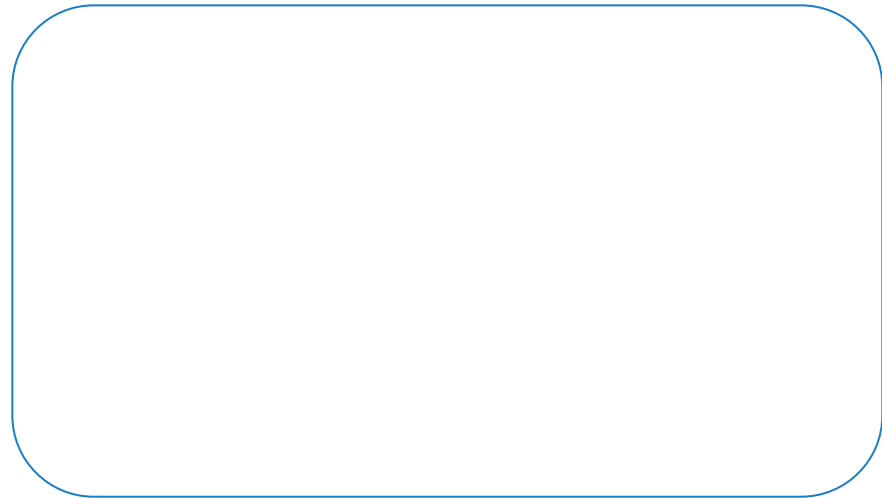




2979 East Barnett Road
Medford, OR 97504

STAMP
HERE



Administrative Team:
541-779-6943

CHARLEY PARKER
Executive Director

LOIS PAYNE
Assistant Executive Director

JESSICA TAYLOR
Business Office Director

JEFF BRIGHT
Community Relations Director

CINDY SOARES
Wellness Nurse

AMANDA SPIVEY
Dining Services Director

TOM PARKER
Maintenance Director

JODY GALLAGHER
Life Enrichment Director



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

Barnett Woods Bulletin

Monthly Newsletter



January 2020

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Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

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

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each



Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!

- 01 New Year's Day; Bloody Mary Day
- 02 Cream Puff Day; Science Fiction Day
- 03 Chocolate Covered Cherry Day
- 04 Spaghetti Day; Trivia Day
- 05 Bird Day; Whipped Cream Day
- 06 Shortbread Day; Tech Day
- 07 Tempura Day
- 08 Argyle Day; Toffee Day
- 09 Apricot Day; Law Enforcement Day
- 10 Bittersweet Chocolate Day
- 11 Vision Board Day; Milk Day
- 12 Marzipan Day; Curry Chicken Day
- 13 Peach Melba Day; Rubber Ducky Day
- 14 Dress Up Your Pet Day
- 15 Bagel Day; Strawberry Ice Cream Day



- 16 Fig Newton Day
- 17 Hot Buttered Rum Day
- 18 Winnie the Pooh Day; Thesaurus Day
- 19 Popcorn Day
- 20 Cheese Lover's Day; MLK Jr. Day
- 21 Granola Bar Day; Hugging Day
- 22 Blonde Brownie Day
- 23 Handwriting Day; Pie Day
- 24 Compliment Day; Peanut Butter Day
- 25 Opposite Day; Irish Coffee Day
- 26 Green Juice Day; Peanut Brittle Day
- 27 Chocolate Cake Day; Bubble Wrap Day
- 28 Blueberry Pancake Day; Kazoo Day
- 29 Corn Chip Day; Puzzle Day
- 30 Croissant Day
- 31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

January Birthdays & Our Community Online



Lois O. Jan 16th
Ginger L. Jan 25th
Robin S. Jan 29th

Happy
Birthday

Come visit us online at:

- Facebook.com/BarnettWoods
- Blog.radiantseniorliving.com
- Radiantsriving on Instagram
- Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- Pinterest.com/radiantsriving
- Radiant Senior Living on YouTube

Resident Spotlight

~Dee~

My Name is Delores, but I prefer to go by Dee! I am a new resident here at Barnett Woods. I am originally from New York, but I have lived in six different States. I am what they call a gypsy at heart! I have one daughter and four grandchildren. They live in Weed. My profession was Nursing, and I did every kind there was! My main hobby was traveling. I found it was a broadening experience! After retiring, I took up painting. I felt that I wasn't really good at it, but I do have a few pieces that I am absolutely happy with! (1 is below!) I have felt welcomed here at Barnett Woods. I have found that the residents are friendly and the staff is very helpful! I am settling in nicely and so far know half of everyone's names! If you don't know me yet, please stop in at #233 and say hello. I look forward to meeting you!!




Staff Spotlight
 ~Tim~

Hello there, my name is Timothy, but I do like to go by Tim! I am a new cook here at Barnett Woods. I grew up in Eugene Oregon! I am a single father to my beautiful 9-year-old daughter, who absolutely lights up my entire world! Being a single father makes my life wonderfully fun. I absolutely enjoy not only spending time with my daughter, but we both have a great time playing! I love going to baseball games! I know just about everything there is to know about baseball! You can probably ask me anything and I would know the answer! I do enjoy working hard & playing hard also! I am a very loving person and I love to live life to the fullest! I enjoy making others happy with the food that I cook! My passion is cooking for friends & family! So please stop by the kitchen and say hi!!

JANUARY 2020

Barnett Woods • 2979 East Barnett Rd. • (541) 779~6943

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Resident Birthdays Lois O. January 16th	Employee Birthdays Ginger L. January 25th Robin S. January 29th		1 8:30 Blood Pressure Clinic 9:20 Queen Pins Practice: TV 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Library Luncheon 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Egg Nog with Rum: AR 4:30 Res Led Scrabble: AR	2 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 1:10 Keno Game: AR 2:00 Flower Arranging: AR 3:00 Social Hour with Jon Galfano: ML 4:30 Mexican Train: AR	3 Shopping Day 9:20 Queen Pins Practice: TV 9:30 Shopping Shuttle 12:00 Room Visits 1:00 Shopping Shuttle 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Crafting Hour: AR 4:30 Res Led Scrabble: AR	4 9:00 Short Stories: ML 9:30 Scenic Drive 12:30 Daily Devotions 1:00 Movie Matinee w/Snacks 2:00 Poker & Beer: ML 3:00 Dice Game & Egg Nog with Rum: AR 4:30 Jigsaw Puzzles: BZ
5 10:00 Wii Bowling for All: TV 2:00 Mexican Train: TV 3:00 Worship/Bible Service with Clyde/Lorraine Hoffman: ML 4:30 Card Game of Kings In The Corner: AR	6 9:20 Queen Pins Practice: TV 10:00 Sit & Stretch: AR 1:10 BINGO: AR 2:00 RUMMY: AR 3:00 Wii Bowling For All: TV 4:30 Res Led Scrabble: AR	7 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Wii Bowling Staff/Res: AR 2:00 Wii Golf: TV 3:00 Neilson's Travels: AR 4:30 Mexican Train: AR	8 9:20 Queen Pins Practice: TV 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Bingo: AR 2:00 Rummy: AR 2:15 Social Hour Louis Faro: ML 4:00 Supper Club	9 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Wii Bowling Tournament Res vs Staff: TV 2:00 Wii Bowling For All: TV 3:00 Pina Colada Social: ML 4:30 Mexican Train: AR	10 Shopping Day 9:20 Queen Pins Practice: TV 9:30 Shopping Shuttle 12:00 Room Visits 1:00 Shopping Shuttle 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Social Hour with Bob Isom: ML 4:30 Res Led Scrabble: AR	11 9:00 Short Stories: ML 9:30 Scenic Drive 12:30 Daily Devotions 1:00 Movie Matinee w/Snacks 2:00 Poker & Beer: ML 3:00 Dice Game & Egg Nog with Rum: AR 4:30 Jigsaw Puzzles: BZ
12 10:00 Wii Bowling For All: TV 2:00 Mexican Train: TV 3:00 Worship/Bible Service with Clyde/Lorraine Hoffman: ML 4:30 Card Game of Kings In The Corner: AR	13 9:20 Queen Pins Practice: TV 10:00 Sit & Stretch: AR 1:10 BINGO: AR 2:00 RUMMY: AR 3:00 Wii Bowling For All: TV 4:30 Res Led Scrabble: AR	14 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Casino Game Keno: AR 2:00 Wii Golf: TV 3:00 Social Hour with Ben McReynolds: ML 4:30 Mexican Train: AR	15 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 10:00 Wii Bowling with North Ridge Here At BW! 12:00 Room Visits 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Egg Nog with Rum: AR 4:30 Res Led Scrabble: AR	16 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Keno Game: AR 2:00 Flower Arranging: AR 3:00 Pina Colada Social: ML 4:30 Mexican Train: AR	17 Shopping Day 9:20 Queen Pins Practice: TV 9:30 Shopping Shuttle 12:00 Room Visits 1:00 Shopping Shuttle 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Crafting Hour: AR 4:30 Res Led Scrabble: AR	18 9:00 Short Stories: ML 9:30 Scenic Drive 12:30 Daily Devotions 1:00 Movie Matinee w/Snacks 2:00 Poker & Beer: ML 3:00 Social Hour Chris & Dom: ML 4:30 Jigsaw Puzzles
19 10:00 Wii Bowling For All: TV 2:00 Mexican Train: TV 3:00 Worship/Bible Service with Clyde/Lorraine Hoffman: ML 4:30 Card Game of Kings In The Corner: AR	20 9:20 Queen Pins Practice: TV 10:00 Sit & Stretch: AR 1:10 BINGO: AR 2:00 RUMMY: AR 3:00 Wii Bowling For All: TV 4:30 Res Led Scrabble: AR	21 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Activity Planning: AR 2:00 Nickle Game: AR 3:00 Social Hour with Brent Olstad: ML 4:30 Mexican Train: AR	22 9:20 Queen Pins Practice: TV 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Lunch Club 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Social Hour w/Richard Guyro: ML 4:30 Res Led Scrabble: AR	23 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Keno Game: AR 2:00 Wii Bowling For All: TV 3:00 Social Hour with Tracy Davy: ML 4:30 Mexican Train: AR	24 Shopping Day 9:20 Queen Pins Practice: TV 9:30 Shopping Shuttle 12:00 Room Visits 1:00 Shopping Shuttle 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Crafting Hour: AR 4:30 Res Led Scrabble: AR	25 9:00 Short Stories: ML 9:30 Scenic Drive 12:30 Daily Devotions 1:00 Historical Presentation By Sue D. 2:00 Poker & Beer: ML 3:00 Dice Game & Egg Nog With Rum: AR 4:30 Jigsaw Puzzles: BZ
26 10:00 Wii Bowling For All: TV 2:00 Mexican Train: TV 3:00 Worship/ Bible Service with Clyde/Lorraine Hoffman: ML 4:30 Card Game of Kings In The Corner: AR	27 9:20 Queen Pins Practice: TV 10:00 Sit & Stretch: AR 1:10 BINGO: AR 2:00 RUMMY: AR 3:00 Social Hour with Dayton Masson: ML 4:30 Res Led Scrabble: AR	28 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Resident Council: AR 2:00 Wii Golf: TV 3:00 Egg Nog with Rum: AR 4:30 Mexican Train: AR	29 8:30-3:00 Seven Feather 9:20 Queen Pins Practice: TV 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Social Hour Michael Cruz: ML 4:30 Res Led Scrabble: AR	30 Medical Transportation 9:00-3:00 Medical Transports 9:30 Short Stories: ML 10:00 Sit & Stretch: AR 11:00 Daily Devotions: ML 11:30 Room Visits 12:00 Room Visits 1:10 Wii Bowl Tournament Res vs Staff: TV 2:00 Flower Arranging: AR 3:00 Season Switch Décor 4:30 Mexican Train: AR	31 Shopping Day 9:20 Queen Pins Practice: TV 9:30 Shopping Shuttle 12:00 Room Visits 1:00 Shopping Shuttle 1:10 Bingo: AR 2:00 Rummy: AR 3:00 Season Switch Décor 4:30 Res Led Scrabble: AR	