



2979 East Barnett Road
Medford, OR 97504

PLACE
STAMP
HERE



Administrative Team

CHARLEY PARKER
Executive Director

LOIS PAYNE
Assistant Executive Director

JENNIFER CARTER
Wellness Director

JESSICA TAYLOR
Business Office Director

CINDY SOARES
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



May 2019

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Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

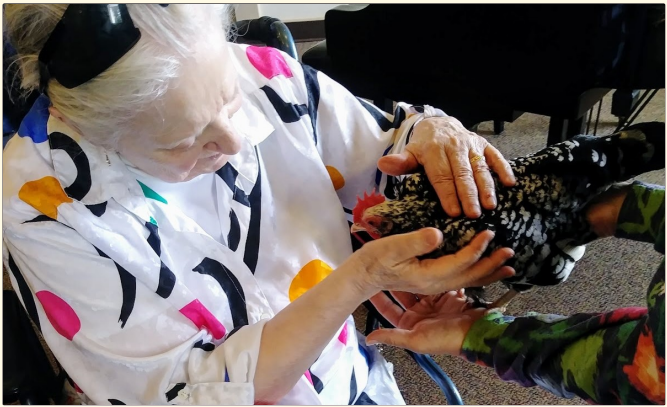
Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities

"Throwing darts."
- Gene

"Walking & running."
- Glen

"Attending softball, basketball & soccer events with the grandkids."
- Ann & Carl

"Taking Sasha for a walk."
- Steve

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

"Gardening."
- Winnie



May Highlights

- May is Get Caught Reading Month and Military Appreciation Month*

 - 1 Library Luncheon: “Central Point: A Cross roads through Time” at the Medford library 11:00am
 - 2 Music with Jon Galfano 3:30pm
 - 4 Music with Louis Faro 4:00pm
 - 5 Sunday Shopping at the Collector’s Market in downtown Medford 12:30pm
 - 6 Supper Club at Hometown Buffet 4:00pm
 - 7 Menu Meeting 1:00pm in Activity Room
 - 7 Nielson’s Travels: “Kentucky” 3:30pm
 - 8 Yoga with Barbara D. 10:30am
 - 8 Southern Oregon History “Roseburg Blast: A Catastrophe & its Heroes”
 - 9 Music with Bob Isom 3:30pm
 - 11 Scenic Drive 12:30pm
 - 12 Mother’s Day Luncheon - Family & Friends invited 11:00am
 - 14 Activity Meeting 1:00pm
 - 15 Bowling Match at Northridge Centers 9:45am
- 16 Music with Chris & Dom 3:30pm
 - 18 Scenic drive with lunch outing to the Schoolhaus Brewhaus in Jacksonville 10:30
 - 18 Music with Brent Olstad 3:30pm
 - 19 Shopping at Rogue Valley Mall 12:30pm
 - 20 Music: The Over Easy String Band 2:30pm
 - 22 Yoga with Barbara D. 10:30am
 - 23 Music with Tracy Davy 3:30pm
 - 24 John Jackson: Spiders & Scorpions 3:30pm
 - 27 Memorial Day Cookout 11:00am
 - 28 Music with Richard Gyuro 3:30pm
 - 29 May 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 Mother’s Day to all the moms out there!

May Birthdays



We wish you a Happy Birthday!

- 1st - Katrina H.**
- 15th - Thaddeus L.**
- 17th - Jackie K.**
- 18th - Trudy S.**

Resident Spotlight! Lois

Lois is one of our many musical residents here at Barnett Woods. She serenades residents and visitors on the grand piano in our lobby. Lois plays the piano for our weekly Hymn Sing and Sing-a-long. Lois’ son, Brent, is also musically gifted and performs for our residents every third Saturday. Lois was married to her husband, Ray, for 70 years. They were missionaries in Japan for 29 years. Lois taught music at the Christian Academy on the outskirts of Tokyo where Ray was also a teacher. Ray was then asked to be the Headmaster of the Kansai Christian School. They moved to the small school near Osaka and Lois filled in wherever she was needed. We are fortunate that Lois has chosen Barnett Woods for her home and blesses us with her music every day! Thank you, Lois!



Staff Spotlight! Tom

Tom is the Maintenance Director here at Barnett Woods. Tom was born in Sacramento, CA and lived in various places in California until he moved to the Eugene, OR area in 2007. He has been living in the Rogue Valley for almost a year. Tom spent four years in the Coast Guard. He loves everything about the ocean from exploring tide pools and walking through the sand to the amount of life it holds. He would love to take up sailing and one day sail the Great American Loop, encircling states from Michigan to Florida. One of the proudest moments in Tom’s life, was marrying his wife, Charley. Tom was a machinist for 22 years and we are grateful he chose to join us here at Barnett Woods! Welcome, Tom!

May 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDARY KEY Outings <i>Entertainment</i> <u>Special Events / Meetings</u>	ACTIVITY LOCATIONS AR - Activity Room BZ - Breezeway CT - Courtyard DR - Dining Room LB - Library ML - Main Lobby TV - T.V. Room	HAPPY BIRTHDAY! 1st - Katrina H. 15th - Thaddeus L. 17th - Jackie K. 18th - Trudy S.	¹ 9:00 Blood Pressure Clinic - AR 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 11:00 Library Luncheon at the Medford Library: "Central Point: A Crossroads through Time" 1:00 Bingo - AR 2:00 Rummy - AR 4:00 Afternoon Walk - meet in the ML 4:00 Library Work - LB	² Medical Transportation 10:00 Stories & Coffee - ML 10:30 Stretch for Flexibility - AR 12:30 Croquet - CT 1:30 Crafting Hour - AR 2:00 Rummy: resident led - AR 2:30 Community Dog Walk - meet in the ML 3:30 <i>Music: Jon Galfano - ML</i> 4:30 Craft Organization - AR	³ 9:20 Queen Pins - TV 9:30 AM Shopping - Meet in ML 10:30 Music in Motion - AR 1:00 PM Shopping - Meet in ML 1:00 Bingo with Charley - AR 2:00 Rummy with Jessica - AR	⁴ 10:30 Pet Therapy 12:00 Babies & Animals on IN2L 12:30 Scenic Drive - Meet in ML <i>4:00 Music: Louis Faro - ML</i>
⁵ Cinco de Mayo 10:00 Stories & Coffee - ML 10:30 Tai Chi Exercise - AR 12:30 Sunday Shopping at Collector's Market - ML 1:00 Mexican Train Dominoes resident led - AR 2:30 Library Work - LB 3:00 Hymn Sing - ML 3:30 Bible Service with Clyde and Lorraine Hoffman - ML 4:30 Wii Bowling for All - TV	⁶ 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:30 Sit & Be Fit - AR 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Word Play on IN2L - AR 2:30 Rummy resident led - AR 3:00 Sing-a-long - ML 4:00 Supper Club at Hometown Buffett - ML	⁷ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Working with weights - AR 12:30 Sudoku - AR 1:00 <u>Menu Meeting</u> - AR 2:00 Scrabble - AR 2:00 Rummy: resident led - AR 3:30 <i>Nielson's Travels: Kentucky - AR</i> 4:30 Crossword puzzles - AR	⁸ 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:30 <u>Yoga with Barbara Deurwaarder</u> 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Rummy - AR 2:30 Community Dog Walk - meet in ML 3:30 <i>Southern Oregon History on IN2L: "Roseburg Blast: A Catastrophe and its Heroes"</i> - AR 4:00 Library Work - LB 4:15 Wii Golf for All - TV	⁹ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Stretch for Flexibility - AR 12:30 Croquet - CT 1:30 Crafting Hour - AR 2:00 Rummy: resident led - AR 2:30 Community Dog Walk - meet in the ML 3:30 <i>Music with Erinn - ML</i> 4:30 Craft Organization - AR	¹⁰ 9:20 Queen Pins - TV 9:30 AM Shopping - Meet in ML 10:30 Music in Motion - AR 1:00 PM Shopping - Meet in ML 1:00 Bingo with Charley - AR 2:00 Rummy with Jessica - AR	¹¹ 10:30 Pet Therapy 12:00 Babies & Animals on IN2L 12:30 Scenic Drive - Meet in ML
¹² Mother's Day 10:00 Stories & Coffee - ML 10:30 Tai Chi Exercise - AR 11:00 <u>Mother's Day Luncheon with friends and family</u> 1:00 Mexican Train - AR 2:30 Library Work - LB 3:00 Hymn Sing - ML 3:30 Bible Service with Clyde and Lorraine Hoffman - ML 4:30 Wii Bowling for All - TV	¹³ 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:30 Sit & Be Fit - AR 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Word Play on IN2L - AR 2:30 Rummy - AR 3:30 Sing-a-long - ML 4:30 Wii Golf for all - TV	¹⁴ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Working with weights - AR 12:30 Sudoku - AR 1:00 <u>Activities Meeting</u> - AR 2:00 Scrabble - AR 2:00 Rummy: resident led - AR 3:30 <i>Music: Lee Stewart - ML</i> 4:30 Crossword puzzles - AR	¹⁵ 9:20 Queen Pins practice - TV 9:45 Bowling match at Northridge Centers - ML 10:00 Stories & Coffee - ML 10:30 Sit & Be Fit - AR 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Rummy - AR 4:00 Afternoon Walk - Meet in the ML 4:00 Library Work - LB	¹⁶ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Stretch for Flexibility - AR 12:30 Croquet - CT 1:30 Crafting Hour - AR 2:00 Rummy: resident led - AR 2:30 Community Dog Walk - meet in the ML 3:30 <i>Music: Chris & Dom - ML</i> 4:30 Craft Organization - AR	¹⁷ 9:20 Queen Pins - TV 9:30 AM Shopping - Meet in ML 10:30 Music in Motion - AR 1:00 PM Shopping - Meet in ML 1:00 Bingo with Charley - AR 2:00 Rummy with Jessica - AR	¹⁸ 10:30 Scenic Drive with Lunch outing at Schoolhaus Brewhaus in Jacksonville- Meet in ML <i>3:30 Music: Brent Olstad</i>
¹⁹ 10:00 Stories & Coffee - ML 10:30 Tai Chi Exercise - AR 12:30 Sunday Shopping at the Rogue Valley Mall - ML 1:00 Mexican Train Dominoes resident led - AR 2:30 Library Work - LB 3:00 Hymn Sing - ML 3:30 Bible Service with Clyde and Lorraine Hoffman - ML	²⁰ 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:30 Sit & Be Fit - AR 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Word Play on IN2L - AR 2:30 <i>Music with the Over Easy String Band - ML</i> 3:30 Card Games - AR 4:30 Wii Golf for All - TV	²¹ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Working with weights - AR 12:30 Sudoku - AR 1:00 <u>Menu Meeting</u> - AR 2:00 Scrabble - AR 2:00 Rummy: resident led - AR 3:30 Sing-a-long - ML 4:30 Crossword puzzles - AR	²² 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:30 <u>Yoga with Barbara Deurwaarder</u> - AR 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Rummy - AR 2:30 Community Dog Walk - meet in ML 3:30 <i>The Kirov Ballet: Swan Lake Part I on IN2L - AR</i> 4:00 Wii Golf for All - TV 4:30 Library Work - LB 5:30 <u>Cancer Screening Presentation</u> - AR	²³ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Stretch for Flexibility - AR 12:30 Croquet - CT 1:30 Crafting Hour - AR 2:00 Rummy: resident led - AR 2:30 Community Dog Walk - meet in the ML 3:30 <i>Music: Tracy Davy - ML</i> 4:30 Craft Organization - AR	²⁴ 9:20 Queen Pins - TV 9:30 AM Shopping - Meet in ML 10:30 Music in Motion - AR 1:00 PM Shopping - Meet in ML 1:00 Bingo with Charley - AR 2:00 Rummy with Jessica - AR 3:30 <i>John Jackson: Spiders & Scorpions - ML</i>	²⁵ 10:30 Pet Therapy 12:00 Babies & Animals on IN2L 12:30 Scenic Drive - Meet in ML
²⁶ 9:00 Sunday Sermon IN2L - AR 10:00 Stories & Coffee - ML 10:30 Tai Chi Exercise - AR 12:30 Movie & Popcorn - TV 1:00 Mexican Train - AR 2:30 Library Work - LB 3:00 Hymn Sing - ML 3:30 Bible Service with Clyde and Lorraine Hoffman - ML 4:30 Wii Bowling for All - TV	²⁷ Memorial Day 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:30 Sit & Be Fit - AR 11:00 <u>Memorial Day Cookout</u> - DR 12:30 Puzzles - BZ 1:00 Bingo - AR 2:00 Word Play on IN2L - AR 2:30 Rummy - AR 3:30 Patriotic Sing-a-long - ML 4:30 Wii Golf for all - TV	²⁸ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Working with weights - AR 12:30 Sudoku - AR 1:00 <u>Resident Council Meeting with Fire Department</u> - AR 2:00 Scrabble - AR 2:00 Rummy: resident led - AR 3:30 <i>Music: Richard Gyuro - ML</i> 4:30 Crossword puzzles - AR	²⁹ 9:15 Morning card game - AR 9:20 Queen Pins practice - TV 10:00 Stories & Coffee - ML 10:00 <u>Bowling match against Pioneer Village at Barnett Woods</u> - TV 10:30 Sit & Be Fit - AR 12:00 Puzzles - BZ 1:00 Bingo - AR 2:00 Rummy - AR 2:30 Community Dog Walk - meet in ML 3:30 <u>May Birthday Party!!</u> - ML 4:00 Wii Golf for All - TV	³⁰ Medical Transportation 10:00 Stories & Coffee - ML 10:30 Stretch for Flexibility - AR 12:30 Croquet - CT 1:30 Crafting Hour - AR 2:00 Rummy: resident led - AR 2:30 Community Dog Walk - meet in the ML 3:30 <i>Sing-a-long - ML</i> 4:30 Craft Organization - AR	³¹ 9:20 Queen Pins - TV 9:30 AM Shopping - Meet in ML 10:30 Music in Motion - AR 1:00 PM Shopping - Meet in ML 1:00 Bingo with Charley - AR 2:00 Rummy with Jessica - AR	