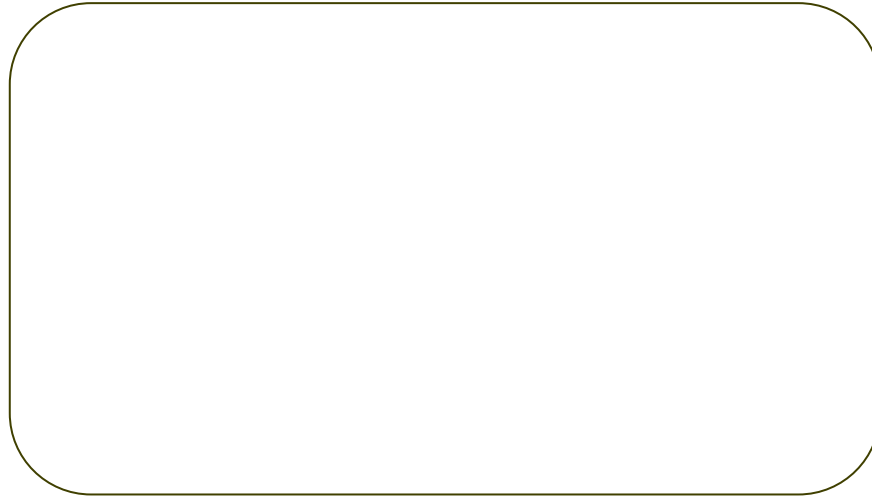




2979 East Barnett Road
Medford, OR 97504

STAMP
HERE



Administrative Team

CHARLEY PARKER
Executive Director

LOIS PAYNE
Assistant Executive Director

JESSICA TAYLOR
Business Office Director

NONA MCDOWELL
Wellness Nurse

ALLEN HALL
Dining Services Director

KIM WILLIAMS
Maintenance Director

ERINN AGNE
Life Enrichment Director

Contact us at:
(541) 779 - 6943



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

Barnett Woods Bulletin

Independent Living & In-Home Care Newsletter



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November 2018 Edition

Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

Differences Between a Flu and a Cold

Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.

A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Any sort of casserole and lemon pie.” - Trudy

“Homemade vegetable soup” - Denecia

“Chocolate Sundae with whipped cream.” - Dottie

“Poached Salmon” - Gary

“Split Pea Soup” - Erinn

November Highlights

1st: Fraud Prevention Presentation 6:30pm
 2nd: Music with Louis Faro 3:30pm
 6th: Reading with 5th Graders from Orchard Hill Elementary 9:00am
 7th: Library Luncheon 11:00pm
 7th: Songbirds Choral Performance 2:00pm
 11th: Veterans Day Ceremony 10:00am
 13th: Trip to the Movies! 12:30pm
 14th: Barnett Woods Lunch Club 11:00am
 14th: Wii Bowling Tournament 2:00pm
 Staff v. Residents
 16th: Oregon Coast Sea Life with John Jackson 3:30pm
 17th: Brent Olstad on piano 3:30pm
 21st: Guild Lecture: J.R.R. Tolkien and Middle Earth @ Medford Library 11:00am
 22nd: Thanksgiving Dinner with Families at Barnett Woods 11:00am
 23rd: Black Friday Shopping Trip! 1:00pm
 26th: Barnett Woods Supper Club 4:00pm
 28th: Wii Bowling Match at Northridge
 30th: Music with Bob Isom 3:30pm
 30th: Apple Cider Press Party 5:30pm

Happy Birthday

to all with November birthdays!

5th - Joan N.

9th - Richard C.

14th - Bob H.

22nd - Mick W.

No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

Ingredients:

1/2 cup of butter

16 ounces of brown

sugar

1/2 cup of milk

3/4 cup of peanut butter

1 teaspoon of vanilla

3 and 1/2 cups of confec-

tioners sugar

Steps:

In saucepan, on medium heat, melt

butter.

Add brown sugar and milk and stir.

Bring to a boil for two minutes while

stirring.

Move from heat.

Mix in vanilla and peanut butter.

Pour on top of confectioners sugar in a

big mixing bowl.

Beat together until smooth.

Pour into a pan that is 8x8.



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Meet a Resident!

Billie-Jo

Billie-Jo was born in Kankakee, IL and moved to the Rogue Valley with her husband, Larry, in 1989. She and Larry were married for 57 years and were foster parents to many children. Billie-Jo has one child of her own and with the addition of step children and foster children, she has been made a grandmother and great-grandmother many times over. Billie-Jo has always loved horseback riding, and one of the most special gifts Larry gave her, was her own horse. Billie-Jo is a vibrant member of our community at Barnett, who shares her kind heart and listening ear with residents and staff alike. We are grateful she chose to reside with us.



Meet a Team Member!

Chef Hall

Chef Hall has just joined the team here at Barnett Woods. He was born and raised in Oregon, but spent many years traveling the country and even residing in California. The Rogue Valley eventually called him home and he is happy to be here at Barnett. Allen is the proud father of six children and is going to be married next month! You have probably met Chef Hall in the dining room as he is willing to do any job in the kitchen, even bussing tables. Chef's true love is cooking and he is thrilled to get the chance to cook for the Barnett Woods family. Welcome to the team, Chef Hall! We are happy to have you!



November 2018

Barnett Woods | 2979 East Barnett Road, Medford, OR 97501 | (541) 779 - 6943

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar Key: Outings <i>Entertainment</i> <u>Meetings / Special Events</u>				1 9:30 Plan Veterans Day 10:30 Wii Bowling - Men 10:30 Music in Motion 2:30 Community Dog Walk 3:30 <i>Music w/ Jon Galfano</i> 6:30 <u>Senior Fraud / Scam Presentation</u>	2 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Resident led Exercise on IN2L 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Cards	3 9:30 Morning Stroll 10:00 Pet Therapy 12:30 Community Dog Walk 1:30 Scenic Drive 3:00 Word Play on IN2L 4:00 <i>Music with Louis Faro</i>
4 9:30 Chicken Soup for the Soul 10:30 Tai Chi 12:30 Rogue Valley Mall 1:05 NFL: Seahawks 2:00 Library Work 2:30 Dominoes / Rummy 3:30 Hymn Sing	5 9:20 Queen Pins Practice 9:30 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:30 Sing-a-long at piano 4:00 Supper Club 5:20 Titans v. Cowboys	6 9:00 <u>Reading with 5th Graders</u> 10:30 Wii Bowling - Men 10:30 Women with Weights 1:00 Crafting - Fall table centerpieces 3:30 <i>New England Travels with the Neilsons</i>	7 9:00 Blood Pressure Clinic 9:20 Queen Pins Practice 10:30 Stretch for Flexibility 11:00 Library Luncheon 2:00 <i>Songbirds Choral performance</i> 3:00 Bingo	8 9:30 Veterans Day Plan and Rehearsal 10:30 Wii Bowling - Men 10:30 Music in Motion 1:00 Scrabble 2:30 Community Dog Walk 3:30 Italian Soda Social 5:20 Panthers v. Steelers	9 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Resident Led Exercise on IN2L 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Rummy	10 9:30 Morning Stroll 10:00 Pet Therapy 12:30 Community Dog Walk 1:30 Scenic Drive 3:00 Mexican Train/ Rummy with afternoon snacks
11 9:00 Prep for ceremony 10:00 <u>Veterans Day Ceremony</u> 1:25 Seahawks v. Rams 1:30 Library Work 2:30 Family Feud 3:30 Hymn Sing	12 9:20 Queen Pins Practice 9:30 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:30 Sing-a-long at piano 3:30 Poker and Beer 5:15 Giants v. 49ers	13 9:30 Crosswords & Coffee 10:30 Wii Bowling - Men 10:30 Women with Weights 12:30 Trip to the Movies! @ Tinseltown 1:00 Menu Meeting 3:30 <i>Lee Stewart on piano</i>	14 9:20 Queen Pins Practice 10:30 Stretch for Flexibility 11:00 Lunch Club 1:00 Bingo 2:00 <u>Staff v. Residents Wii Bowling Tournament</u> 3:30 Mexican Train/ Cards	15 9:30 Stories & Coffee 10:30 Wii Bowling - Men 10:30 Music in Motion 1:00 Crafting Hour 2:30 Community Dog Walk 3:30 <i>Music - Chris & Dom</i> 5:20 NFL: Seahawks	16 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Resident led exercise 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Rummy 3:30 <i>Oregon Coast Sea Life - John Jackson</i>	17 9:30 Morning Stroll 10:00 Pet Therapy 12:30 Community Dog Walk 1:30 Scenic Drive 3:00 Coffee / Tea Social 3:30 <i>Brent Olstad on piano</i>
18 9:30 Chicken Soup for the Soul 10:30 Tai Chi 12:30 Rogue Valley Mall 1:05 Broncos v. Chargers 2:00 Library Work 2:30 Dominoes / Rummy 3:30 Hymn Sing	19 9:20 Queen Pins Practice 9:30 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:30 Sing-a-long at piano 3:30 Poker and Beer 5:15 Chiefs v. Rams	20 9:30 Sudoku & Coffee 10:30 Wii Bowling - Men 10:30 Women with Weights 1:00 <u>Activities Meeting</u> 2:00 Crafting - Holiday wreaths 3:30 Scrabble	21 9:20 Queen Pins Practice 10:30 Stretch for Flexibility 11:00 Guild Lecture on J.R.R. Tolkien @ library 2:00 Bingo 3:00 Family Feud	22 <i>HAPPY THANKSGIVING!</i> 9:30 Stories & Coffee 10:30 Wii Bowling - Men 10:30 Music in Motion 11:00 <u>Thanksgiving Dinner with Families</u> 1:30 Cowboys v. Raiders 2:30 Mexican Train/ Cards	23 9:20 Queen Pins Practice 10:30 Sit & Be Fit 1:00 Black Friday Shopping trip! 1:00 Resident led Bingo 2:00 Resident led Rummy / Mexican Train	24 9:30 Morning Stroll 10:00 Pet Therapy 12:30 Community Dog Walk 1:30 Scenic Drive 3:00 Yahtzee / Rummy with afternoon snacks
25 9:30 Chicken Soup for the Soul 10:30 Tai Chi 1:05 Cardinals v. Chargers 2:00 Library Work 2:30 Wine & Cheese Social 3:30 Hymn Sing	26 9:20 Queen Pins Practice 9:30 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:30 Sing-a-long at piano 3:30 Poker and Beer 5:15 Titans v. Texans	27 9:30 Poetry & Coffee 10:30 Wii Bowling - Men 10:30 Women with Weights 1:00 <u>Resident Council & Menu Meeting</u> 2:00 Trivia 3:30 Italian Soda Social	28 9:20 Queen Pins Practice 10:30 Stretch for Flexibility 10:00 Wii Bowling Match at Northridge 1:00 Bingo 2:00 Scrabble 3:30 <u>November Birthday Party!</u>	29 9:30 Stories & Coffee 10:30 Wii Bowling - Men 10:30 Music in Motion 1:00 Decorate Walkers for the Holidays 2:30 Community Dog Walk 3:30 <i>Music - Tracy & Kathy</i> 5:20 Saints v. Cowboys	30 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Resident led exercise 1:00 PM Shopping Trip 3:30 <i>Music with Bob Isom</i> 5:30 <u>Apple Cider Press Party!</u>	HAPPY BIRTHDAY!! 5th - Joan N. 9th - Richard C. 14th - Bob H. 22nd - Mick W.