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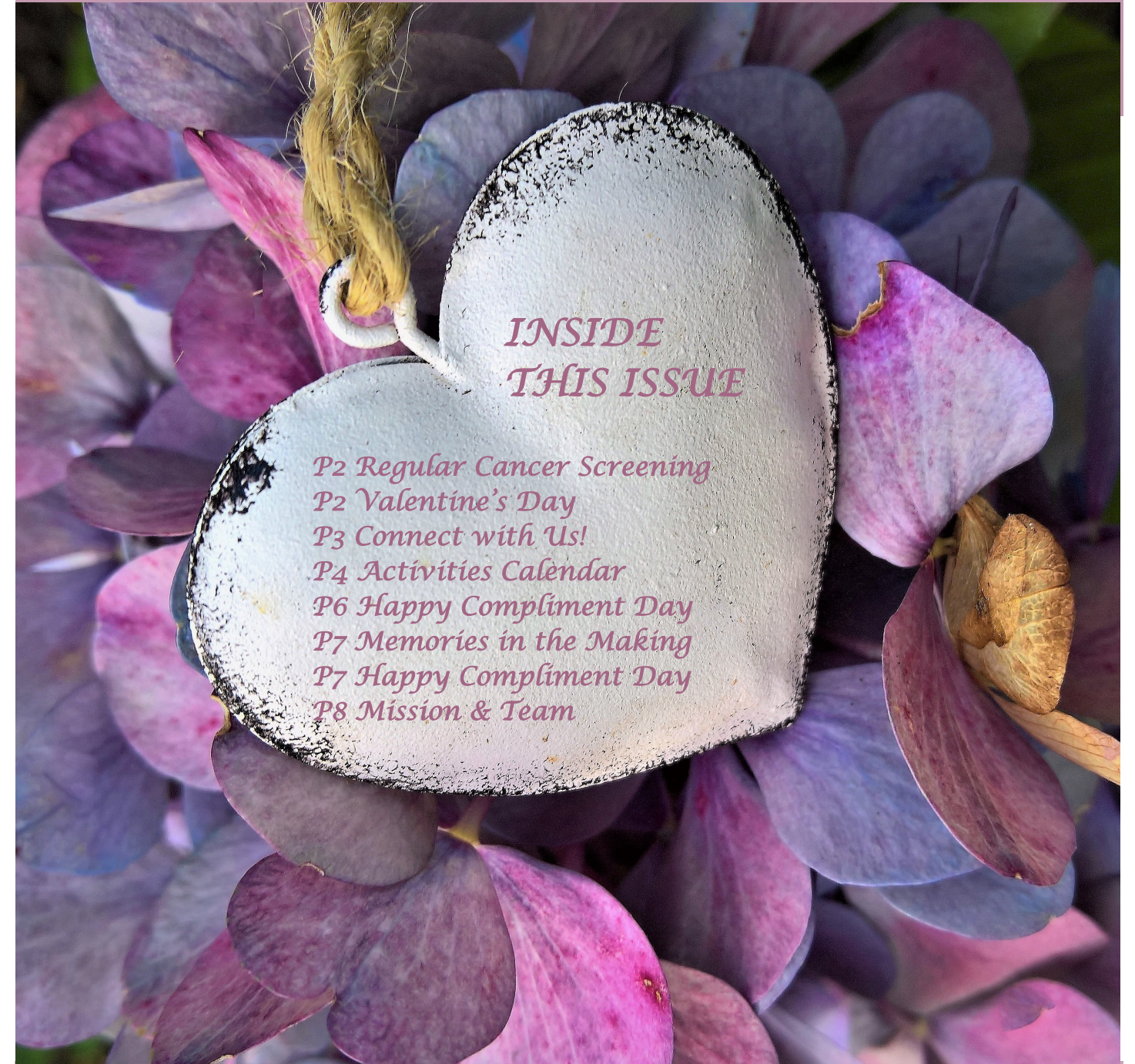
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*Our mission is to
create and sustain
comfortable,
caring
environments for
those who depend
on us.*

Barnett Woods Bulletin Board

Barnett Woods Independent Living & In-Home Care Newsletter



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February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

Memories in the Making!



Happy Compliment Day! The best compliment ever was when...

*"A Stranger Once asked me,
If I Was A Movie Star!"*
~Sarah Crowe

*"Activities Best Compliment To Me,
'I Make The Work Place Fun!'"*
~Neil McAuley

*"My Best Friend said,
'I Was A Genuine Person!'"*
~Erinn Agne

*"My Companion said,
'I Have Beautiful Eyes!'"*
~Gloria Perkins

February Highlights — You're Invited!

February 1st ~Social Hour W/Jon Galfano

February 3rd ~Dinner Social W/Louis Faro

February 4th ~Super Bowl Sunday

February 6th ~Neilson's Travels

February 13th ~Valentine's Day

Cabaret

February 14th ~Social Hour W/Elly Swift

February 15th ~Social Hour W/Chris & Dom

February 16th ~John Jackson
(Butterflies & Moths)

February 19th~Social Hour W/Bridget Krause

February 22nd ~Social Hour W/Tracy & Kathy

February 26th ~Social Hour W/Julie Wright

February 27th ~Social Hour W/Bob Isom



In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

*"Several People Have Said,
'That I'm Really Kind'
~Elsa Sanders*

*"My Anthropology Professor Told Me,
'I was A Good Thinker!'
~John Armstrong*

*"A Resident Sarah Crowe said,
'I Was An Old Soul!'
~Amanda Watson*

Valentine's Day!

~Valentine's Day has become a fairly commercialized holiday, filled with Hallmark cards, chocolates and your yearly bouquet of roses, all aptly delivered by your significant other (or friend, parent, or sibling for any single ladies out there), in the name of love. That said, you might be wondering where, exactly, this day of love originated, and why, each year, we mark our calendars to remind us to tell our loves ones, that we love them. There are several different myths attributed to the genesis of Valentine's Day. However, there's no disputing the fact that this holiday, as with most, began as a religious one. The Catholic Church has canonized at least three different Saint Valentines. The most popular Saint Valentine, and the one frequently attributed with fathering Valentine's Day, was a Roman priest during the third century, serving under Emperor Claudius. Emperor Claudius believed that single men made better soldiers than those married and with families, and passed a law making marriage illegal for all young men. Valentine recognized the horror of this law and continued to marry young couples in secret, effectively defying his Emperor. Valentine was later canonized by the Vatican and, in the 5th century, February 14th was named his feast day, the day designated by the church to honor and

commemorate a saint's life. Still, other people believe that February 14th is a day of love. In France and England, February 14th is the beginning of the birds' mating season, which symbolizes love, fertility, and the promise of spring. Valentine's day is celebrated in several countries throughout the world, including Mexico, France, England, Australia, and of course The United States. The day began to rise in popularity around the 17th century, where it was not uncommon for friends to exchange little gifts and notes of affection. The first Valentine's Day card was believed to be sold in 1840 by Esther Howland, also known as The Mother of the Valentine, and today it is estimated that over 1 billion Valentine's Day cards are sent each year. Take comfort in the fact that this holiday is actually historically rooted in something worth celebrating, love!



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February 2018

Barnett Woods
 2979 East Barnett Road
 Medford Or, 97504
 (541) 779~6943

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|---|---|
|  | Attention All Ladies: We are going to make a collage of wedding dresses, to have showcased in the downstairs lobby, on Valentine's Day! All we need is a photo or two of your wedding dress! Any photo will be welcome, and you will get them back! | Resident Birthdays: | Employee Birthdays <i>Jessica T. February 2nd</i> <i>Kitty M. February 11th</i> | 1 ~National Freedom 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Mexican Train —AR 2:30 Balloon Toss —AR 3:30 Social Hour w/Jon Galfano —ML | 2 ~Groundhog Day 9-3pm Shopping Transports 9:30 Wii Bowling League—TR 10:30 Music 'N' Motion—AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML 3:30 Crafting Hour —AR 6:30 John's Bible Study | 3 ~Feed The Birds 10:00 Brain Games —AR 1:00 Saturday Matinee —TR 3:00 Reading & Puzzles 4:00 Dinner Social w/Louis Faro —ML |
| 4 ~Stuffed Mushrooms 10:00 Coloring Club —AR 1:00 Sunday Matinee —TR 3:00 Church Service 3:30 Super Bowl Sunday "52" On NBC —TR | 5 ~World Nutella Day 9:30 Wii Bowling League —TR 10:00 Music w/Erinn —AR 10:30 Prayer Group Room #220 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR 3:30 Afternoon Walks | 6 ~Frozen Yogurt 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Social w/Games —AR 2:30 Crafting Hour —AR 3:30 Neilsons Travels (Mountain Men in Oregon)—AR | 7~Send A Card To A Friend 9:00 Blood Pressure Clinic 9:30 Wii Bowling League —TR 10:30 Food Committee —AR 11:00 Library Luncheon (When Timber Was King!) 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML 3:30 Table Games —AR | 8 ~Kite Flying 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Mexican Train —AR 2:30 Balloon Toss —AR 3:30 Crafting Hour —AR | 9 ~National Pizza Day 9~3pm Shopping Transports 9:30 Wii Bowling League —TR 10:30 Music 'N' Motion—AR 2:00 Bingo —AR 3:30 Hot Cocoa/Herbal Tea/ & Crafting Hour —AR | 10~Cream Cheese Brownie 10:00 Brain Games —AR 1:00 Saturday Matinee —TR 3:00 Reading & Puzzles |
| 11 ~Inventors Day 10:00 Coloring Club —AR 1:00 Sunday Matinee —TR 3:00 Church Service | 12 ~A. Lincoln's Birthday 9:30 Wii Bowling League —TR 10:00 Music w/Erinn —AR 10:30 Prayer Group Room #220 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR 3:30 Afternoon Walks | 13 ~Fat Tuesday 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Social w/Games —AR 2:30 One On One Visits 3:30 Valentine's Day Cabaret —ML | 14 ~Valentine's Day! 9:30 Wii Bowling League —TR 10:30 Food Committee —AR 11:30 Lunch Club Outing! 1:00 Bingo —AR 2:30 Hot Cocoa/ Herbal Tea-ML 3:30 Social Hour w/ Elly Swift & Chocolate Covered Strawberries, & Champagne--ML | 15 ~Gum Drop's 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Wii Bowling Tournament 2:30 Balloon Toss —AR 3:30 Social Hour w/ Chris & Dom—ML | 16 ~Caregivers Day 9~3pm Shopping Transports 9:30 Wii Bowling League —TR 10:30 Music 'N' Motion—AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML 3:30 John Jackson (Butterflies & Moths) —ML 6:30 John's Bible Study | 17 ~Acts Of Kindness 10:00 Brain Games —AR 1:00 Saturday Matinee —TR 3:30 Social Hour w/Brent Olstad —ML |
| 18 ~National Wine Day 10:00 Coloring Club —AR 1:00 Sunday Matinee —TR 3:00 Church Service | 19 ~Presidents' Day! 9:30 Wii Bowling League —TR 10:00 Music w/Erinn —AR 10:30 Prayer Group Room #220 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Social Hour w/Bridget Krause —ML | 20 ~Cherry Pie 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Activities Meeting —AR 2:30 One On One Visits 3:30 Mexican Train —AR | 21 ~Sticky Bun's 8:30 Seven Feathers! 9:30 Wii Bowling League —TR 10:30 Food Committee —AR 1:00 Bingo —AR 2:30 Hot Cocoa/ Herbal Tea-ML 3:30 Table Games —AR | 22 ~Be Humble 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Mexican Train —AR 2:30 Balloon Toss —AR 3:30 Social Hour w/Tracy & Kathy —ML | 23 ~Banana Bread 9~3pm Shopping Transports 9:30 Wii Bowling League —TR 10:30 Music 'N' Motion—AR 1:00 Bingo —AR 2:30 Hot Cocoa/Herbal Tea-ML 4:00 Supper Club Dinner! | 24 ~Tortilla Chip's 10:00 Brain Games —AR 1:00 Saturday Matinee —TR 3:00 Reading & Puzzles |
| 25 ~Clam Chowder 10:00 Coloring Club —AR 1:00 Sunday Matinee —TR 3:00 Church Service | 26 ~Tell A Fairy 9:30 Wii Bowling League —TR 10:00 Music w/Erinn —AR 10:30 Prayer Group Room #220 1:00 Bingo —AR 2:30 Donuts/Coffee/ News—AR 3:30 Wii Bowling For ALL—TR 3:30 Social Hour w/Julie Wright —ML | 27 ~Strawberry Day 9~3pm Medical Transports Only 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Resident Council —AR 2:30 One On One Visits 3:30 Social Hour w/Bob Isom —ML | 28 ~Chocolate Soufflé 9:30 Wii Bowling League —TR 10:00 Wii Bowling Match w/ Pioneer Village Here At BW 10:30 Food Committee —AR 1:00 Bingo —AR 2:30 Healthy Living —AR 2:30 Hot Cocoa/ Herbal Tea-ML 3:30 Social Hour w/Michael Cruz—ML | Activity Locations: ML— Main Lobby AR — Activity Room DR — Dining Room TR —TV Room GN — Garden BZ — Breeze Way | |  |