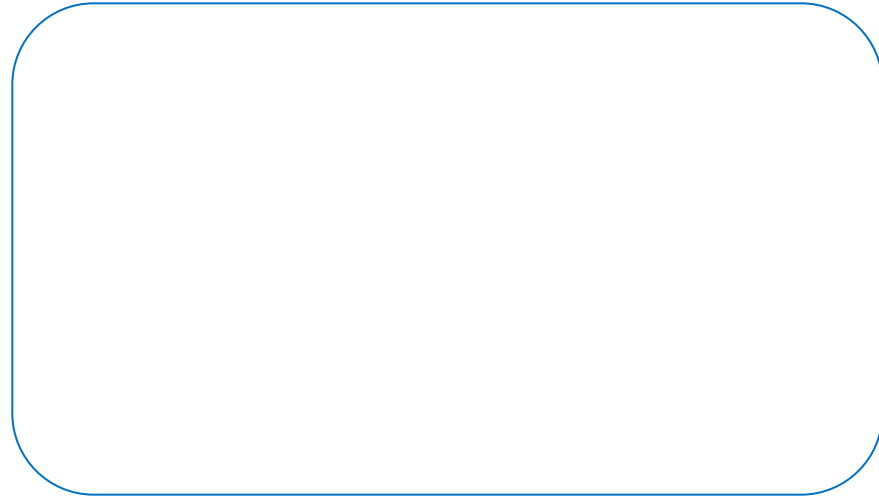




2979 East Barnett Road
Medford, OR 97504

PLACE
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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

BRANDON PENQUE
Maintenance Director

ERINN AGNE
Life Enrichment Director

Contact us at:
(541) 779-6943



Barnett Woods Bulletin

Independent Living & In-Home Care Newsletter



January 2019

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Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Painters"

- Trudy

"The Bible"

- Jeanie

"Clothing design"

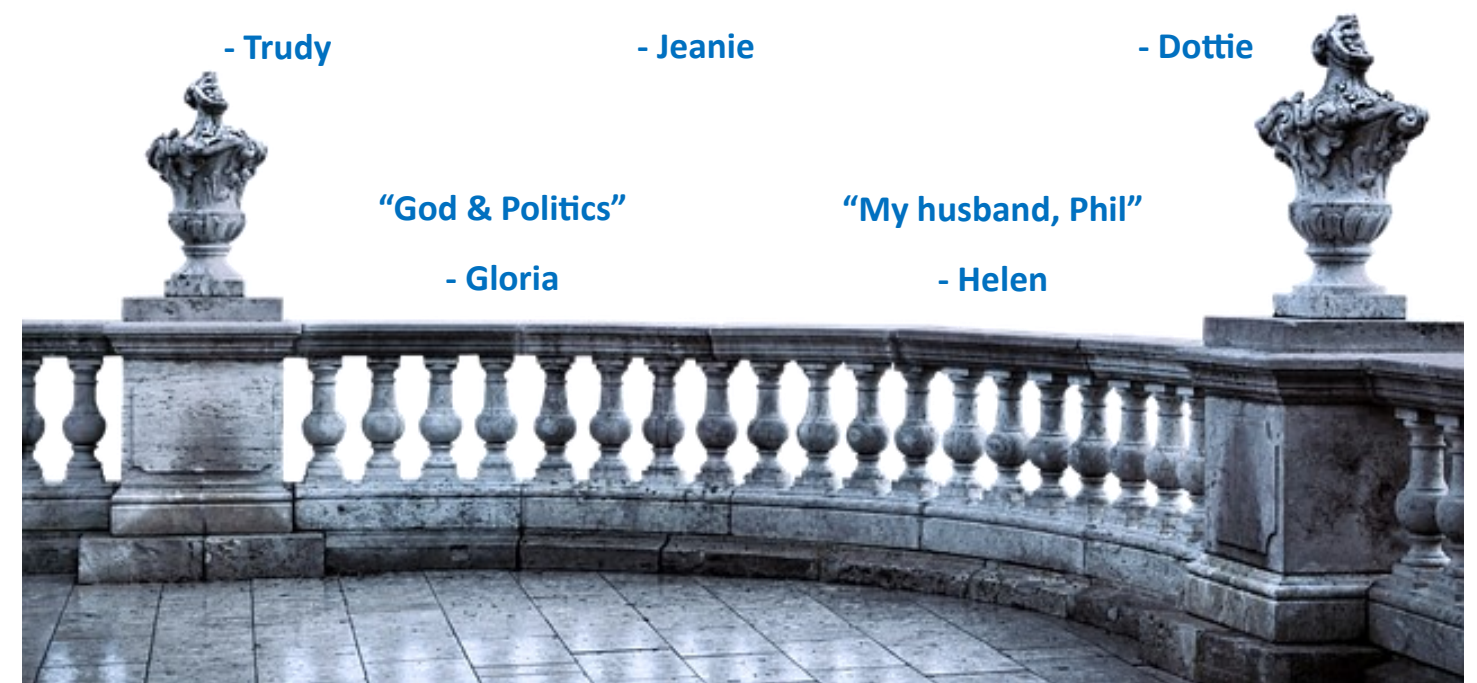
- Dottie

"God & Politics"

- Gloria

"My husband, Phil"

- Helen



January Highlights

- 1 New Year's Day
- 2 Library Luncheon: Discovering Abandoned Cemeteries 11:00am
- 3 Music with Jon Galfano 3:30pm
- 5 Music with Louis Faro 4:00pm
- 7 Supper Club Outing 4:30pm
- 8 Outing to the Movies at Tinseltown
- 9 Music with Lee Stewart 3:30pm
- 9 Lunch Club 11:00am
- 12 Scenic Drive 1:30pm
- 15 Menu Meeting 1:00pm
- 16 Guild Lecture: Early Roman Emperors at Medford Library 11am
- 17 COPD Presentation 5:30pm
- 19 Scenic Drive 1:30pm
- 22 Activities Meeting 1:00pm
- 23 Northridge Bowling Match at Northridge 9:45am
- 23 Elegant Bustles & Bows: Authentic Historical Costume Group 2:00pm
- 24 Music with Tracy Davy 3:30pm

- 25 Bugs-R-Us Presents: Dinosaurs! 3:30pm
- 26 Scenic Drive 1:00pm
- 29 Resident Council Meeting 1:00pm
- 30 January Birthday Party 3:30pm
- 31 Music with Ben McReynolds

We're online @

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



Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

January Birthdays!



We wish you a very Happy Birthday!

- 1st - Joyce F.
- 5th - Trena C.
- 13th - Betty P.
- 16th - Lois O.
- 22nd - Kristine N.
- 29th - Robin S.

Meet a Resident! Winnie

Born and raised in the Rogue Valley, Winnie has been a resident of Oregon her entire life. She and her husband Dwight were married for 35 years and ran a construction business together. Winnie was involved in all aspects of the company, from running the office to working in the field. She enjoyed choosing the color schemes and doing the interior decorating for their projects. Winnie and Dwight also raised three beautiful children and have two granddaughters. Three years ago, Winnie took up water color painting and still continues to paint ocean scenes and flowers in her free time. She was an avid gardener and enjoyed growing orchids. Thank you for making Barnett Woods your home, Winnie! We are so happy you to have you here with us!



Meet a Team Member! Denecia

Denecia, originally from California, has lived in Oregon for five years. She loves the Rogue Valley and knows it well. The residents cannot stop talking about the beautiful scenic drives she plans. Denecia is currently taking classes to become a Preschool or Kindergarten teacher, as well as bringing up five wonderful children of her own. Denecia, also an entrepreneur, plans to open a beauty supply shop and salon. She loves art, music and dance which she shares with the residents in our Life Enrichment department. We are thrilled to have Denecia on our Barnett Woods team!

January 2018

Barnett Woods • 2979 East Barnett Road, Medford, Oregon 97504 • (541) 779-6943

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDAR KEY: Outings <i>Entertainment</i> <u>Meetings / Special Events</u>		¹ <i>HAPPY NEW YEAR!!</i> 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 Rummy / Dominoes 2:30 Trivia on IN2L 3:30 Hot Cocoa Social	² 9:00 Blood Pressure Clinic 9:20 Queen Pins Practice 10:30 Sit and Be Fit 11:00 Library Luncheon 1:00 Bingo 2:00 Rummy 3:30 Wii Games for all	³ Medical Transportation 10:00 Coffee Talk 10:30 Stretch for Flexibility 10:30 Wii Games - Men 1:00 Fancy Fingers - Nails 2:00 Library Work 3:30 <i>Music: Jon Galfano</i>	⁴ 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Music in Motion 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Rummy	⁵ 10:00 Pet Therapy 10:30 Music in Motion 12:00 Family Feud - IN2L 1:30 Scenic Drive 2:00 Wii Games For All 4:00 <i>Music: Louis Faro</i>
⁶ 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Movie & Popcorn 1:00 Dominoes / Rummy 2:30 Library Work 3:30 Hymn Sing	⁷ 9:20 Queen Pins Practice 10:00 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:00 Resident led Rummy 2:15 Poker & Beer 4:00 Supper Club	⁸ Medical Transportation 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 12:30 Go to the Movies @ Tinseltown! 2:00 Winter Crafting 3:30 <i>Music: Lee Stewart</i>	⁹ 9:20 Queen Pins Practice 10:00 Sudoku & Coffee 10:30 Sit and Be Fit 11:00 Lunch Club 1:00 Bingo 2:00 Mexican Train 3:30 Wii Games for All	¹⁰ Medical Transportation 10:00 Coffee Talk 10:30 Stretch for Flexibility 10:30 Wii Games 1:00 Fancy Fingers - Nails 2:00 Journaling: New Year Intentions 3:30 Sing-a-Long at piano	¹¹ 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Music in Motion 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Rummy	¹² 10:00 Pet Therapy 10:30 Music in Motion 12:00 Winter Hangman 1:30 Scenic Drive 2:00 Wii Games for All 3:00 Word Play IN2L
¹³ 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Sunday Shopping 1:00 Resident led Rummy 2:30 Library Work 3:30 Hymn Sing	¹⁴ 9:20 Queen Pins Practice 10:00 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:00 Resident led Rummy 2:15 Poker & Beer 3:30 Sing-a-Long at piano	¹⁵ Medical Transportation 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 <u>Menu Meeting</u> 2:00 Scrabble 3:30 Hot Cocoa & Cookie Social	¹⁶ 9:20 Queen Pins Practice 10:00 Sudoku & Coffee 10:30 Sit and Be Fit 11:00 Guild Lecture: Early Roman Emperors 1:00 Bingo 2:00 Rummy 3:30 Wii Games for all	¹⁷ Medical Transportation 10:00 Coffee Talk 10:30 Stretch for Flexibility 10:30 Wii Games - Men 1:00 Fancy Fingers - Nails 3:30 <i>Music: Chris & Dom</i> 5:30 <u>COPD Presentation by Accent Care</u>	¹⁸ 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Music in Motion 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Rummy	¹⁹ 10:00 Pet Therapy 10:30 Music in Motion 12:00 Riddle Me This 1:30 Scenic Drive 2:00 Wii Games for All 3:30 <i>Brent Olstad on Piano</i>
²⁰ 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Movie & Popcorn 1:00 Dominoes / Rummy 2:30 Library Work 3:30 Hymn Sing	²¹ 9:20 Queen Pins Practice 10:00 Stories & Coffee 10:30 Sit and Be Fit 1:00 Bingo 2:00 Resident led Rummy 2:15 Poker & Beer 3:30 Sing-a-Long at piano	²² Medical Transportation 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 <u>Activities Meeting</u> 2:00 Trivia 3:30 <i>Nielson's Travels: Pioneer Stories</i>	²³ 9:20 Queen Pins Practice 9:45 Northridge Bowling Match @ Northridge 10:30 Sit and Be Fit 1:00 Bingo 2:00 <i>Elegant Bustles & Bows: An Authentic Historical Costume Group</i>	²⁴ Medical Transportation 10:00 Coffee Talk 10:30 Stretch for Flexibility 10:30 Wii Games - Men 1:00 Fancy Fingers - Nails 2:00 Journaling: Snowy Memories 3:30 <i>Music: Tracy Davy</i>	²⁵ 9:20 Queen Pins Practice 9:30 AM Shopping Trip 10:30 Music in Motion 1:00 PM Shopping Trip 1:00 Resident led Bingo 2:00 Resident led Rummy 3:30 <i>Bugs-R-Us presents Dinosaurs!</i>	²⁶ 10:00 Pet Therapy 10:30 Music in Motion 12:00 Men's Social Hour 1:30 Scenic Drive 2:00 Wii Games for All 3:00 Family Feud IN2L
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