



2979 East Barnett Road
Medford, OR 97504

Stamp
Here



Administrative Team:

CHARLEY PARKER

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LOIS PAYNE

Assistant Executive Director

JENNIFER CARTER

Wellness Director

JESSICA TAYLOR

Business Office Director

NONA MCDOWELL

Wellness Nurse

AMANDA SPIVEY

Dining Services Director

TOM PARKER

Maintenance Director

ERINN AGNE

Life Enrichment Director

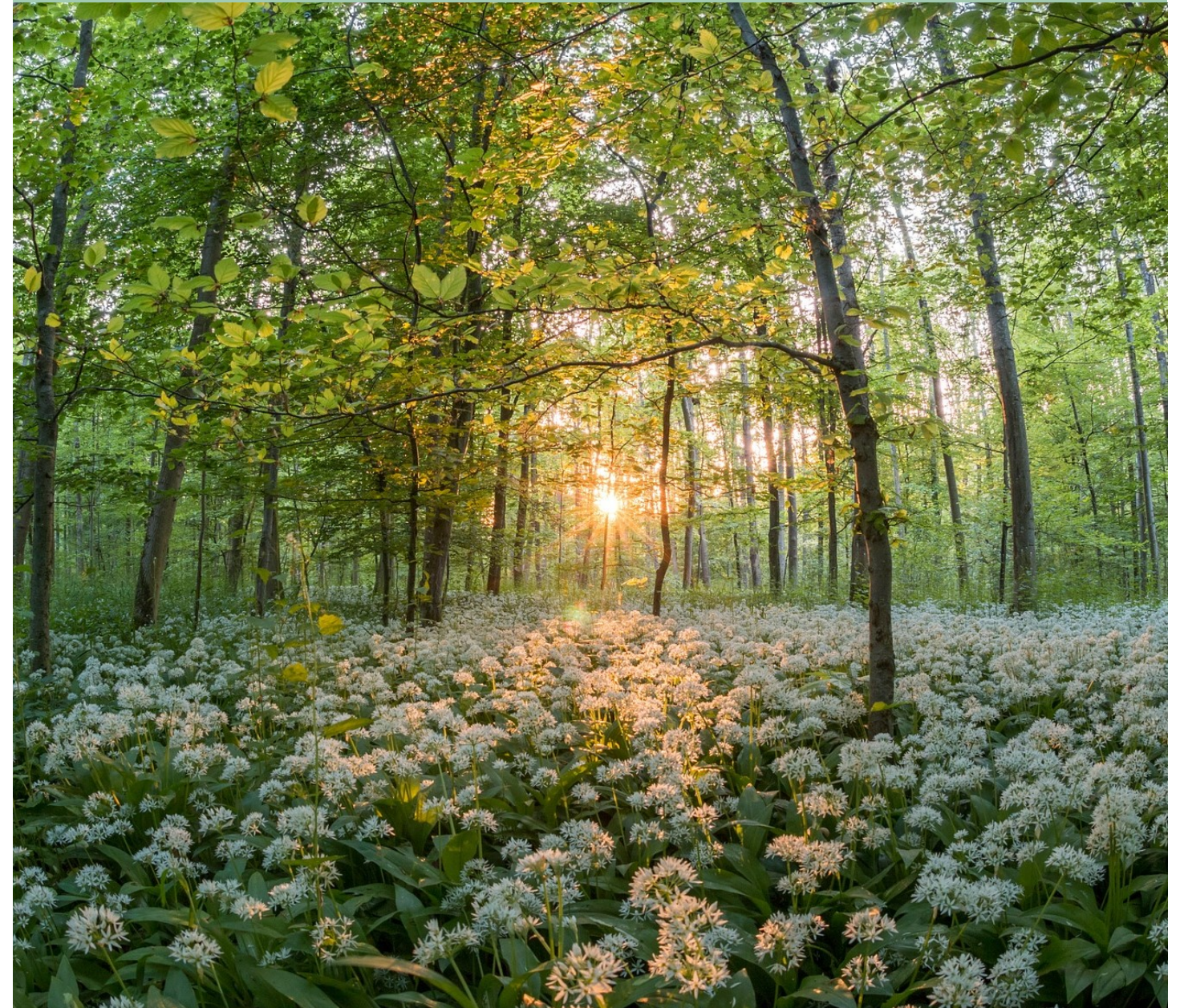
Contact us at: (541) 779-6943



**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



March 2019

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Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



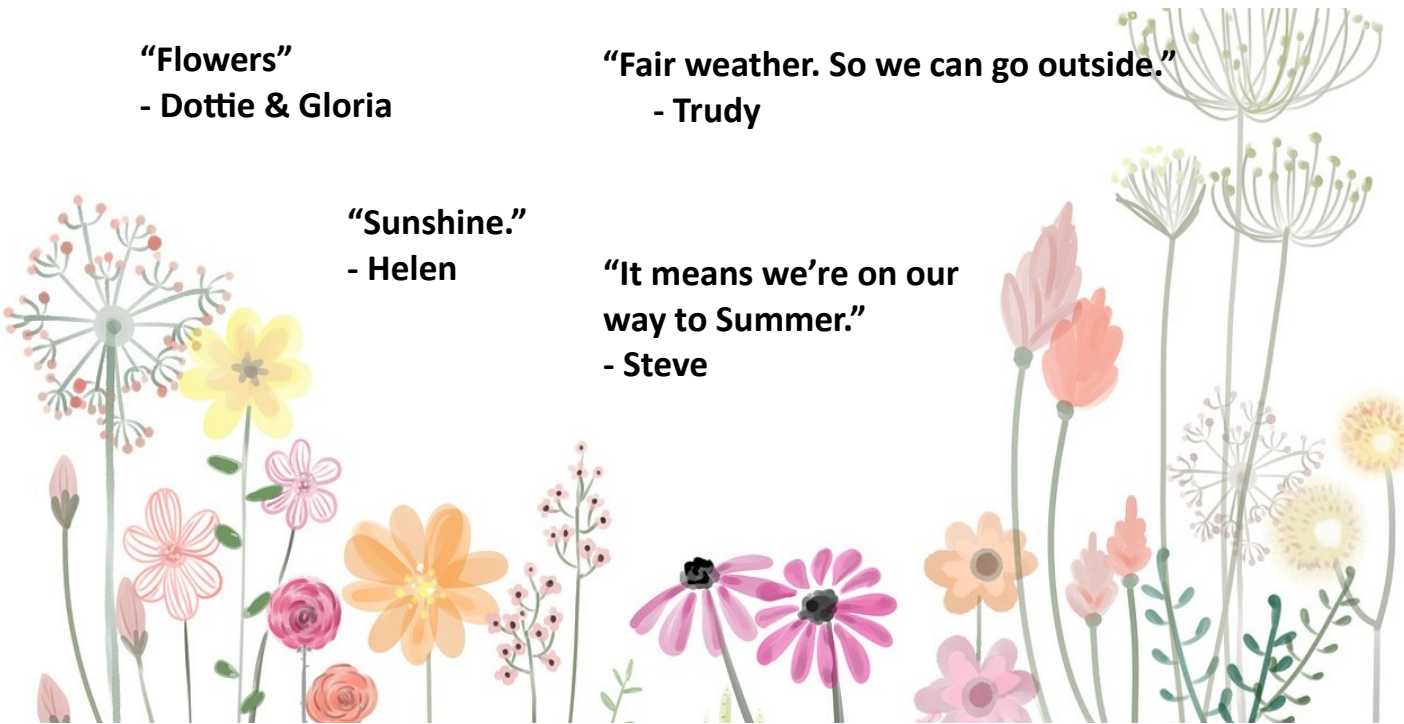
Our Favorite Things About Spring!

"Flowers"
- Dottie & Gloria

"Fair weather. So we can go outside."
- Trudy

"Sunshine."
- Helen

"It means we're on our way to Summer."
- Steve



March Highlights

- 2 - Music with Louis Faro 4:00pm
- 4 - Supper Club at Applebees 4:00pm
- 5 - Nielson's Travels: Notorious Women of the West 3:30pm
- 6 - Library Luncheon: Fire & Flood: Disasters in the Rogue Valley 11am
- 7 - Music with Jon Galfano 3:30pm
- 10 - Concert Luncheon: London Symphony Orchestra 12:00pm
- 12 - Activities Meeting 1:00pm
- 12 - Music with Lee Stewart 3:30pm
- 13 & 26 Yoga with Barbara Deurwaarder 10:30am
- 13 - Staff v. Residents Bowling 2pm
- 13 - Educational Presentation on Brain Health 5:30pm
- 16 - Music with Brent Olstad 3:30pm
- 18 - Music with the Over Easy String Band at 2:30pm
- 19 - Senior Access Fair at the Medford Armory 12:30pm



- 20 - Wii Bowling match at Northridge Centers 9:45am
- 21 - Music with Chris & Dom 3:30pm
- 22 - John Jackson presents Owls! 3:30
- 23 - Scenic drive with lunch outing in Grant's Pass 11:00am
- 25 - Music with Michael Cruz 3:30pm
- 26 - Music with Richard Gyuro 3:30pm
- 27 - March Birthday Party! 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

Happy St. Patrick's Day everyone! Take note:
"Never iron a four-leaf clover because
you don't want to press your luck!"

March Birthdays!

march



AQUAMARINE

We wish you a
very Happy Birthday!

- Maria - 6th
- Darrell - 9th
- Barb P. - 10th
- Charla - 11th
- Carl - 18th
- Carolyn C. - 20th
- Florence - 31st



Resident Spotlight! Helen

Helen is one of our long-time residents at Barnett Woods. She was born in College Springs, Iowa, where she met and married her husband Phil. Helen worked as a switchboard operator during and after high school. She recalls memorizing the long and short sounds in order to connect the callers to their desired locations. Helen loved working, but is most proud of her three sons Ralph, Steven, and Norman - and her grandchildren. Helen brightens the day of residents, staff, and visitors alike with her positive attitude and glowing smile. We are blessed to have Helen here with us at Barnett Woods.



Staff Spotlight! Jennifer

Jennifer is our Wellness Director at Barnett Woods. She has been living in the Rogue Valley for 12 years and moved here from the Bay Area, CA. Jennifer got her start in healthcare volunteering as a teenager with her mother. Jennifer has been racing cars all of her life and currently races her 1970 Nova in White City. She started racing mini cars on a dirt track. She also enjoys spending time with her husband Rick, and her children Jordan, Braden, Nyssa, and Kameron. Jennifer likes to read whatever she can get her hands on, but especially enjoys autobiographies and non-fiction. We are very fortunate to have Jennifer as our Wellness Director here at Barnett Woods!

March 2019

BARNETT WOODS • 2979 EAST BARNETT ROAD, MEDFORD, OREGON 97504 • (541) 779-6943

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Sunday Shopping: Big Lots / TJ Max 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing		CALENDAR KEY Outings <i>Entertainment</i> <u>Special Events / Meetings</u>		HAPPY BIRTHDAY! Maria M. - 6th Darrell B. - 9th Barb P. - 10th Charla E. - 11th Carl W. - 18th Carolyn C. - 20th Florence Y. - 31st	¹ 9:20 Queen Pins Practice 9:30 AM Shopping 10:30 Music in Motion 1:00 PM Shopping 1:00 Resident led Bingo 2:00 Resident led Rummy	² 10:00 Pet Therapy 10:30 Music in Motion 12:30 Scenic Drive 2:00 Rummy 2:00 Wii Games for All 4:00 <i>Music: Louis Faro</i>
³ 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Sunday Shopping: Marshalls / Home Goods 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing	⁴ 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Bingo 2:00 Trivia on IN2L 4:00 Supper Club at Applebees!	⁵ 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 Sing-a-long at piano	⁶ 9:00 Blood Pressure Clinic 9:20 Queen Pins Practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 11:00 Library Luncheon 1:00 Bingo 2:00 Rummy, Poker & Beer 3:30 <i>Nielson's Travels</i>	⁷ Medical Transportation 10:00 Stories & Coffee 10:30 Stretch for flexibility 10:30 Wii Golf 1:00 Crafting: St. Patrick's Day jewelry 2:30 Fancy Fingers - Nails 3:30 <i>Music: Jon Galfano</i>	⁸ 9:20 Queen Pins Practice 9:30 AM Shopping 10:30 Music in Motion 1:00 PM Shopping 1:00 Resident led Bingo 2:00 Resident led Rummy	⁹ 10:00 Pet Therapy 10:30 Music in Motion 12:30 Scenic Drive 2:00 Rummy 3:30 Wii Games for All 3:30 Babies & Animals on IN2L
¹⁰ 10:00 Chicken Soup 10:30 Tai Chi 12:00 <u>Concert Luncheon: London Symphony Orchestra Live on IN2L</u> 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing	¹¹ 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	¹² Medical Transportation 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 <u>Activities Meeting</u> 2:00 Scrabble 3:30 <i>Music: Lee Stewart</i>	¹³ 9:20 Queen Pins Practice 10:00 Stories & Coffee 10:30 <u>Yoga with Barbara D.,</u> 2:00 <u>Staff v. Residents Bowling Tournament</u> 3:30 <i>Crater Lake History</i> 5:30 <u>Presentation on Brain Health</u>	¹⁴ Medical Transportation 10:00 Stories & Coffee 10:30 Stretch for flexibility 10:30 Wii Golf 1:00 Crafting Hour 2:30 Fancy Fingers - Nails 3:30 Wii Games for All	¹⁵ 9:20 Queen Pins Practice 9:30 AM Shopping 10:30 Music in Motion 1:00 PM Shopping 1:00 Resident led Bingo 2:00 Resident led Rummy	¹⁶ 10:00 Pet Therapy 10:30 Music in Motion 12:30 Scenic Drive 2:00 Rummy 2:00 Wii Games for All 3:30 <i>Music: Brent Olstad</i>
¹⁷ 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Sunday Shopping: Rogue Valley Mall 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing	¹⁸ 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Bingo 2:30 <u>St. Patrick's Day Party!</u> <i>Music: The Over Easy String Band</i>	¹⁹ Medical Transportation 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 12:30 Senior Access Fair at the Medford Armory 2:00 Scrabble 3:30 Mexican Train	²⁰ 9:20 Queen Pins Practice 9:45 Wii Bowling Match at Northridge 10:30 Sit & Be Fit 1:00 Bingo 2:00 Rummy, Poker & Beer 3:30 <i>Ballet / Opera / Concert on IN2L</i>	²¹ Medical Transportation 10:00 Stories & Coffee 10:30 Stretch for flexibility 10:30 Wii Golf 1:00 Crafting Hour 2:30 Fancy Fingers - Nails 3:30 <i>Music: Chris & Dom</i>	²² 9:20 Queen Pins Practice 9:30 AM Shopping 10:30 Music in Motion 1:00 PM Shopping 1:00 Resident led Bingo 2:00 Resident led Rummy 3:30 <i>John Jackson: Owls!</i>	²³ 10:00 Pet Therapy 10:30 Music in Motion 10:30 Scenic Drive & Lunch Outing in Grants Pass 2:00 Rummy 3:30 Wii Games for All 3:30 Babies & Animals IN2L
²⁴ 10:00 Chicken Soup for the Soul & Coffee 10:30 Tai Chi 12:30 Movie & Popcorn 1:00 Mexican Train 2:30 Library Work 3:30 Hymn Sing	²⁵ 9:20 Queen Pins practice 10:00 Stories & Coffee 10:30 Sit & Be Fit 1:00 Rummy in TV Room 2:00 <u>Bingo - Time change for Staff Meeting</u> 3:30 <i>Music: Michael Cruz</i>	²⁶ Medical Transportation 10:00 Stories & Coffee 10:30 Working with weights 10:30 Wii Golf 1:00 <u>Resident Council Meeting</u> 2:00 Scrabble 3:30 <i>Music: Richard Gyuro</i>	²⁷ 9:20 Queen Pins Practice 10:00 Stories & Coffee 10:30 <u>Yoga with Barbara D., Certified Yoga Instructor</u> 1:00 Bingo 2:00 Rummy, Poker & Beer 3:30 <u>March Birthday Party!</u>	²⁸ Medical Transportation 10:00 Stories & Coffee 10:30 Stretch for flexibility 10:30 Wii Golf 1:00 Crafting Hour 2:30 Fancy Fingers - Nails 3:30 <i>Music: Tracy Davy</i>	²⁹ 9:20 Queen Pins Practice 9:30 AM Shopping 10:30 Music in Motion 1:00 PM Shopping 1:00 Resident led Bingo 2:00 Resident led Rummy	³⁰ 10:00 Pet Therapy 10:30 Music in Motion 12:30 Scenic Drive 2:00 Rummy 3:30 Wii Games for All 3:30 Babies & Animals IN2L