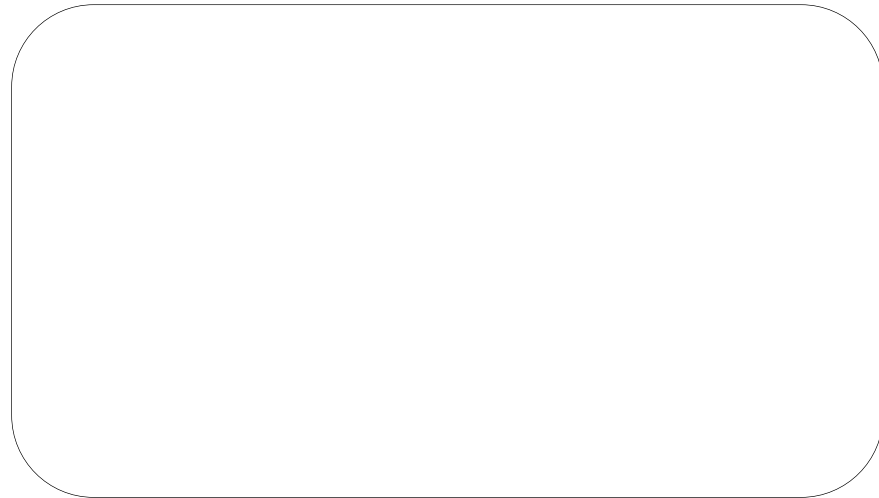




2979 East Barnett Road
Medford, OR 97504

STAMP
HERE



Administrative Team: 541-779-6943

Executive Director: CHARLEY PARKER

Assistant Executive Director: LOIS PAYNE

Business Office Director: JESSICA TAYLOR

Wellness Nurse: CINDY SOARES

Dining Services Dir.: AMANDA SPIVEY

Life Enrichment Dir.: JODY GALLAGHER

Community Relations Director: TOM COX



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

Barnett Woods Bulletin

Monthly Newsletter



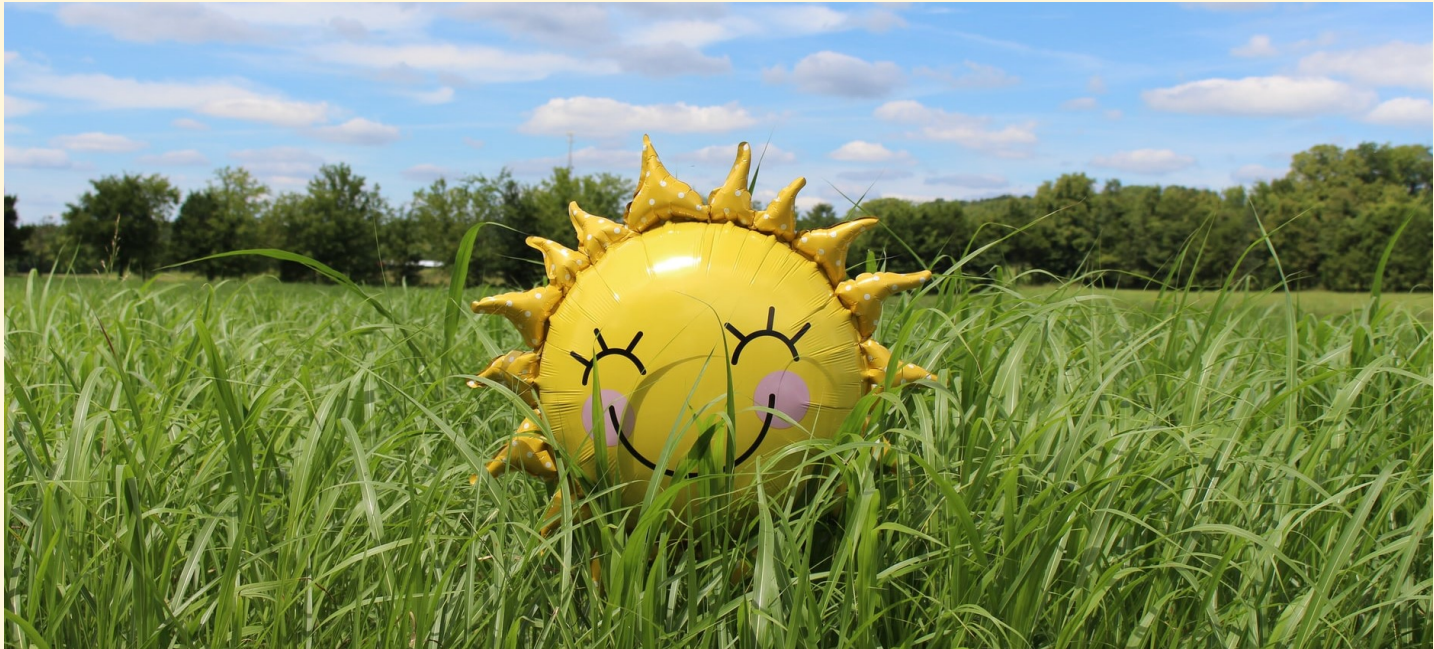
Aug. 6th is Root Beer Float Day!

August 2020

2 Here Comes the Sun!
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights, Notes, Seniors Day
7 Special Moments & Birthdays
8 Mission & Team

Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

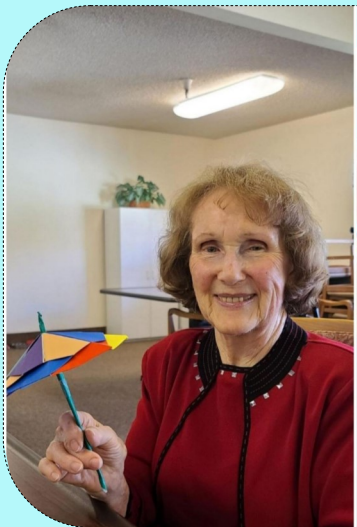
index can be checked online at weather.gov or even on OSHA's Heat Safety App!

Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

Did You Know?
Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

Special Moments



Resident Birthdays

Aileen McCall	Aug. 1st
Stephen Wadleigh	Aug. 2nd
Blandina German	Aug. 13th

Staff Birthdays

Jamie Shipley	Aug. 5th
Jodi Gallagher	Aug. 13th
Charley Parker	Aug. 14th

August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

- 01 Disc Golf Day; Mustard Day

02 Friendship Day; Ice Cream Sandwich Day

03 Watermelon Day

04 Chocolate Chip Cookie Day

05 Oyster Day

06 Root Beer Float Day; Wiggle Toes Day

07 Lighthouse Day; Water Balloon Day

08 Frozen Custard Day; Bowling Day

09 Rice Pudding Day; Book Lovers Day

10 S'mores Day; Lazy Day

11 Raspberry Bombe Day; Son Daughter Day

12 Julienne Fries Day; Vinyl Record Day

13 Prosecco Day; Left Handers Day

14 Creamsicle Day

15 Leathercraft Day; Lemon Meringue Day

16 Tell a Joke Day

17 Black Cat Appreciation Day; Thrift Day

18 Fajita Day; Ice Cream Pie Day

19 Aviation Day; Soft Ice Cream Day

20 Radio Day; Chocolate Pecan Pie Day
- 21 Seniors Day!; Spumoni Day

22 Tooth Fairy Day; Pecan Torte Day

23 Sponge Cake Day

24 Peach Pie Day; Waffle Day

25 Banana Split Day; Park Service Day

26 Dog Day; Cherry Popsicle Day

27 Pots de Crème Day; Just Because Day

28 Bow Tie Day; Red Wine Day

29 Chop Suey Day

30 Toasted Marshmallow Day; Beach Day

31 Trail Mix Day



A note regarding Coronavirus:

Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: www.barnett-woods.com



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!



Our resident spotlight shines on: David P.

After a brief infancy in Iowa, Dave became a Californian for most of his life, working for Edison after high school and until he retired. He was married for 23 years and had 3 children before his wife passed away 15 years ago. He's always enjoyed golf, fishing and deer hunting, and motor home trips to and from Kansas/around the West with his son. Dave tries to live a Christian life-his guiding force. Before moving here, he had 2 acres in Central Point which got to be too much to keep up. David chose Barnett Woods as his new home!

Our employee spotlight shines on Lois P., who is a lifelong Oregonian, born in Medford. She expected to become a nurse, but married Al 43 years ago when he was working in the mills. Eventually they bought a nursery, and continue to have one as their business, where she loves riding in her golf cart. Lois had 3 children, and worked for many years as a floral arranger, and did wedding flowers as well. For the past 20 years she has been working in Senior Care, mostly with Charley. Her grown children now work in their family nursery, and will take over one day. Sewing, knitting, and attending grand-kids sports events keep her busy. Thank you for all you do, Lois!



AUGUST 2020

Barnett Woods

• 2979 E Barnett Rd Medford Or 97504

• 541-779-6943

SUN	MON	TUE	WED	THU	FRI	SAT
(Aug 1st in last box) 2 9:15 Short Stories: DR 9:45 News & Coffee: DR 10:30 Ladies Tea Time: DR 11:15 Hangman: AR 1:10 Movie & Pop Corn: TV 1:30 POPSICLE Social: DR 2:00 Adult Coloring: DR 3:30 Melody's with Lois: DR 4:00 Happy Neuron: AR 5:00 One on One Visits	9:15 News & Coffee 3 9:20 Queen Pins: TV 10:00 Sit & Stretch: AR 10:00 Croquet: GA 11:00 One on One Visits 1:10 Bingo: AR 1:10 Beauty Hour 2:00 Crafting Corner: AR 3:00 Wine & Cheese Social 4:00 Wii Bowling for all: TV 5:00-5:30 Room Visits	Medical Transport 4 9:15 Short Stories: BZ 10:00 Tai Chi: AR 10:00 Corn Hole: GA 11:00 One On One Visits 1:10 Food Committee: AR 2:00 Pokeno w/ Prizes: AR 3:00 Ice Cream Social: AR 3:30 Fancy Fingers: AR 4:00 Family Feud: AR 5:00 -5:30 Room Visits	5 9:20 Queen Pins: TV 10:00 Sit & Stretch: AR 11:00 One Day Videos 11:30 One on One Visits 1:00 SHR Rick Stanton: GA 2:15 Bingo: AR 3:00 Lemonade Social: AR 4:00 Brain Games: DR 5:00 Movie & Pop Corn: AR	6 Medical Transport 9:15 News & Coffee: BZ 7 10:00 Tai Chi: AR 10:30 Badminton: AR 11:00 Adult Coloring: AR 11:30 One on One Visits 1:10 Keno: AR 2:00 Yardzee: AR 3:00 Pina Colada Social: AR 4:00 Family Feud: AR 5:00 -5:30 Room Visits	9:15 News & Coffee: BZ 7 10:00 Sit & Stretch: AR 10:15 Bocce Ball: GA 11:00 Trivia: AR 11:30 One on One Visits 1:00 SHR Chris & Dom 2:00 Bingo: AR 2:00 Beauty Hour 3:00 Snow Cone Social 4:00 Brain Games: AR 5:00 -5:30 Room Visits	8 9:15 Short Stories: DR 9:45 News & Coffee: DR 10:30 Ladies Tea: DR 11:00 Happy Neuron: AR 11:30 One on One Visits 1:10 Bingo DR 2:00 Melody's with Lois 3:30 POPSICLE Social: DR 4:00 Beauty Hour 5:00 Movie & Pop Corn
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