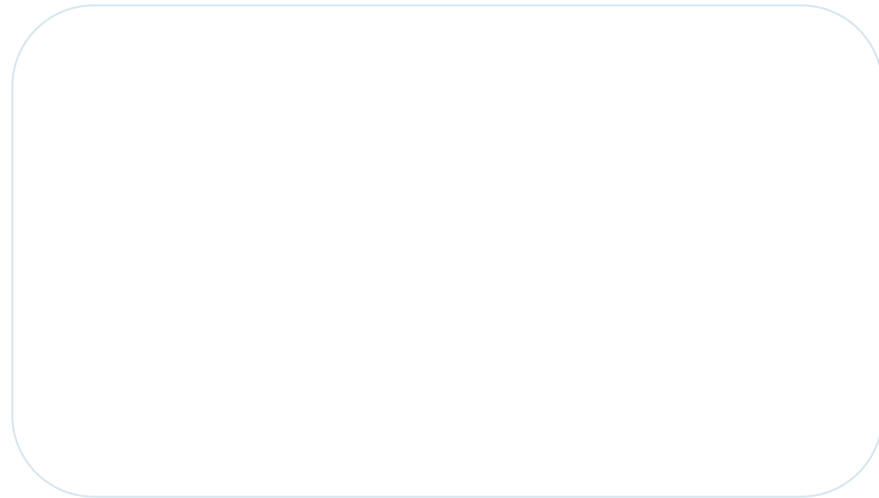




2979 East Barnett Road
Medford, OR 97504

STAMP
HERE



Contact Us: 541-779-6943

Administrative Team:

Executive Director:

CHARLEY PARKER

Assistant Executive Director:

LOIS PAYNE

Business Office Director:

JESSICA TAYLOR

Community Relations Director:

JEFF BRIGHT

Wellness Nurse:

CINDY SOARES

Dining Services Director:

AMANDA SPIVEY

Maintenance Director:

TOM PARKER

Life Enrichment Director:

JODY GALLAGHER



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

Barnett Woods Bulletin

Monthly Newsletter



February 2020

**2 Detection for Prevention
3 Team & Resident Spotlight
4-5 Activities Calendar**

**6 Birthdays, Social Media, & Highlights
7 Special Moments, Join Us, Thoughts
8 Mission & Team**

Early Detection Factors Into Improved Cancer Statistics

Perhaps unbelievable, but true, some of the best news of the last decade comes from recent statistics regarding cancer. Both the rate of new cancer diagnoses and the rate of mortality due to cancer have decreased over the last 10 years. This is exciting news, and early detection has played a vital role in decreasing these stats.

Early diagnosis can also have a more personal benefit of empowering us with knowledge about our health and giving us the opportunity to stall, stop, or receive needed support. February is National Cancer Prevention Month; read on to learn more about the importance of early detection, and some lifestyle choices that may lead to a cancer diagnosis.

Remember, to talk with your medical provider about the best test type and frequency of testing as it varies depending on risk factors and general health.

Early Detection for Men

Men are suggested to get screening for colon, prostate, and lung cancers. Testing for colon cancer generally is suggested starting at age 45, prostate at 50, and lung at 55.

Early Detection for Women

Testing for cancers such as breast, cervical, colon, and lung are recommended for women. Regular pap smears beginning at age 30 help doctors monitor for cervical cancers throughout aging. Starting at an



age range of 45 to 54 years, women are encouraged to receive annual mammograms to test for breast cancer. Colon cancer testing should start at age 50. Typically, testing for lung cancer is suggested starting at age 55.

Risk Factors & Lifestyle

While even living the healthiest life, someone can be diagnosed with cancer, but there are some lifestyle choices that can increase overall risk and evidence to suggest that a healthy lifestyle may not only decrease risk, but increase the likelihood of remission if diagnosed. Cancer risks can be reduced by avoiding tobacco, maintaining a healthy weight, engaging in regular physical activity, following a healthy diet with at least 2.5 cups of fruits and vegetables daily, limiting alcohol intake, and protecting skin.

Help do your part to continue the downward trend of cancer statistics and increase your chances of a cancer-free life by living a risk-reduced lifestyle and talking to your doctor about suggested cancer screenings at your next appointment.

Special Moments



This month, join us for...

Social Hour with Dayton Masson
On February 24th, 2020
At 3 PM
Located in the Main Lobby

You are also welcome to attend our...
Valentine's Day Social
On February 14th, 2020
At 3 PM
Located in the Main Lobby

Our Thoughts On...
what we love about
Valentine's Day!

"All the hugs & kisses"
~ Lucille~

"People seem to be happier"
~Glen~

"Getting my girlfriend flowers"
~Michael~

February 2020 Highlights

February is Black History Month, Heart Month, Hot Breakfast Month, Library Lover’s Month, Bake for Family Fun Month, and Embroidery Month.

- | | |
|---------------------------------------|---|
| 01 Baked Alaska Day; Read Aloud Day | 16 Almond Day |
| 02 Groundhog Day; Tater Tot Day | 17 Random Acts of Kindness Day |
| 03 Foodservice Pride Week Kicks Off | 18 Battery Day; Wine Day |
| 04 Thank Mail Carriers Day; Soup Day | 19 Chocolate Mint Day |
| 05 Nutella Day | 20 Love Your Pet Day; Cherry Pie Day |
| 06 Frozen Yogurt Day | 21 Caregivers Day; Sticky Bun Day |
| 07 Periodic Table Day; Send Cards Day | 22 Cook a Sweet Potato Day |
| 08 Boy Scout Day; Kite Flying Day | 23 Banana Bread Day; Tile Day |
| 09 Pizza Day; Bagel and Lox Day | 24 Tortilla Chip Day |
| 10 Clean Computer Day; Umbrella Day | 25 Fat Tuesday; Clam Chowder Day |
| 11 Inventors’ Day; Make a Friend Day | 26 Ash Wednesday; Pistachio Day |
| 12 Plum Pudding Day | 27 Chili Day; Strawberry Day; Toast Day |
| 13 Cheddar Day; Radio Day | 28 Floral Design Day; Tarter Sauce Day |
| 14 Valentine’s Day; Book Giving Day | 29 Leap Day! |
| 15 Gumdrop Day; Hippo Day | |

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- Pinterest.com/radiantsrliving
- Radiant Senior Living on YouTube

Meet a Resident! ~ Pete ~

Hello! My name is Pete. I was born and raised in Roseburg, Oregon. I have two brothers and two sisters; I am in the middle! I enjoyed growing up in a large family. We are all pretty close!

I went to the University of Oregon & received my Bachelor’s Degree in Business Administration. I was an accountant in Portland for 35 years. I absolutely loved it! I moved to Medford to be near my family! I am easygoing and I like to have a good time! I also enjoy books on tape. My favorite so far is Robert Heinlein. I am currently reading “The Moon Is A Harsh Mistress,” but I have also read “Starship Troopers.” Both are really good! When you see me zipping around here, please come and say hello!!



Meet a Team Member ~ Tanya ~

Hey there! My name is Tanya! I am a new med tech here at Barnett Woods and I am loving my job!

My family and I moved here from sunny California in 2014. I am a mother of four of the most amazing children that you could ask for! Each of my children has been a ray of light that has kept me going! My children are my life! I just celebrated my first anniversary with my husband; he is also a light in my life. I love him so much!

I also love to go fishing! I am only 4’11,” but I pack a lot of spunk in my small height. When you see me walking down the hall, please come and say hi!!



SUN	MON	TUE	WED	THU	FRI	SAT
<div>Activity Locations:</div> <div>ML: Main Lobby</div> <div>AR: Activity Room</div> <div>DR: Dining Room</div> <div>TR: TV Room</div> <div>BZ: Breeze Way</div> <div>GN: Garden</div>		<div>Resident Birthdays</div> <div>Ardie P.: February 28</div> <div>Activity Abbreviations:</div> <div>SHR: Social Hour</div>		<div>Employee Birthdays</div> <div>Jessica T.: February 2</div> <div>Melissa C.: February 21</div> <div>Lois P.: February 22</div>		<div>1</div> <div>9:00 Short Stories: ML</div> <div>9:30 Scenic Drive</div> <div>12:30 Cur. Events/Coffee: ML</div> <div>1:00 Matinee & Snacks: TV</div> <div>2:00 Poker & Beer: ML</div> <div>2:00 Rummy: AR</div> <div>3:00 Farkle & Daiquiri's: AR</div> <div>4:30 Crosswords on the IN2L</div>
<div>SUPER BOWL DAY</div> <div>2</div> <div>10:00 Wii Bowling For All: TV</div> <div>2:00 Mexican Train: TV</div> <div>3:00 Worship/Bible Service with Clyde & Lorraine Hoffman: ML</div> <div>3:30 Super Bowl: TV</div> <div>4:30 Kings in the Corner: AR</div>	<div>3</div> <div>9:20 Queen Pins Practice: TV</div> <div>10:00 Sit & Stretch: AR</div> <div>1:10 BINGO: AR</div> <div>2:00 RUMMY: AR</div> <div>3:00 Wii Bowling For All: TV</div> <div>4:30 Resident-led Scrabble: AR</div>	<div>Medical Transportation</div> <div>4</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Wii Bowl Staff/Res: AR</div> <div>2:00 Wii Golf: TV</div> <div>3:00 Neilson's Travels: AR</div> <div>4:30 Mexican Train: AR</div>	<div>5</div> <div>8:30 Blood Pressure Clinic</div> <div>9:20 Queen Pin Practice: TV</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Library Luncheon</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 Farkle with Daiquiris</div> <div>4:30 Res Led Scrabble: AR</div>	<div>Medical Transportation</div> <div>6</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>1:30 Room Visits</div> <div>1:10 Rummikub: AR</div> <div>2:00 Flower Arranging: AR</div> <div>3:00 SHR Jon Galfano: ML</div> <div>4:30 Mexican Train: AR</div>	<div>Shopping Day</div> <div>7</div> <div>9:20 Queen Pin Practice: TV</div> <div>9:30 Shopping Shuttle</div> <div>12:00 Room Visits</div> <div>1:00 Shopping Shuttle</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 Crafting Hour: AR</div> <div>4:30 Resident-led Scrabble: AR</div>	<div>8</div> <div>9:00 Short Stories: ML</div> <div>9:30 Scenic Drive</div> <div>12:30 Cur. Events/Coffee: ML</div> <div>1:00 Matinee & Snacks: TV</div> <div>2:00 Poker & Beer: ML</div> <div>2:00 Rummy: AR</div> <div>3:00 Farkle & Daiquiri's: AR</div> <div>4:30 Crosswords on the IN2L</div>
<div>9</div> <div>10:00 Wii Bowling For All: TV</div> <div>2:00 Mexican Train: TV</div> <div>3:00 Worship/Bible Service with Clyde & Lorraine Hoffman: ML</div> <div>4:30 Card Game: Kings In The Corner: AR</div>	<div>10</div> <div>9:20 Queen Pins Practice: TV</div> <div>10:00 Sit & Stretch: AR</div> <div>1:10 BINGO: AR</div> <div>2:00 RUMMY: AR</div> <div>3:00 Wii Bowling For All: TV</div> <div>4:30 Resident-led Scrabble: AR</div>	<div>Medical Transportation</div> <div>11</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Casino Game Keno: AR</div> <div>2:00 Wii Golf: TV</div> <div>3:00 SHR Ben McReynolds: ML</div> <div>4:30 Mexican Train: AR</div>	<div>12</div> <div>9:20 Queen Pin Practice: TV</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Lunch Club</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>2:15 SHR Louise Faro</div> <div>4:30 Mexican Train: AR</div>	<div>Medical Transportation</div> <div>13</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Wii Bowling Tournament</div> <div>Res vs. Staff: TV</div> <div>2:00 Wii Bowling For All-TV</div> <div>3:00 Pina Colada Social: ML</div> <div>4:30 Mexican Train: AR</div>	<div>VALENTINE'S DAY</div> <div>14</div> <div>9:20 Queen Pins Practice-TV</div> <div>9:30 Shopping Shuttle</div> <div>12:00 Room Visits</div> <div>1:00 Shopping Shuttle</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 Valentine Social w/Drinks</div> <div>4:30 Resident-led Scrabble: AR</div>	<div>15</div> <div>9:00 Short Stories</div> <div>9:30 Scenic Drive</div> <div>12:30 Cur. Events/Coffee: ML</div> <div>1:00 Matinee & Snacks: TV</div> <div>2:00 Poker and Beer: ML</div> <div>2:00 Rummy: AR</div> <div>3:00 SHR Chris & Dom</div> <div>4:30 Crosswords on IN2L</div>
<div>16</div> <div>10:00 Wii Bowling For All: TV</div> <div>2:00 Mexican Train: TV</div> <div>3:00 Worship/Bible Service with Clyde & Lorraine Hoffman: ML</div> <div>4:30 Card Game Kings In The Corner: AR</div>	<div>PRESIDENTS' DAY</div> <div>17</div> <div>9:20 Queen Pins Practice: TV</div> <div>10:00 Sit & Stretch: AR</div> <div>1:10 BINGO: AR</div> <div>2:00 RUMMY: AR</div> <div>3:00 Wii Bowling For All: TV</div> <div>4:30 Resident-led Scrabble: AR</div>	<div>Medical Transportation</div> <div>18</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Activity Planning: AR</div> <div>2:00 Casino game Keno: AR</div> <div>3:00 SHR Brent Olstad</div> <div>4:30 Mexican Train: AR</div>	<div>19</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>10:00 Wii Bowl: North Ridge!</div> <div>12:00 Room Visits</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 SHR Dayton Mason: ML</div> <div>4:30 Resident-led Scrabble:AR</div>	<div>Medical Transportation</div> <div>20</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Farkle: AR</div> <div>2:00 Flower Arranging: AR</div> <div>3:00 Pina Colada Social: ML</div> <div>4:00 Supper Club</div>	<div>Shopping Day</div> <div>21</div> <div>9:20 Queen Pin Practice: TV</div> <div>9:30 Shopping Shuttle</div> <div>12:00 Room Visits</div> <div>1:00 Shopping Shuttle</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 Crafting Hour: AR</div> <div>4:30 Res Led Scrabble: AR</div>	<div>22</div> <div>9:00 Short Stories: ML</div> <div>9:30 Scenic Drive</div> <div>12:30 Cur Events/Coffee: ML</div> <div>1:00 Matinee & Snacks: TV</div> <div>2:00 Poker & Beer w/ Pete: ML</div> <div>2:00 Rummy: AR</div> <div>3:00 SHR Michael Cruz</div> <div>4:30 Crosswords on IN2L</div>
<div>23</div> <div>10:00 Wii Bowling For All: TV</div> <div>2:00 Mexican Train: TV</div> <div>3:00 Worship/Bible Service with Clyde & Lorraine Hoffman: ML</div> <div>4:30 Card Game Kings In The Corner: AR</div>	<div>24</div> <div>9:20 Queen Pins Practice: TV</div> <div>10:00 Sit & Stretch: AR</div> <div>1:10 BINGO: AR</div> <div>2:00 RUMMY: AR</div> <div>3:00 Wii Bowling For All: TV</div> <div>4:30 Resident-led Scrabble: AR</div>	<div>MARDI GRAS</div> <div>25</div> <div>Medical Transportation</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Resident Council: AR</div> <div>2:00 Mardi Gras Celebration: AR</div> <div>4:30 Mexican Train: AR</div>	<div>ASH WEDNESDAY</div> <div>26</div> <div>8:30-3:00 Seven Feathers</div> <div>9:20 Queen Pin Practice: TV</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 SHR Richard Guyro: ML</div> <div>4:30 Res Led Scrabble: AR</div>	<div>Medical Transportation</div> <div>27</div> <div>9:00-3:00 Medical Transports</div> <div>9:30 Short Stories: ML</div> <div>10:00 Sit & Stretch: AR</div> <div>11:00 Daily Devotions: ML</div> <div>11:30 Room Visits</div> <div>12:00 Room Visits</div> <div>1:10 Kings in the Corner: AR</div> <div>2:00 Wii Bowling For All: TV</div> <div>3:00 SHR Tracy Davy: ML</div>	<div>Shopping Day</div> <div>28</div> <div>9:20 Queen Pins Practice: TV</div> <div>9:30 Shopping Shuttle</div> <div>12:00 Room Visits</div> <div>1:00 Shopping Shuttle</div> <div>1:10 Bingo: AR</div> <div>2:00 Rummy: AR</div> <div>3:00 SHR Bob Isom</div> <div>4:30 Res Led Scrabble: AR</div>	<div>29</div> <div>9:00 Short Stories: ML</div> <div>9:30 Scenic Drive</div> <div>12:30 Cur. Events/Coffee: ML</div> <div>1:00 Matinee & Snacks: TV</div> <div>2:00 Poker and Beer: ML</div> <div>2:00 Rummy: AR</div> <div>3:00 Farkle & Daiquiris: AR</div> <div>4:30 Crosswords on IN2L</div>