than its white counterpart, but both kinds are low in calories and have significant amounts of fiber, folate, and vitamins B-6, C and K.

Purple varieties of carrots, potatoes, asparagus, artichokes and kale, as well as red onions, are other vegetable sources of anthocyanins.



Migrating Monarchs

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter. The annual migration is one of nature's most fascinating spectacles.

Cooler temperatures and shorter days alert the orange-and-black butterflies to take flight. Those west of the Rocky Mountains head to Southern California, where thousands hibernate in forests along the coast. But swarms of the eastern population travel much farther, from Canada and the northeastern U.S. to the mountains of central Mexico—a distance of nearly 3,000 miles. Monarchs numbering in the millions take shelter in the fir trees there.

How the butterflies find their way to the same sites year after year is a mystery to scientists, but they believe the insects use the sun as a compass. Even more remarkable is that new generations arrive each fall and settle in the same trees as their ancestors did!

When spring comes, monarchs begin their flight back north, laying eggs on milkweed plants along the way. When the caterpillars hatch and transform into butterflies, they continue the trip northward. Up to five generations take part in the annual migration.

Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink. The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure. Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping. Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Give back. If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.



Wit & Wisdom

"The moon puts on an elegant show, different every time in shape, color and nuance."
—Arthur Smith



"I still say, shoot for the moon; you might get there."
—Buzz Aldrin

"Every phase of our life belongs to us. The moon does not, except in appearance, lose her first thin, luminous curve, nor her silvery crescent, in rounding to her full."
—Lucy Larcom

"The moon is a friend for the lonesome to talk to."
—Carl Sandburg

"Those are the same stars, and that is the same moon, that looks down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us."
—Sojourner Truth

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October		1	2	3 Pearl Zwahlen Robin Duncan	4	5 Walter Paige
6	7	8	9	10	11 	12
13 Evelyn Lynch	14 Columbus Day	15 George Wilson	16 Homer Springer	17	18 Heber Ashbrook Cynthia Forslund	19
20 Albert Keeling	21	22 	23	24	25	26
27	28	29	30 Lois Nervig	31 Halloween Loretta Lipscomb		

Word Search

Category: Trees

R S K X T C W M P I N E
 E H C E E B L I N D E N
 D C B G C **F I R** L G G D
 W R A I C A C A G L P F
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Word Search Solution:

- | | |
|-------------|-------------|
| 1. Acacia | 11. Linden |
| 2. Aspen | 12. Maple |
| 3. Banyan | 13. Oak |
| 4. Beech | 14. Palm |
| 5. Birch | 15. Pine |
| 6. Cedar | 16. Poplar |
| 7. Dogwood | 17. Redwood |
| 8. Elm | 18. Sequoia |
| 9. Fir | 19. Spruce |
| 10. Juniper | 20. Willow |

