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PLACE STAMP
HERE



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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Barnett Woods Bulletin Board

Barnett Woods Independent Living & In-Home Care Newsletter — October 2017



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The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults' emotional and physical health and how social they are in their daily lives. The Alzheimer's Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged.

Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.



Trick Or Treat

Trick-or-treating—going from house to house in search of candy and other goodies—has been a

popular Halloween tradition in the United States and other countries for an estimated 100 years. But the origins of this community-based ritual, which costumed children typically savor while their cavity-conscious parents grudgingly tag along, remain hazy. Possible forerunners to modern-day trick-or-treating have been identified in ancient Celtic festivals, early Roman Catholic holidays, medieval practices and even British politics. Halloween has its roots in the ancient, pre-Christian Celtic festival of Samhain, which was celebrated on the night of October 31. The Celts, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom

and northern France. Celebrations in England resembled Celtic commemorations of Samhain, complete with bonfires and masquerades. Poor people would visit the houses of wealthier families and receive pastries called soul cakes in exchange for a promise to pray for the souls of the homeowners. The practice was later taken up by children, who would go from door to door asking for gifts such as food, money and ale. In Scotland and Ireland, young people took part in a tradition called guising, dressing up in costume and accepting offerings from various households. They would sing a song, recite a poem, tell a joke or perform another sort of “trick” before collecting their treat, which typically consisted of fruit, nuts or coins. By the 1920s, however, pranks had become the Halloween activity of choice for rowdy young people, sometimes amounting to more than \$100,000 in damages each year in major metropolitan areas. Today, Americans spend an estimated \$6 billion annually on Halloween, making it the nation's second-largest commercial holiday.

*“Sugar Plum Fairies W/Best Friends”
Erinn Agne*

*“Home Made Ghost”
Marilyn Smith*

We asked residents and staff to share their favorite costumes!

*“Wearing A Witch’s Hat With My Mother, Our Last One Together.”
Pam Matilla*

October Highlights — You're Invited!

October 4th ~ Library Luncheon
1914 (Grace's Visit to the Valley)

October 5th ~ First Responders/
Fire Fighters Brunch

October 6th ~ Social Hour W/
Kathy Kali

October 10th ~ Social Hour W/
Annieville

October 11th ~ Social Hour W/Jon
Galfano

October 12th ~ Let's Go To The
MOVIES

October 13th ~ John Jackson
"Reptiles & Amphibians"

October 14th ~ Pumpkin Patch Out-
ing to (Fort Vannoy Farms)

October 26th ~ Social Hour W/ Tra-
cy & Kathy

October 31st ~ Pumpkin Contest



October 27th
Annual Octoberfest Celebration
W/Louis Faro

The Best Halloween Costume I ever wore was...

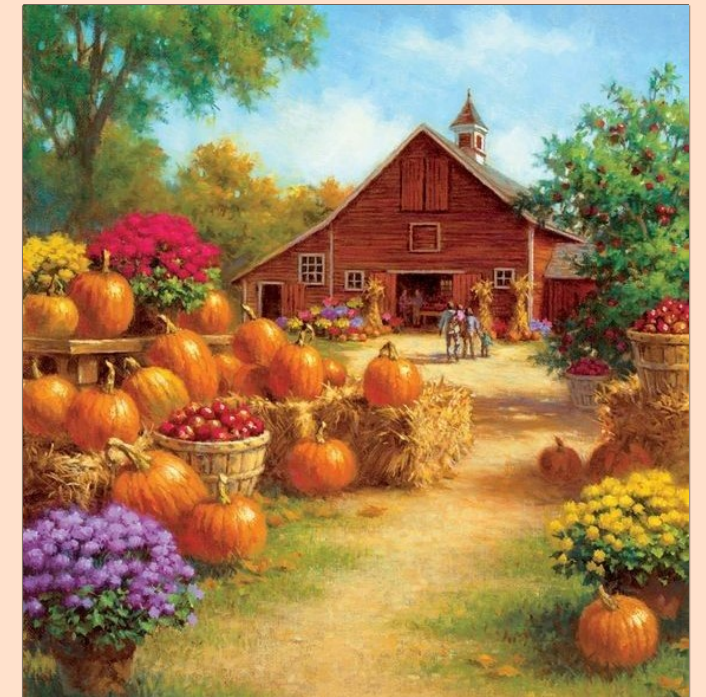
"A Witch"
Gloria Perkins

"Mime/Joker"
Durl Towne



Jack ~O~ Lanterns!

Without a doubt the most recognizable symbol of Halloween is a pumpkin carved into a jack-o-lantern. Halloween is a "magical" night for all! On this magical night, glowing jack-o-lanterns, carved from turnips or gourds, were set on porches and in windows. Burning lumps of coal were used inside as a source of light, later to be replaced by candles. When European settlers, particularly the Irish, arrived in America they found the native pumpkin to be larger, easier to carve and seemed the perfect choice for jack-o-lanterns. Halloween didn't really catch on big in this country until the late 1800's and has been celebrated in so many ways ever since! Pumpkins are indigenous to the western hemisphere and were completely unknown in Europe before the time of Columbus. In 1584, the French explorer Jacques Cartier reported from the St. Lawrence region that he had found "gros melons", which was translated into English as "ponpions," or pumpkins. In fact, pumpkins have been grown in America for over 5,000 years.



Native Americans called pumpkins "isquotersquash." Did you know that pumpkins are not a vegetable - they are a fruit! Pumpkins, like gourds, and other varieties of squash are all members of the Cucurbitaceae family, which also includes cucumbers, gherkins, and melons.

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We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/BarnettWoods

October 2017

Barnett Woods

2979 East Barnett Road

Medford Or, 97504

(541) 779~6943

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Coloring Club-AR 11:00 Brain Games —AR 1:00 Sunday Matinee-TR 3:30 Church Service 5:30 Football Game —TR	2 9:30 Wii Bowling League-TR 10:00 Fine Arts w/Erinn-AR 11:00 Balance Class —AR 1:00 Bingo —AR 2:30 News & Coffee —AR 3:30 Wii Bowling For All-AR 3:30 One On One Visit 5:30 Football Game —TR	3 9~3pm Medical Transports 10:00 Morning Walk w/Erinn 10:30 Wii Bowling Men's-TR 11:00 Balloon Toss —AR 1:00 Social w/Games—AR 2:30 Tai Chi —AR 3:30 Nielsons Travels —AR	4 9:00 Blood Pressure Clinic 9:30 Wii Bowling League-TR 10:30 Menu Meeting —AR 11:00 Library Luncheon1914 (Grace's Visit to the Valley) 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 3:30 Mexican Train —AR	5 9~3pm Medical Transports 10:30 Wii Bowling Men's-TR 1:00 Mexican Train —AR 2:30 Table Games—AR 3:30 Social Hour w/Bridgette Krause—ML 5:30 Football Game —TR	6 9-3pm Shopping Transports 9:00 Breakfast w/Fire Dept. and Police Dept —AR 9:30 Wii Bowling League-TR 10:00 Sit 'N' Stretch —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 3:30 Social Hour w/Kathy ML 6:30 John's Bible Study	7 10:00 Brain Games —AR 1:00 Saturday Matinee-TR 3:00 Reading & Puzzles 4:00 Dinner Social w/ Louis Faro —ML
8 10:00 Coloring Club-AR 11:00 Brain Games —AR 1:00 Sunday Matinee-TR 3:30 Church Service 5:30 Football Game —TR	9 9:30 Wii Bowling League-TR 10:00 Fine Arts w/Erinn-AR 11:00 Balance Class —AR 1:00 Bingo —AR 2:30 News & Coffee —AR 3:30 Wii Bowling For All-AR 3:30 Dress Rehearsal —AR 5:30 Football Game —TR	10 9~3pm Medical Transports 10:00 Morning Walk w/Erinn 10:30 Wii Bowling Men's-TR 11:00 Balloon Toss —AR 1:00 Social w/Games —AR 2:30 Tai Chi —AR 3:30 Social Hour w/Annieville —ML	11 9:30 Wii Bowling League-TR 10:30 Menu Meeting —AR 11:00 One On One Visits 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 3:30 Social Hour w/Jon Galfano—ML	12 9~3pm Medical Transports 10:30 Wii Bowling Men's-TR 1:00 Activities Meeting —AR 3:00 Lets Go To The MOVIES 3:30 Wii Bowling For ALL-TR 5:00 Mexican Train —AR 5:30 Football Game —TR	13 9-3pm Shopping Transports 9:30 Wii Bowling League-TR 10:00 Sit 'N' Stretch —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 3:30 John Jackson "Reptiles & Amphibians"-ML 7:00 Men's Movie Night-TR	14 10:00 Brain Games —AR 1:00 Saturday Matinee-TR 3:30 Pumpkin Patch Outing to (Fort Vannoy Farms)
15 10:00 Coloring Club-AR 11:00 Brain Games —AR 1:00 Sunday Matinee-TR 3:30 Church Service 5:30 Football Game —TR	16 9:30 Wii Bowling League-TR 10:00 Fine Arts w/Erinn-AR 11:00 Balance Class —AR 1:00 Bingo —AR 2:30 News & Coffee —AR 3:30 Wii Bowling For All-AR 3:30 Dress Rehearsal —AR 5:30 Football Game —TR	17 9~3pm Medical Transports 10:00 Morning Walk w/Erinn 10:30 Wii Bowling Men's-TR 11:00 Balloon toss —AR 1:00 Social w/Games —AR 2:30 Tai Chi —AR 3:30 Cabaret Show w/Wine	18 8:30 Seven Feathers 9:30 Wii Bowling League-TR 10:30 Menu Meeting —AR 11:00 One On One Visits 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 3:30 Social Hour w/Richard	19 9~3pm Medical Transports 10:30 Wii Bowling Men's-TR 1:00 Wii Bowling Tournament 2:30 Table Games—AR 3:30 Social Hour w/Chris & Dom —ML 5:00 Mexican Train —AR 5:30 Football Game —TR	20 9-3pm Shopping Transports 9:30 Wii Bowling League-TR 10:00 Sit 'N' Stretch —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 4:00 Supper Club Dinner 6:30 John's Bible Study	21 10:00 Brain Games —AR 1:00 Saturday Matinee-TR 3:00 Reading & Puzzles 3:30 Social Hour w/Brent Olstad —ML
22 10:00 Coloring Club-AR 11:00 Brain Games —AR 1:00 Sunday Matinee-TR 3:30 Church Service 5:30 Football Game —TR	23 9:30 Wii Bowling League-TR 10:00 Fine Arts w/Erinn-AR 11:00 Balance Class —AR 1:00 Bingo —AR 2:30 News & Coffee —AR 3:30 Wii Bowling For All-AR 3:30 One On One Visit 5:30 Football Game —TR	24 9~3pm Medical Transports 10:00 Morning Walk w/Erinn 10:30 Wii Bowling Men's-TR 11:00 Balloon Toss —AR 1:00 Social w/Games —AR 2:30 Tai Chi —AR 3:00 Family Feud —AR	25 9:30 Wii Bowling League-TR 10:00 Wii Bowling Match At Pioneer Village 10:30 Menu Meeting —AR 1:00 Bingo —AR 2:00 Healthy Living —AR 3:30 October B~Party—AR	26 9~3pm Medical Transports 10:30 Wii Bowling Men's-TR 1:00 Resident Council —AR 2:30 Table Games—AR 3:30 Social Hour w/Tracy & Kathy—ML 5:00 Mexican Train —AR 5:30 Football Game —TR	27 9-3pm Shopping Transports 9:30 Wii Bowling League-TR 10:00 Sit 'N' Stretch —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-BZ 3:30 Mexican Train —AR 5~7pm Annual Oktoberfest Celebration! W/Louis Faro	28 10:00 Brain Games —AR 1:00 Saturday Matinee-TR 3:00 Reading & Puzzles 3:30 Mexican Train —AR 5:30 Haunted Trolley Tour (Tickets are \$10.00)
29 10:00 Coloring Club-AR 11:00 Brain Games —AR 1:00 Sunday Matinee-TR 3:30 Church Service 5:30 Football Game —TR	30 9:30 Wii Bowling League-TR 10:00 Fine Arts w/Erinn-AR 11:00 Balance Class —AR 1:00 Bingo —AR 2:30 News & Coffee —AR 3:30 Wii Bowling For All-AR 3:30 One On One Visit 5:30 Football Game —TR	31 9~3pm Medical Transports 10:00 Morning Walk w/Erinn 10:30 Wii Bowling Men's-TR 11:00 Balloon Toss —AR 1:00 Pumpkin Contest!! 2:30 Tai Chi —AR 3:00 Family Feud —AR	Resident Birthdays! Jean D. October 5th William W. October 11th James S. October 23rd		Employee Birthdays! Kyle R. October 7th Ethan C. October 7th Jim D. October 11th Odilia R. October 20th	
					ATTN: ALL GENTLEMEN Every 2nd & 4th Friday Night At 7:00pm In The T.V. Room There Will Be "Men's Night At The Movies" Drinks And Snacks Will Be Provided!	Activity Locations: ML— Main Lobby AR — Activity Room DR — Dining Room TR —TV Room GN — Garden BZ — Breeze Way