



2979 East Barnett Road
Medford, OR 97504

STAMP
HERE



Administrative Team:

Jim Digerness
Executive Director

Amanda Watson
Community Relations Director

Trina Box
Resident Care Coordinator

Erinn Agne
Business Office Manager

Nona McDowell
Registered Nurse

Karen Zajcew
Dietary Director

Neil McAuley
Maintenance Director

Jessica Taylor
Activities Director

Contact us at:
541-779-6943



Barnett Woods Bulletin Board

Barnett Woods Independent Living & In-Home Care Newsletter



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May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

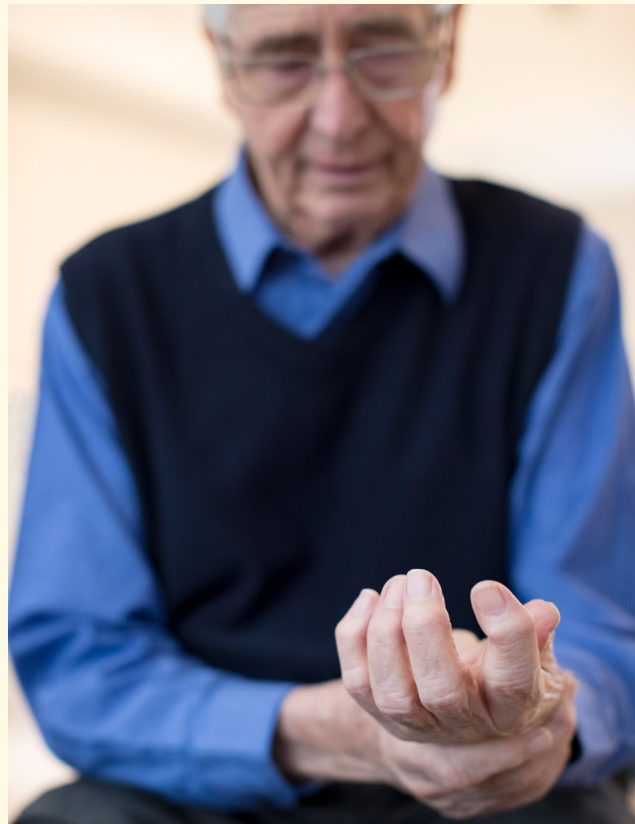
Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



May 13 is Mother's Day!

"She always tried to live a Christian life"
~Gloria P.~

"Her kind and gentle spirit, she was a good Christian"
~Ailene M.~

"Her Lemon Meringue pie"
~Lucille B.~

"She is always there when you need something"
~Charla E.~

In honor of our moms, we asked around: What is something you have always loved about your mother?



May Highlights

May 1st~ Neilson's Travels
 May 2nd~ Library Luncheon (Civil War)
 May 3rd~ Social Hour W/Jon Galfano
 May 5th~ Cinco de Mayo
 May 8th~ Social Hour W/Lee Stewart
 May 9th~ Lunch Club Outing
 May 13th~ Mother's Day
 May 14th~ Social Hour W/Kathy Kali
 May 17th~ Social Hour W/Chris & Dom
 May 18th~ John Jackson (Fish)
 May 19th~ Social Hour W/Brent Olstad
 May 21st~ Social Hour W/Bridget Krause
 May 22nd~ Activities Meeting
 May 23rd~ Wii Bowling Match At Pioneer Village
 May 24th~ Social Hour W/Tracy & Kathy
 May 25th~ Social Hour W/Bob Isom
 May 28th~ Memorial Day
 May 29th~ Resident Council
 May 29th~ Social Hour W/Richard Gyuro



Follow us on Social Media:

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[Facebook.com/BarnettWoods](https://www.facebook.com/BarnettWoods)
Blog.radiantseniorliving.com
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 Radiantvoices on Instagram
 RadiantSrLiving on Twitter
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
 Radiant Senior Living on YouTube

May Birthdays!



We hope you enjoy your special day!

Resident:

Ray O. May 1st

Trudy S. May 18th

Evelyn H. May 29th

Employee:

Jaclyn K. May 17th

Team Member of the Month



~Phil~

Phil hails to us from the great Midwest and is our new Activity Assistant. Since he has been here he has hit the ground running, always with an award winning smile that all our residents love! He has 3 brothers, a beautiful dog, and a vast record collection. He enjoys playing card games and has quickly become the reigning champion of Mexican Train. Sorry ladies, he's taken.

www.surveymonkey.com/r/BWThanks

Resident of the Month!



~Lucille~

Lucille is our newest resident, and she comes to us from Redding California! She has 2 amazing son's that love her tremendously! She is Puerto Rican and Italian, and loves spice, and not just on her food! She loves dogs, as she has a little guy with her named Charlie. She enjoys getting her nails done, and collecting antique mini strollers. Her second day here at Barnett Woods, she made several good friends, and has not stopped adding to that! She does enjoy playing cards (rummy) is a favorite. She also enjoys many of our activities that we provide.

<div>May 2018</div>				<div>Barnett Woods</div> <div>2979 East Barnett Road</div> <div>Medford Ore, 97504</div> <div>(541) 779~6943</div> <div>www.surveymonkey.com/r/BWThanks</div>		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Resident Birthdays:</div> <div>Ray O. May 1st</div> <div>Trudy S. May 18th</div> <div>Evelyn H. May 29th</div>	<div>Employee Birthdays:</div> <div>Jaclyn K. May 17th</div>	<div>1 ~Smile And Be Happy</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time --ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's</div> <div>1:00 Balloon Toss—AR</div> <div>1:30 Poetry Club —AR</div> <div>2:30 Crafting Hour —AR</div> <div>3:30 Neilson Travels (Baltic)-AR</div> <div>7:00 Evening Movie —TR</div>	<div>2 ~Truffle Day</div> <div>9:00 Blood Pressure Clinic</div> <div>9:30 Men's Coffee Club —ML</div> <div>9 :30 Wii Bowling League —TR</div> <div>10:30 Food Committee —AR</div> <div>11:00 Library Luncheon</div> <div>(Civil War, With It's Effects)</div> <div>1:30 Bus Time w/Captain Phil</div> <div>2:00 Bingo —AR</div> <div>3:30 Bookmobile</div> <div>7:00 Evening Movie —TR</div> <div>~Bingo is at 2pm!</div>	<div>3 ~Garden Meditation</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's—TR</div> <div>1:00 Mexican Train —AR</div> <div>2:30 Phil's Jamboree—AR</div> <div>3:30 Social Hour w/Jon Galfano —ML</div> <div>7:00 Evening Movie —TR</div>	<div>4 ~Bird Day</div> <div>9-3pm Shopping Transports</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League—TR</div> <div>10:30 Music 'N' Motion—AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Social w/Coloring Club-AR</div> <div>3:30 Card Games —AR</div> <div>6:30 John's Bible Study</div> <div>7:00 Evening Movie —TR</div>	<div>5 ~Cinco de Mayo</div> <div>10:00 Brain Games —AR</div> <div>1:00 Saturday Matinee —TR</div> <div>3:00 Reading & Puzzles</div> <div>3:00 Rummy—AR</div> <div>4:00 Dinner Social w/Louis Faro —ML</div> <div>5:00 Bookmobile</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>
<div>6 ~Crepe Suzette</div> <div>10:00 Coloring Club —AR</div> <div>1:00 Sunday Matinee —TR</div> <div>3:00 Church Service</div> <div>3:00 Rummy —AR</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>7 ~Smile And Be Happy</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:00 Cross Stitch —AR</div> <div>10:30 Music 'N' Motion —AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Donuts/Coffee/ News—AR</div> <div>3:00 Prayer Group Room #220</div> <div>3:00 Poker/Beer w/Phil —AR</div> <div>7:00 Evening Movie —TR</div>	<div>8 ~World Red Cross Day</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time --ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's</div> <div>1:00 Balloon Toss—AR</div> <div>1:30 Poetry Club —AR</div> <div>2:30 Crafting Hour —AR</div> <div>3:30 Social Hour w/Lee Stewart —ML</div>	<div>9 ~National Receptionist</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:30 Food Committee —AR</div> <div>11:00 Lunch Club Outing!</div> <div>1:30 Bingo —AR</div> <div>1:30 Bus Time w/Captain Phil</div> <div>2:30 Bookmobile</div> <div>3:30 Crafting Hour —AR</div> <div>7:00 Evening Movie —TR</div>	<div>10 ~Clean Up Your Room</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's—TR</div> <div>1:00 Mexican Train —AR</div> <div>2:30 Phil's Jamboree—AR</div> <div>3:30 Crafting Hour —AR</div> <div>7:00 Evening Movie —TR</div>	<div>11 ~Twilight Zone</div> <div>9-3pm Shopping Transports</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League—TR</div> <div>10:30 Music 'N' Motion—AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Social w/Coloring Club-AR</div> <div>3:30 Card Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>12 ~Nurses Day</div> <div>10:00 Brain Games —AR</div> <div>1:00 Saturday Matinee —TR</div> <div>2:00 Betty's Jewelry—AR</div> <div>3:00 Reading & Puzzles</div> <div>3:00 Rummy —AR</div> <div>5:00 Bookmobile</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>
<div>13 ~Mother's Day</div> <div>10:00 Coloring Club —AR</div> <div>11:00 Mother's Day Luncheon</div> <div>1:00 Sunday Matinee —TR</div> <div>2:00 Betty's Jewelry—AR</div> <div>3:00 Church Service</div> <div>3:00 Rummy —AR</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>14 ~Buttermilk Biscuits</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:00 Cross Stitch—AR</div> <div>10:30 Music 'N' Motion —AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Donuts/Coffee/ News—AR</div> <div>3:00 Prayer Group Room #220</div> <div>3:30 Social Hour w/Kathy Kali-ML</div> <div>7:00 Evening Movie —TR</div>	<div>15 ~Chocolate Chip Day</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time --ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's</div> <div>1:00 Balloon Toss—AR</div> <div>1:30 Poetry Club —AR</div> <div>2:30 Crafting Hour —AR</div> <div>3:30 Card Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>16 ~Wear Purple/Peace</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:30 Food Committee —AR</div> <div>1:00 Bingo —AR</div> <div>1:30 Bus Time w/Captain Phil</div> <div>2:30 Hot Cocoa/ Herbal Tea-ML</div> <div>3:30 Crafting Hour —AR</div> <div>3:30 Card Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>17 ~Cherry Cobbler</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's—TR</div> <div>1:00 Wii Bowling Tournament</div> <div>2:30 Phil's Jamboree—AR</div> <div>3:30 Social Hour w/ Chris & Dom—ML</div> <div>7:00 Evening Movie —TR</div>	<div>18 ~Cheese Soufflé</div> <div>9~3pm Shopping Transports</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>11:00 Car Show & BBQ!</div> <div>10:30 Music 'N' Motion—AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Social w/Coloring Club-AR</div> <div>3:30 John Jackson (Fish)—ML</div> <div>6:30 John's Bible Study</div> <div>7:00 Evening Movie —TR</div>	<div>19 ~Armed Forces Day</div> <div>10:00 Brain Games —AR</div> <div>1:00 Saturday Matinee —TR</div> <div>2:00 Betty's Jewelry—AR</div> <div>3:00 Reading & Puzzles</div> <div>3:30 Social Hour w/Brent Olstad —ML</div> <div>3:00 Rummy —AR</div> <div>5:00 Bookmobile</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>
<div>20 ~Pick Strawberries</div> <div>10:00 Coloring Club —AR</div> <div>1:00 Sunday Matinee —TR</div> <div>2:00 Betty's Jewelry—AR</div> <div>3:00 Church Service</div> <div>3:00 Rummy —AR</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>21 ~Smile And Be Happy</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:00 Cross Stitch —AR</div> <div>10:30 Music 'N' Motion —AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Donuts/Coffee/ News—AR</div> <div>3:00 Prayer Group Room #220</div> <div>3:30 Social Hour w/Bridget Krause —ML</div> <div>7:00 Evening Movie —TR</div>	<div>22 ~Vanilla Pudding</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's</div> <div>1:00 Activities Meeting —AR</div> <div>1:30 Poetry Club —AR</div> <div>2:30 Balloon Toss—AR</div> <div>3:30 Card Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>23 ~Lucky Penny Day</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:00 Wii Bowling Match At Pioneer Village</div> <div>10:30 Food Committee —AR</div> <div>1:00 Bingo —AR</div> <div>1:30 Bus Time w/Captain Phil</div> <div>2:30 Healthy Living —AR</div> <div>2:30 Bookmobile</div> <div>3:30 April Birthday Party—ML</div>	<div>24 ~Smile And Be Happy</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's—TR</div> <div>1:00 Mexican Train —AR</div> <div>2:30 Phil's Jamboree—AR</div> <div>3:30 Social Hour w/Tracy & Kathy —ML</div> <div>7:00 Evening Movie —TR</div>	<div>25 ~Heat Awareness Day</div> <div>9-3pm Shopping Transports</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League—TR</div> <div>10:30 Music 'N' Motion—AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Social w/Coloring Club-AR</div> <div>3:30 Social Hour w/Bob Isom —ML</div> <div>4:30 Supper Club Dinner</div> <div>7:00 Evening Movie —TR</div>	<div>26 ~Blueberry Cheesecake</div> <div>10:00 Brain Games —AR</div> <div>1:00 Saturday Matinee —TR</div> <div>3:00 Reading & Puzzles</div> <div>3:00 Rummy —AR</div> <div>5:00 Bookmobile</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>
<div>27 ~Sun Screen Day</div> <div>10:00 Coloring Club —AR</div> <div>1:00 Sunday Matinee —TR</div> <div>3:00 Church Service</div> <div>3:00 Rummy —AR</div> <div>6:00 IN2L Games —AR</div> <div>7:00 Evening Movie —TR</div>	<div>28 ~Memorial Day</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>11:00 Memorial Day BBQ Lunch</div> <div>10:00 Cross Stitch—AR</div> <div>10:30 Music 'N' Motion —AR</div> <div>1:00 Bingo —AR</div> <div>2:30 Donuts/Coffee/ News—AR</div> <div>3:00 Prayer Group Room #220</div> <div>3:00 Poker/Beer w/Phil —AR</div> <div>7:00 Evening Movie —TR</div>	<div>29 ~Composting Day</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's</div> <div>1:00 Resident Council —AR</div> <div>1:30 Poetry Club —AR</div> <div>2:30 Balloon Toss—AR</div> <div>3:30 Social Hour w/ Richard Gyuro—ML</div> <div>7:00 Evening Movie —TR</div>	<div>30 ~Water A Flower</div> <div>9:30 Men's Coffee Club —ML</div> <div>9:30 Wii Bowling League —TR</div> <div>10:30 Food Committee —AR</div> <div>1:00 Bingo —AR</div> <div>1:30 Bus Time w/Captain Phil</div> <div>2:30 Bookmobile</div> <div>3:30 Crafting Hour —AR</div> <div>7:00 Evening Movie —TR</div>	<div>31 ~Save Your Hearing Day</div> <div>9~3pm Medical Transports Only</div> <div>9:30 Ladies Tea Time —ML</div> <div>10:30 Music 'N' Motion—AR</div> <div>10:30 Wii Bowling Men's—TR</div> <div>1:00 Mexican Train —AR</div> <div>2:30 Phil's Jamboree—AR</div> <div>3:30 Crafting Hour —AR</div> <div>7:00 Evening Movie —TR</div>	<div>Activity Locations:</div> <div>ML— Main Lobby</div> <div>AR — Activity Room</div> <div>DR — Dining Room</div> <div>TR —TV Room</div> <div>GN — Garden</div> <div>BZ — Breeze Way</div>	