



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

**JENNIFER CARTER**  
Wellness Director

**ALLEN HALL**  
Dining Services Director

**BRANDON PENQUE**  
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



## February 2019

2 Heart Healthy Living  
3 Resident & Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & Acts of Kindness  
8 Mission & Team



# Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



per day! Aerobic activity should be done in bouts of at least 10 minutes.

## Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they have substances that may help

cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

## Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

**Note:** Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

## Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes

# Special Moments



# The Sweetest Acts of Kindness We've Seen

**"I see kindness given every day between the residents here. Everyone is so kind."**  
- Trena

**"While driving on a toll bridge, I have had the person in front of me pay for my toll."** - Erinn

## February 17 celebrates Random Acts of Kindness!

**"A woman was caught stealing diapers for her child and a cop paid for the diapers instead of arresting her."** - Brandon

**"I saw a man in a restaurant have his card declined. He was on the phone with the credit card company when another restaurant patron paid his bill."**



# February Highlights

- 4th: Supper Club at Punky’s Diner 4:00pm

5th: Nielson’s Travels 3:30pm

6th: Library Luncheon at Medford Library  
“Wilderness Survival, 100 Years Ago”

7th: Music with Jon Galfano 3:30pm

10th: Detroit Symphony Concert  
Luncheon on IN2L 12:00pm

12th: Trip to the Movies at Cinemark  
Tinseltown! 12:30pm

12th: Music with Lee Stewart 3:30

13th: Wii Bowling Tournament: Staff  
vs. Residents 2:00pm

14th: Valentine’s Day Party with  
Larry McFarland on piano 3:30

20th: Lunch Club at Round Table  
Pizza 11:00am

21st: Music with Chris & Dom 3:30

21st: Aging Gracefully Presentation  
5:30pm

22nd: John Jackson: Bugs! 3:30pm

26th: Music with Richard Gyuro 3:30
- 27th: Wii Bowling Match against  
Northridge at Barnett 10:00am

27th: February Birthday Party! 3:30pm

28th: Music with Tracy Davy 3:30pm

- We’re online @
- ◆ Facebook.com/BarnettWoods
  - ◆ Blog.radiantseniorliving.com
  - ◆ Radiantsrliving & Radiantvoices on Instagram
  - ◆ RadiantSrLiving on Twitter
  - ◆ Pinterest.com/radiantsrliving
  - ◆ Radiant Senior Living on YouTube

**Oh Special Wintry Days:**  
"Winter came down to our home one night  
Quietly pirouetting in on silvery-toed slippers of snow,  
And we, we were children once again."  
- Bill Morgan, Jr.

# February Birthdays!



**We wish you  
a very Happy Birthday!**

- Jessica 2nd
- Jennifer 13th
- Hal 23rd
- Ardie 28th

# Meet a Resident! Pam

Pam was born in San Francisco, CA but has lived here in Medford, OR for 41 years. Pam lives here at Barnett Woods with two adorable dogs named, Taz and Mama Mia. Pam grew up with her four siblings, Penny, Priscilla, Patty and Jeff. Pam had a career as a flight attendant with TWA and also worked as a hairdresser. Pam was a basketball player in grade school and now she enjoys shopping and getting together with family and friends. Pam is an avid Bingo player here at Barnett Woods and can always be found listening to our musical entertainers. We are so happy Pam has chosen Barnett Woods as her home.



# Meet a Team Member! Brandon

Brandon is our Maintenance Director at Barnett Woods and has only been living in the Rogue Valley for one month. He moved here with his wife, Bobi-Joe, and their two young children. Brandon enjoys spending time with his family, especially if it is time spent outdoors. Brandon was born in Niagara Falls, NY and joined the Army at age 18. He has lived all over the United States including Ohio, Tennessee, Kentucky, Arizona, Arkansas, Nevada and now Oregon. We are thrilled to watch Brandon and his family discover the beauty of southern Oregon and so fortunate to have him join our management team at Barnett Woods!



# February 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> 9:20 Queen Pins practice 9:30 <b>AM Shopping Trip</b> 10:30 Music in Motion 1:00 <b>PM Shopping Trip</b> 1:00 Resident led Bingo 2:00 Resident led Rummy	<sup>2</sup> 9:30 Wii Games for All 10:00 Pet Therapy 10:30 Music in Motion 12:30 <b>Scenic Drive</b> 2:00 Rummy 3:30 <i>Classic Radio Hour:</i> <i>Dragnet on IN2L</i>
<sup>3</sup> 9:00 Sunday Sermon: "Be A Doer" on IN2L 10:30 Tai Chi 12:30 <b>Sunday Shopping</b> 1:00 Mexican Train 2:30 Library Work 3:30 <u>Super Bowl Party!</u>	<sup>4</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Bingo 2:00 Trivia on IN2L 4:00 <b>Supper Club at Punky's Diner</b>	<sup>5</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 Journaling: Love Stories 2:00 Scrabble 3:30 <i>Nielson's Travels</i>	<sup>6</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 11:00 <b>Library Luncheon</b> 1:00 Bingo 2:00 Rummy, Poker & Beer 3:30 <i>My Service Story on IN2L</i>	<sup>7</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Stretch for Flexibility 10:30 Wii Golf 1:00 Fancy Fingers 2:00 Crafting Hour 3:30 <i>Music: Jon Galfano</i>	<sup>8</sup> 9:20 Queen Pins practice 9:30 <b>AM Shopping Trip</b> 10:30 Music in Motion 1:00 <b>PM Shopping Trip</b> 1:00 Resident led Bingo 2:00 Resident led Rummy	<sup>9</sup> 9:30 Wii Games for All 10:00 Pet Therapy 10:30 Music in Motion 12:30 <b>Scenic Drive</b> 2:00 Rummy 3:30 <i>Classic Radio Hour:</i> <i>Dragnet on IN2L</i>
<sup>10</sup> 9:00 Sunday Sermon: "Light the World Needs" 10:30 Tai Chi 12:00 <u>Concert Luncheon:</u> <u>Detroit Symphony Orchestra</u> on IN2L 2:30 Library Work 3:30 Hymn Sing	<sup>11</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Bingo 2:00 Word Play on IN2L 3:30 Sing-a-long at piano	<sup>12</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 12:30 <b>Trip to the Movies!</b> 1:00 <u>Menu Meeting</u> 2:00 Scrabble 3:30 <i>Music: Lee Stewart</i>	<sup>13</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 <u>Fire Safety Meeting for Residents</u> 2:00 <u>Staff v Residents Bowling</u> 3:30 <i>Southern Oregon History:</i> <i>Gold Hill on IN2L</i>	<sup>14</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Stretch for Flexibility 10:30 Wii Golf 1:00 Fancy Fingers 2:00 Crafting Hour 3:30 <u>Valentine's Day Party</u> <i>Music: Larry McFarland</i>	<sup>15</sup> 9:20 Queen Pins practice 9:30 <b>AM Shopping Trip</b> 10:30 Music in Motion 1:00 <b>PM Shopping Trip</b> 1:00 Resident led Bingo 2:00 Resident led Rummy	<sup>16</sup> 9:30 Wii Games for All 10:00 Pet Therapy 10:30 Music in Motion 12:30 <b>Scenic Drive</b> 2:00 Rummy 3:30 <i>Music: Brent Olstad</i>
<sup>17</sup> 9:00 Sunday Sermon on IN2L 10:30 Tai Chi 12:30 <b>Sunday Shopping</b> 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing	<sup>18</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Bingo 2:00 Trivia on IN2L 3:30 Sing-a-long at piano	<sup>19</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 <u>Activities Meeting</u> 2:00 Scrabble 3:00 Mexican Train	<sup>20</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 11:00 <b>Lunch Club</b> 1:00 Bingo 2:00 Rummy, Poker & Beer 3:30 <i>Orchestra: Mozart's Requiem on IN2L</i>	<sup>21</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Exercise / Wii Golf 1:00 Fancy Fingers 2:00 Crafting Hour 3:30 <i>Music: Chris &amp; Dom</i> 5:30 <u>Aging Gracefully Presentation</u>	<sup>22</sup> 9:20 Queen Pins practice 9:30 <b>AM Shopping Trip</b> 10:30 Music in Motion 1:00 <b>PM Shopping Trip</b> 1:00 Resident led Bingo 2:00 Resident led Rummy 3:30 <i>John Jackson: Bugs!</i>	<sup>23</sup> 9:30 Wii Games for All 10:00 Pet Therapy 10:30 Music in Motion 12:30 <b>Scenic Drive</b> 2:00 Rummy 3:30 <i>Classic Radio Hour:</i> <i>Dragnet on IN2L</i>
<sup>24</sup> 9:00 Sunday Sermon on IN2L 10:30 Tai Chi 12:30 Movie & Popcorn 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing	<sup>25</sup> 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Bingo 2:00 Word Play on IN2L 3:30 Sing-a-long at piano	<sup>26</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 <u>Resident Council</u> 2:00 Scrabble 3:30 <i>Music: Richard Gyuro</i>	<sup>27</sup> 9:20 Queen Pins practice 10:00 <u>Northridge Bowling Match at Barnett Woods</u> 10:30 Sit & Be Fit 1:00 Bingo 2:00 Rummy, Poker & Beer 3:30 <u>February Birthday Party!</u>	<sup>28</sup> <b>Medical Transportation</b> 10:00 Stories & Coffee 10:30 Stretch for Flexibility 10:30 Wii Golf 1:00 Fancy Fingers 2:00 Crafting Hour 3:30 <i>Music: Tracy Davy</i>	<b>Wishing you a Happy Birthday!</b>  Jessica T. - 2nd Jennifer C. - 13th Hal B. - 23rd Ardie P. - 28th	<b>CALENDAR KEY:</b>  <b>Outings</b> <i>Entertainment</i> <u>Meetings / Special Events</u>