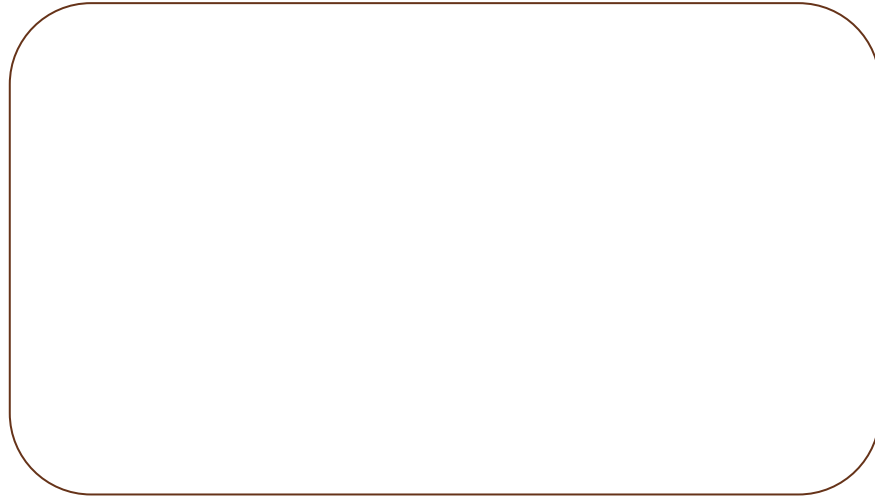




2979 East Barnett Road
Medford, OR 97504

STAMP
HERE



Administrative Team:

Charley Parker

Executive Director

Lois Payne

Assistant Executive Director

Erinn Agne

Business Office Manager

Nona McDowell

Registered Nurse

Allen Hall

Dietary Director

Maintenance Director

Jessica Taylor

Activities Director

Contact us at:

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



Barnett Woods Bulletin

Barnett Woods Independent Living & In-Home Care Newsletter



*P2 - 5 Physical Therapy
Benefits*

*P3 - Team Member/
Resident of the Month*

P4/5 - Activities Calendar

*P6 - Birthdays, Highlights,
Social Media, Safety*

P7 - Photos, Autumn

Funnies

P8 - Mission, Team

October 2018 Edition

5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That's hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

Note: Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.

Five Potential Benefits of Physical Therapy:

1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
3. **Management of Issues Associated with Diabetes:** Physical therapists can help prescribe

and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field." -Peter Adams



Autumn Funnies (answers on page 6)

1. What type of vehicle is best for a hayride?
2. What do trees say when they get their leaves back?
3. What type of vest should you wear in the fall?
4. How do you know when the moon has had enough to eat?
5. How do football players stay cool during games?
6. How do you fix a broken pumpkin?
7. What is the ratio of a pumpkin's circumference to its diameter?



October Highlights

October 2nd~ Neilson Travels
 October 4th & 17th~ Social Hour W/Jon Galfano
 October 6th~ Dinner Social W/Louis Faro
 October 9th~ Social Hour W/Lee Stewart
 October 18th~ Social Hour W/Chris& Dom
 October 20th~ Social Hour W/Brent Olstad
 October 24th~ Social Hour W/Richard Gyuro
 October 25th~ Social Hour W/Tracy & Kathy
 October 26th~ OKTOBERFEST!! W/ LOUIS FARO
 October 29th~ Social Hour W/Judy Owens
 October 31st~ HAPPY HALLOWEEN!
 October 6th, 13th, 20th, & 27th~ Pet Therapy
 October 6th, 13th, 20th, & 27th~ Scenic Drives W/Denecia
 October 7th, 14th, 21st, & 28th~ Scenic Drives W/Jessica



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 Radiant Senior Living on YouTube

October Birthdays!

We hope you enjoy your special day!

Anita K. October 5th

William W. October 11th

Billie~Jo L. October 15th

3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

Answers to the Fall Funnies on 7
 1. An autumn-mobile. 2. What a re-leaf! 3. A har-vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pi.

Meet A Resident!

~Gene~

I was born in Medford, Oregon, in 1954 at the Community Hospital. I have one brother who resides in Hawaii. No wife, no divorce, no kids - in other words, I'm single. I graduated from Phoenix High School, and three days later, I went to boot camp in U.S.A.S. I worked for 14 years as a cook. I got a chance to go to Iceland, England, and Aleutians Island. While in England, I traveled on leave to visit other countries, like Austria, Germany, Italy, and France. I saw a diamond cut, and went to a ballet in France. I have been to the top of the Eiffel Tower and the Leaning Tower Of Pisa. When I left the service, I worked at the Federal Penitentiary as a Correctional Officer at Lump May Prison for three years. Then I moved back home. I took care of my mother for 18 years.

While in Oregon, I worked for 26 years as a security officer. When I turned 62, I retired. I'm a firm believer in God. When people ask me what religion I am, I ask them 'What Religion is God?' That's the one I believe!... That's all for now!!!



Meet A Team Member!

~Lois~

~I was born and raised in Central Point and have lived here all my life. My husband and I have owned Cascade Nursery in Central Point for over thirty years. All three of our children work it with us and plan to take it over when we retire. I love spending time with my 7 grandchildren - fishing, shopping, and watching them explore the nursery. I have worked in this industry for many years and enjoy helping others.



October 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>1</div> <div>9:20 Wii Bowling League—TR 10:00 Adult Coloring w/Morning Mimosas —AR 1:00 Bingo —AR 2:30 Card Games —AR 3:00 Prayer Group Room #220 3:30 Fancy Fingers w/Wine-AR</div>	<div>2</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Wii Bowling Tourn—TR 2:00 Painting w/Wine—AR 3:30 Neilson Travels</div>	<div>3</div> <div>9:00 Blood Pressure Clinic 9 :20 Wii Bowling League —TR 10:30 Music 'N' Motion —AR 11:00 Library Luncheon (The 1918 Killer Flu Hits Oregon) 1:00 Bingo —AR 3:30 Wine & Cheese Social-AR</div>	<div>4</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Mex Train/Rummy —AR 2:30 Crafting Hour w/Wine-AR 3:30 Social Hour w/Jon Galfano —ML</div>	<div>5</div> <div>9-3pm Shopping Transports “Denecia’s Choice”</div>	<div>6</div> <div>9:30 Morning Strolls 10:00 Pet Therapy —AR 12:30 Classic Movie Matinee-TR 1:30 Scenic Drives w/Denecia 2:30 Mex Train/Rummy—AR 3:30 Fancy Fingers w/Wine—AR 4:00 Dinner Social w/Louis Faro —ML</div>
<div>7</div> <div>9:30 Morning Strolls 10:00 Scenic Drives w/Jessica 12:30 Classic Movie Matinee-TR 2:00 Mex Train/Rummy —AR 3:00 Church Hymns w/Lois 3:30 Sing~Along —AR</div>	<div>8</div> <div>9:20 Wii Bowling League —TR 10:00 Adult Coloring w/Morning Mimosas —AR 1:00 Bingo —AR 2:30 Card Games —AR 3:00 Prayer Group Room #220 3:30 Fancy Fingers w/Wine-AR</div>	<div>9</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Wii Bowling Tourn—TR 2:00 Painting w/Wine—AR 3:30 Social Hour w/Lee Stewart —ML</div>	<div>10</div> <div>9:20 Wii Bowling League —TR 10:30 Music 'N' Motion —AR 11:00 Lunch Club Outing! 2:00 Bingo —AR 2:00 Menu Meeting —AR 3:30 Wine & Cheese Social-AR ~Bingo Will Be At 2:00pm~</div>	<div>11</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Wii Bowling Tourn—TR 2:00 Mex Train/Rummy —AR 3:30 Crafting Hour w/Wine -AR</div>	<div>12</div> <div>9-3pm Shopping Transports “Denecia’s Choice” 4:30 Supper Club Dinner</div>	<div>13</div> <div>9:30 Morning Strolls 10:00 Pet Therapy —AR 12:30 Classic Movie Matinee-TR 1:30 Scenic Drives w/Denecia 2:30 Mex Train/Rummy—AR 3:30 Fancy Fingers w/Wine-AR</div>
<div>14</div> <div>9:30 Morning Strolls 10:00 Scenic Drives w/Jessica 12:30 Classic Movie Matinee-TR 2:00 Mex Train/Rummy —AR 3:00 Church Hymns w/Lois 3:30 Sing~Along —AR</div>	<div>15</div> <div>9:20 Wii Bowling League —TR 10:00 Adult Coloring w/Morning Mimosas —AR 1:00 Bingo —AR 2:30 Card Games —AR 3:00 Prayer Group Room #220 3:30 Fancy Fingers w/Wine-AR</div>	<div>16</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Wii Bowling Tourn—TR 2:00 Painting w/Wine—AR 3:30 Cocoa/Tea & Cookies-ML</div>	<div>17</div> <div>9:20 Wii Bowling League —TR 10:00 Wii Bowling Match Here W/Northridge 10:30 Music 'N' Motion—AR 1:00 Bingo —AR 2:30 Wine & Cheese Social-AR 3:30 Social Hour w/Jon Galfano —ML</div>	<div>18</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Wii Bowling Tourn—TR 2:30 Crafting Hour w/Wine-AR 3:30 Social Hour w/ Chris & Dom—ML</div>	<div>19</div> <div>9-3pm Shopping Transports “Denecia’s Choice” 3:30 John Jackson (Oregon Trail)—ML</div>	<div>20</div> <div>9:30 Morning Strolls 10:00 Pet Therapy —AR 12:30 Classic Movie Matinee-TR 1:30 Scenic Drives w/Denecia 2:30 Mex Train/Rummy—AR 3:30 Social Hour w/Brent Olstad —ML</div>
<div>21</div> <div>9:30 Morning Strolls 10:00 Scenic Drives w/Jessica 12:30 Classic Movie Matinee-TR 2:00 Mex Train/Rummy —AR 3:00 Church Hymns w/Lois 3:30 Sing~Along —AR</div>	<div>22</div> <div>9:20 Wii Bowling League —TR 10:00 Adult Coloring w/Morning Mimosas —AR 1:00 Bingo —AR 2:30 Card Games —AR 3:00 Prayer Group Room #220 3:30 Fancy Fingers w/Wine-AR</div>	<div>23</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Activities Meeting —AR 2:30 Painting w/Wine—AR 3:30 Cocoa/Tea & Cookies-ML</div>	<div>24</div> <div>9:20 Wii Bowling League —TR 10:30 Music 'N' Motion —AR 1:00 Bingo —AR 2:00 Menu Meeting —AR 3:30 Social Hour w/Richard Gyuro —ML</div>	<div>25</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's—TR 1:00 Mex Train/Rummy —AR 2:30 Crafting Hour w/Wine-AR 3:30 Social Hour w/Tracy & Kathy —ML</div>	<div>26</div> <div>9-3pm Shopping Transports “Oktoberfest Prep” 4:30~6:30 OKTOBERFEST! W/Louis Faro</div>	<div>27</div> <div>9:30 Morning Strolls 10:00 Pet Therapy —AR 12:30 Classic Movie Matinee-TR 1:30 Scenic Drives w/Denecia 2:30 Mex Train/Rummy—AR 3:30 Fancy Fingers w/Wine-AR</div>
<div>28</div> <div>9:30 Morning Strolls 10:00 Scenic Drives w/Jessica 12:30 Classic Movie Matinee-TR 2:00 Mex Train/Rummy —AR 3:00 Church Hymns w/Lois 3:30 Sing~Along —AR</div>	<div>29</div> <div>9:20 Wii Bowling League —TR 10:00 Adult Coloring w/Morning Mimosas —AR 1:00 Bingo —AR 2:30 Card Games —AR 3:00 Prayer Group Room #220 3:30 Social Hour w/Judy Owens —ML</div>	<div>30</div> <div>9~3pm Medical Transports 10:00 Croquet —GN 10:30 Music 'N' Motion—AR 10:30 Wii Bowling Men's 1:00 Resident Council —AR 2:30 Painting w/Wine—AR 3:30 October Birthday Party—ML</div>	<div>31</div> <div>9:20 Wii Bowling League —TR 10:30 Mystery Drive w/ Denecia 10:30 Music 'N' Motion —AR 1:00 Bingo —AR 2:30 Wine & Cheese Social-AR 3:30 HAPPY HALLOWEEN!!</div>	<div>Activity Locations:</div> <div>ML— Main Lobby AR — Activity Room DR — Dining Room TR —TV Room GN — Garden BZ — Breeze Way</div>	<div>Resident Birthdays:</div> <div>Anita K. October 5th William W. October 11th Billie~Jo L. October 15th</div>	