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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 — December 2017*



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# Prioritizing Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.

## Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin d levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

## Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with



season changes. Signs of SAD include loss of interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

## Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

This story features extended content on our blog at [blog.radiantseniorliving.com](http://blog.radiantseniorliving.com).

**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.



~The United States of America has many different traditions and ways that people celebrate Christmas, because of its multi-cultural nature. Many customs are similar to ones in the UK, France, Italy, the Netherlands, Poland and Mexico. The traditional meal for Western European families is turkey or ham with cranberry sauce. Families from Eastern European origins favour turkey with trimmings, keilbasi (a Polish sausage), cabbage dishes, and soups; and some Italian families prefer lasagna! Some

Americans use pop-corn threaded on string to help decorate their Christmas Tree! Many Americans, especially Christians will go to Church to celebrate the birth of Jesus at Christmas. Many churches have special Christmas Carol services and events where the story of Christmas is told. In New England (the American States of Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire and Maine), there are shops called 'Christmas Shops' that only

## Christmas In The U.S.A!

sell Christmas decorations and toys all year round! Americans also send out Christmas Cards, like Carol singing and there's the unusual custom of the Christmas Pickle! People in America like to decorate the outsides of their houses with lights and sometimes even statues of Santa Claus, Snowmen and Reindeer. Cookies and a glass of milk are often left out as a snack for Santa on Christmas Eve! Towns and cities often decorate the streets with lights to celebrate Christmas. Perhaps the most famous Christmas street lights in the USA are at the Rockefeller Center in New York where there is a huge Christmas Tree with a public ice skating rink in front of it, during Christmas, and through New Years! In Hawaii, Santa is called Kanakaloka! Customs such as Mumming take place in some communities. On New Year's Day in Philadelphia there is a Mummers Day parade which lasts over six hours! Clubs called "New Years Associations" perform in amazing costumes which take months to make. In the Southwest USA, there are some special customs which have some similarities to those in parts of Mexico. These include 'luminarias' or 'farolitos' which are paper sacks partly filled with sand and then have a candle put in them. They are lit on Christmas Eve and are put on the edges of paths. They represent 'lighting the way' for somewhere for Mary and Joseph to stay. In the south of Louisiana, on Christmas Eve, families in small communities along the Mississippi River light bonfires along the levees (the high river banks) to help 'Papa Noel' (the name for Santa in French as Louisiana has a strong historical connection with France) find his way to the children's homes!

*We asked residents and staff to share their favorite wintertime traditions.*

*"Opening Christmas Presents On Christmas Eve, Instead Of Christmas Day"*

*~Jean Davis~*



## December Highlights — You're Invited!

December 2nd ~ Victorian  
Christmas Parade/Father  
Christmas In Jacksonville

December 4th ~ Social Hour  
W/ Richard Gyuro

December 9th ~ Carolers/  
Trolley Rides Of Jacksonville

December 13th ~ Social Hour  
W/Jon Galfano

December 15th ~ Social Hour  
W/Lee Stewart

December 20th ~ Social Hour  
W/ The Melody Makers

December 22nd ~ Supper Club

December 26th & 27th ~  
Hanley Farm Christmas Tour

December 28th ~ Social Hour  
W/Tracy And Kathy



December 2nd, 5th, 8th, 9th, 12th,  
13th, 16th, 19th, 20th, 22nd, 23rd,  
Christmas Light Tours!

## What are your favorite winter traditions?

"Family Together, and Getting  
Their Presents to Open "

~Martha Schildknecht~

"Decorating Our Christmas Tree"

~Trudy Shontz~

"Grandma Bringing Cookies, And  
Our Family Bringing The Dinner"

~Pam Matilla~

"Shopping And Wrapping Christmas  
Presents, Then Putting Them Under  
The Tree"

~Helen Spangler~

Here are some photos  
taken at  
our community!  
2017 was a great year!

## Memories!



## Find us on Facebook!



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

[www.Facebook.com/BarnettWoods](https://www.facebook.com/BarnettWoods)

# December 2017

**Barnett Woods**  
2979 East Barnett Road  
Medford Or, 97504  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Activity Locations:</b> ML— Main Lobby AR — Activity Room DR — Dining Room TR —TV Room GN — Garden BZ — Breeze Way	<b>ATTN: ALL GENTLEMEN</b> 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!		<b>Resident Birthdays</b> Jeanne W. December 1st Byron H. December 10th Mary E. December 12th Frank W. December 19th Pam M. December 24th	<b>Employee Birthdays</b> Lexus N. December 5th Bonnie L. December 17th Amanda W. December 17th Karen Z. December 31st	1 ~National Pie's 9-3pm Shopping Transports 9:30 Wii Bowling League—TR 10:30 Tai Chi —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML 3:30 John Jackson (Bug's) 6:30 John's Bible Study	2 ~National Fritter's <b>10:00 Victorian Christmas Parade/Father Christmas in Jacksonville</b> 10:00 Brain Games —AR <b>1:00 Saturday Matinee —TR</b> <b>3:00 Wrapping Station —AR</b> <b>4:00 Social Hour w/Louis-ML</b> <b>5:00 Christmas Light Tour!</b>
3 ~Be Happy And Smile 10:00 Coloring Club —AR <b>1:00 Sunday Matinee —TR</b> 3:30 Church Service <b>5:30 Football Game —TR</b>	4 ~National Sock Day 9:30 Wii Bowling League —TR 10:00 Fine Arts —AR 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR <b>3:30 Social Hour w/Richard Gyuro —ML</b> <b>5:30 Football Game —TR</b>	5 ~Be Happy And Smile 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's 1:00 Social w/Games —AR 2:30 Afternoon Walks <b>3:30 Neilsons Travels Christmas in Europe —AR</b> <b>5:00 Christmas Light Tour!</b>	6 ~Be Happy And Smile <b>9:00 Blood Pressure Clinic</b> 9:30 Wii Bowling League —TR <b>10:30 Menu Meeting —AR</b> <b>11:00 Library Luncheon (Believe It Or Not: Stories!)</b> 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML 3:30 Table Games —AR	7 ~Pearl Harbor Remembrance 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's—TR 1:00 Mexican Train —AR 2:30 Table Games —AR <b>3:30 Social Hour w/Craig Evans—ML</b> <b>5:30 Football Game —TR</b>	8 ~National Brownie's 9~3pm Shopping Transports 9:30 Wii Bowling League —TR 10:30 Tai Chi —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML <b>3:30 Social Hour w/Bob Isom —ML</b> <b>5:00 Christmas Light Tour!</b>	9 ~Be Happy And Smile 10:00 Brain Games —AR <b>11:00 Carolers/Cider/Trolley Rides/Tours of Jacksonville</b> <b>1:00 Saturday Matinee —TR</b> <b>3:00 Wrapping Station —AR</b> <b>5:00 Christmas Light Tour!</b>
10 ~Be Happy And Smile 10:00 Coloring Club —AR <b>1:00 Sunday Matinee —TR</b> 3:30 Church Service <b>5:30 Football Game —TR</b>	11 ~Be Happy And Smile 9:30 Wii Bowling League —TR 10:00 Fine Arts —AR 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR 3:30 One On One Visits <b>5:30 Football Game —TR</b>	12 ~Channukah 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's <b>1:00 Wrapping Station —AR</b> 2:30 Afternoon Walks <b>3:30 Social Hour w/Annieville Blues —ML</b> <b>5:00 Christmas Light Tour!</b>	13 ~Violin Day 9:30 Wii Bowling League —TR <b>10:30 Menu Meeting —AR</b> 1:00 Bingo —AR 2:30 Hot Cocoa/ Herbal Tea-ML <b>3:30 Social Hour w/Jon Galfano—ML</b> <b>5:00 Christmas Light Tour!</b>	14 ~Be Happy And Smile 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's—TR 1:00 Mexican Train —AR <b>2:30 Wrapping Station —AR</b> 3:30 Mexican Train —AR <b>5:30 Football Game —TR</b>	15 ~Lemon Cupcake's 9~3pm Shopping Transports 9:30 Wii Bowling League —TR 10:30 Tai Chi —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML <b>3:30 Social Hour w/Lee Stewart —ML</b> 6:30 John's Bible Study	16 Chocolate Covered Anything 10:00 Brain Games —AR <b>1:00 Saturday Matinee —TR</b> <b>3:00 Wrapping Station —AR</b> <b>3:30 Social Hour w/Brent Olstad —ML</b> <b>5:00 Christmas Light Tour!</b>
17 ~National Maple Syrup 10:00 Coloring Club —AR <b>1:00 Sunday Matinee —TR</b> 3:30 Church Service <b>5:30 Football Game —TR</b>	18 ~Bake Cookies 9:30 Wii Bowling League —TR 10:00 Fine Arts —AR 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR <b>3:30 Social Hour w/Bridgette Krause —ML</b> <b>5:30 Football Game —TR</b>	19 ~Be Happy And Smile 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's <b>1:00 Activities Meeting —AR</b> <b>2:30 Wrapping Station —AR</b> 2:30 Afternoon Walks <b>3:30 Christmas Cabaret/Wine</b> <b>5:00 Christmas Light Tour!</b>	20 ~Go Caroling <b>8:30 Seven Feathers!</b> 9:30 Wii Bowling League —TR <b>10:30 Menu Meeting —AR</b> 1:00 Bingo —AR 2:30 Hot Cocoa/ Herbal Tea-ML <b>3:30 Social Hour w/Melody Makers —ML</b> <b>5:00 Christmas Light Tour!</b>	21 ~Winter Solstice 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's—TR <b>1:00 Wii Bowling Tournament</b> <b>2:30 Wrapping Station —AR</b> <b>3:30 Social Hour w/ Chris &amp; Dom—ML</b> <b>5:30 Football Game —TR</b>	22 ~Be Happy And Smile 9~3pm Shopping Transports 9:30 Wii Bowling League —TR <b>10:30 CHRISTMAS PARTY-ML</b> 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML <b>3:00 Wrapping Station —AR</b> <b>4:00 Supper Club Dinner</b> <b>5:00 Christmas Light Tour!</b>	23 ~Be Happy And Smile 10:00 Brain Games —AR <b>1:00 Saturday Matinee —TR</b> <b>3:00 Wrapping Station —AR</b> <b>5:00 Christmas Light Tour!</b>
24 ~Egg Nog Day 10:00 Coloring Club —AR <b>1:00 Sunday Matinee —TR</b> 3:30 Church Service <b>5:30 Football Game —TR</b>	25 ~Christmas Day 9:30 Wii Bowling League —TR 10:00 Fine Arts —AR <b>11:30 CHRISTMAS LUNCH!</b> 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR 3:30 One On One Visits <b>5:30 Football Game —TR</b>	26 ~Candy Cane Day 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's <b>11:00 Hanley Farm X-mas Tour</b> <b>1:00 Resident Council —AR</b> 2:30 Afternoon Walks 3:30 Mexican Train —AR	27 ~Snowflake Day 9:30 Wii Bowling League —TR <b>10:00 Wii Bowling Match @PV</b> <b>10:30 Menu Meeting —AR</b> <b>11:00 Hanley Farm X-mas Tour</b> 1:00 Bingo —AR <b>2:30 Healthy Living —AR</b> 2:30 Hot Cocoa/ Herbal Tea-ML 3:30 Table Games —AR	28 ~Card Playing 9~3pm Medical Transports 10:30 Tai Chi —AR 10:30 Wii Bowling Men's—TR 1:00 Mexican Train —AR 2:30 Table Games —AR <b>3:30 Social Hour w/Tracy &amp; Kathy —ML</b> <b>5:30 Football Game —TR</b>	29 ~Be Happy And Smile 9~3pm Shopping Transports 9:30 Wii Bowling League —TR 10:30 Tai Chi —AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML <b>3:30 December Birthday Party —ML</b>	30 ~Bacon Day 10:00 Brain Games —AR <b>1:00 Saturday Matinee —TR</b> 3:00 Reading & Puzzles
31 ~New Year's Eve 10:00 Coloring Club —AR <b>1:00 Sunday Matinee —TR</b> 3:30 Church Service <b>5:30 Football Game —TR</b>		<b>WRAPPING STATION:</b> ~ We will be having our wrapping stations though out this month, so please come and volunteer, to help wrap presents! Please bring your presents that you need wrapped, and we would be happy to wrap them for you!	<b>FESTIVAL OF TREES:</b> FRIDAY DECEMBER 1ST 2017 10:00AM TILL 4:00PM (\$5.00) FREE ADMISSION 60 YEARS AND UP! ~Teddy Bear Hospital ~Holiday Gift Shop ~Pictures w/ Santa	<b>JACKSONVILLE OUTING:</b> We will be going to Jacksonville December 2nd, 9th and the 26th, And on the 27th to join in all the festivities, or to just watch. It was broken up due to the many	<b>CHRISTMAS LIGHT TOURS:</b> We will be going out to look at Christmas lights throughout the month of December! We will be leaving at 5:00pm We hope that you will join us!	