



2979 East Barnett Road
Medford, OR 97504

Stamp



Administrative Team:

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Assistant Executive Director: LOIS PAYNE
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Wellness Nurse: CINDY SOARES
Dining Services Dir.: AMANDA SPIVEY
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Life Enrichment Dir.: JODY GALLAGHER
Community Relations Director: TOM COX

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

Barnett Woods Bulletin

September 2020 Newsletter



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Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Walking with a friend is a great way to stay strong and lift your mood!



Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



Resident Birthday

Susan T: Sept. 2nd
Barbara J: Sept. 12th
Pete M: Sept. 14th

Employee Birthday

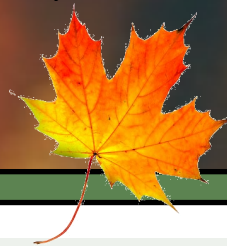
Michael N: Sept. 22nd
Corrina L: Sept. 26th
Lauren M: Sept. 27th

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- | | |
|---|--|
| 01 No Rhyme Nor Reason Day | 17 Housekeepers Day; Apple Dumpling Day |
| 02 Blueberry Popsicle Day | 18 Airforce Birthday; Cheeseburger Day |
| 03 Bowling League Day | 19 Butterscotch Pudding Day; Pirate Talk Day |
| 04 College Colors Day; Macadamia Nut Day | 20 Fried Rice Day; Pepperoni Pizza Day |
| 05 Cheese Pizza Day; Beard Day | 21 Chai Day; Pecan Cookie Day; NY Day |
| 06 Read a Book Day; Coffee Ice Cream Day | 22 Centenarians Day; White Chocolate Day |
| 07 Labor Day; Acorn Squash Day | 23 Snack Stick Day; Pot Pie Day |
| 08 Ants on a Log Day; Ampersand Day | 24 Quesadilla Day; Cherries Jubilee Day |
| 09 Teddy Bear Day; Weiner Schnitzel Day | 25 Comic Book Day; Story Day; Lobster Day |
| 10 Swap Ideas Day; Portrait Day | 26 Pancake Day; Family Health & Fitness Day |
| 11 Patriot Day; Hot Cross Bun Day | 27 Chocolate Milk Day; Scarf Day |
| 12 Chocolate Shake Day; Video Game Day | 28 Neighbor Day; Strawberry Cream Pie Day |
| 13 Grandparents Day; Assisted Living Week | 29 Coffee Day; VFW Day |
| 14 Boss Day; Hoagie Day; Crème Donut Day | 30 Gum Day; Hot Mulled Cider Day |
| 15 Online Learning Day; Cheese Toast Day | 31 Avocado Day; Mutt Day |
| 16 Mayflower Day; Guac Day; Play-Doh Day | |



Regarding Covid-19:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Our Autumn Favorites:

“The Leafs Changing Colors” - Aileen

“The weather cooling down” - Ardie

“The Crisp Air” - Gloria, P.

“Fuzzy Sweaters” - Karla

“Sports” - Trudy



RESIDENT SPOTLIGHT:

Caroline M.

I grew up on a ranch on the Russian River in an outdoor family: hiking, fishing, camping, deer hunting , back packing and skiing. I graduated from Berkeley as a biologist, worked in the medical field in CA. then for many years throughout the South. I have traveled the world and lived in Africa for a year in a National Game Park and loved it. My only close relative is a married sister in Jacksonville, whom I see often. I am glad to be near her, here at Barnett Woods.




STAFF SPOTLIGHT:

Karina R.

I was born in L.A., and have 2 sisters. At age 10 we moved to Medford, and I graduated from Phoenix High School. I attended RCC, worked briefly at Harry & David's, and have been here for the last 3 years. I live with my partner, Michael, who also works here. I enjoy hiking, camping, and reading. I want to get a degree in early childhood education and perhaps run a day care program. My philosophy is “ treat people with kindness”.

SEPTEMBER 2020

Barnett Woods 2979 E Barnett Road., Medford, OR 541-779-6943

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>		<p>1 Medical Transport</p> <p>10:00 Tai Chi: AR 10:30 Croquet: GA 11:00 One on One Visits 1:10 Food Committee: AR 2:10 Keno /Pokeno: AR 3:00 Ice Cream Social: DR 4:00 Brain Games 5:00 Room Visits</p>	<p>2</p> <p>9:20 Queen Pins: AR 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:00 Snow Cone Social: AR 3:00 SHR Rick Stanton: GA 4:00 Brain Games 5:00 Movie & Pop Corn</p>	<p>3 Medical Transport</p> <p>10:00 Tai Chi 11:00 One on One Visits 1:10 Keno 2:00 Pokeno w/Prizes: AR 3:00 Pina Colada Social: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>4</p> <p>9:20 Queen Pins 10:00 Sit & Stretch: AR 11:00 One on One Visits: AR 1:10 Bingo: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>5</p> <p>9:15 Short Stories: DR 10:00 News & Coffee: DR 12:30 Movie & Pop Corn 2:00 Melody's with Lois 3:00 Popsicle Social: DR 4:00 Brain Games: DR</p>
<p>6</p> <p>9:15 Short Stories 9:45 News & Coffee 10:30 Ladies Tea 11:15 Hangman 1:10 Bingo 2:15 Movie & Pop Corn 3:00 Beauty Hour 3:30 Melody's with Lois 4:00 Adult Coloring 5:00 One on One Visits</p>	<p>7 Labor Day</p> <p>9:20 Queen Pins 10:00 Sit & Stretch 11:00 One on One Visits 11:30 Labor Day BBQ 1:10 Bingo: AR 2:10 Crafting Corner 3:00 Wine & Cheese Social 4:00 Brain Games 5:00 Room Visits</p>	<p>8 Medical Transport</p> <p>10:00 Tai Chi: AR 10:30 Croquet: GA 11:00 One on One Visits 1:10 Keno: AR 2:10 Pokeno: AR 3:00 Ice Cream Social: DR 4:00 Brain Games 5:00 Room Visits</p>	<p>9</p> <p>9:20 Queen Pins: AR 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:00 Snow Cone Social: AR 3:00 Sarah D. Brooks: GA 4:00 Brain Games 5:00 Movie & Pop Corn</p>	<p>10 Medical Transport</p> <p>10:00 Tai Chi: AR 11:00 One on One Visits 1:10 Keno 2:00 Pokeno w/Prizes: AR 3:00 Nielsons Travels: GA 4:00 Brain Games 5:00 Room Visits</p>	<p>11</p> <p>9:20 Queen Pins 10:00 Sit & Stretch: AR 11:00 One on One Visits: AR 1:10 Bingo: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>12</p> <p>9:15 Short Stories: DR 10:00 News & Coffee: DR 12:30 Movie & Pop Corn 2:00 Melody's with Lois 3:00 Popsicle Social: DR 4:00 Brain Games</p>
<p>13</p> <p>9:15 Short Stories 9:45 News & Coffee 10:30 Ladies Tea 11:15 Hangman 1:10 Bingo 2:15 Movie & Pop Corn 3:00 Beauty Hour 3:30 Melody's with Lois 4:00 Adult Coloring 5:00 One on One Visits</p>	<p>14</p> <p>9:20 Queen Pins 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:10 Crafting Corner 3:00 SHR John Galfano 4:00 Brain Games 5:00 Room Visits</p>	<p>15 Medical Transport</p> <p>10:00 Tai Chi: AR 10:30 Croquet: GA 11:00 One on One Visits 1:10 Activity Planning: AR 2:10 Keno/Pokeno: AR 3:00 Ice Cream Social: DR 4:00 Brain Games 5:00 Room Visits</p>	<p>16</p> <p>9:20 Queen Pins: AR 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:00 Snow Cone Social: AR 3:00 SHR Jack Fisher: GA 4:00 Brain Games 5:00 Movie & Pop Corn</p>	<p>17 Medical Transport</p> <p>10:00 Tai Chi 11:00 One on One Visits 1:10 Keno 2:00 Pokeno w/Prizes: AR 3:00 Pina Colada Social: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>18</p> <p>9:20 Queen Pins 10:00 Sit & Stretch: AR 11:00 One on One Visits: AR 1:10 Bingo: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>19</p> <p>9:15 Short Stories: DR 10:00 News & Coffee: DR 12:30 Movie & Pop Corn 2:00 Melody's with Lois 3:00 Popsicle Social: DR 4:00 Brain Games: DR</p>
<p>20</p> <p>9:15 Short Stories 9:45 News & Coffee 10:30 Ladies Tea 11:15 Hangman 1:10 Bingo 2:15 Movie & Pop Corn 3:30 Melody's with Lois 3:00 Beauty Hour 4:00 Adult Coloring 5:00 One on One Visits</p>	<p>21</p> <p>9:20 Queen Pins 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:10 Crafting Corner 3:00 SHR Larry McFarland 4:00 Brain Games 5:00 Room Visits</p>	<p>22 Medical Transport</p> <p>10:00 Tai Chi: AR 10:30 Croquet: GA 11:00 One on One Visits 1:10 Resident Counsel: AR 2:10 Keno/Pokeno: AR 3:00 Sept. Birthday Party 4:00 Brain Games 5:00 Room Visits</p>	<p>23</p> <p>9:20 Queen Pins: AR 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:00 Snow Cone Social: AR 3:00 SHR: Michael Cruz 4:00 Brain Games 5:00 Movie & Pop Corn</p>	<p>24 Medical Transport</p> <p>10:00 Tai Chi 11:00 One on One Visits 1:10 Keno 2:00 Pokeno w/Prizes: AR 3:00 SB Daiquiri Social: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>25</p> <p>9:20 Queen Pins 10:00 Sit & Stretch : AR 11:00 One on One Visits: AR 1:10 All Staff Meeting: AR 2:10 Bingo: AR 4:00 Brain Games 5:00 Room Visits</p>	<p>26</p> <p>9:15 Short Stories 10:00 News & Coffee 12:30 Movie & Pop Corn 2:00 Melody's with Lois 3:00 Popsicle Social: DR 4:00 Brain Games: DR</p>
<p>27</p> <p>9:15 Short Stories 9:45 News & Coffee 10:30 Ladies Tea 11:15 Hangman 1:10 Bingo 2:15 Movie & Pop Corn 3:00 SHR Richard Gyuro 4:00 Adult Coloring 5:00 One on One Visits</p>	<p>28</p> <p>9:20 Queen Pins 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:10 Crafting Corner 3:00 SHR Dayton Mason 4:00 Brain Games 5:00 Room Visits</p>	<p>29 Medical Transport</p> <p>10:00 Tai Chi: AR 10:30 Croquet: GA 11:00 One on One Visits 1:10 Keno: AR 2:00 Pokeno w/Prizes: AR 3:00 Ice Cream Social: DR 4:00 Brain Games 5:00 Room Visits</p>	<p>30</p> <p>9:20 Queen Pins: AR 10:00 Sit & Stretch 11:00 One on One Visits 1:10 Bingo: AR 2:00 Snow Cone Social: AR 3:00 Beauty Hour 4:00 Brain Games 5:00 Movie & Pop Corn</p>	<p>Resident Birthdays</p> <p>Susan T. Sept. 2nd Barbara J. Sept. 12th Pete M. Sept. 14th Staff Birthdays Michael N. Sept. 22nd Corrina L. Sept. 26th Lauren M. Sept. 27th</p>	<p>ACTIVITY ROOM : AR</p> <p>THEATER ROOM: TV</p> <p>MAIN LOBBY: ML</p> <p>BREEZE WAY: BZ</p> <p>GARDEN AREA: GA</p> <p>DINING ROOM: DR</p>	