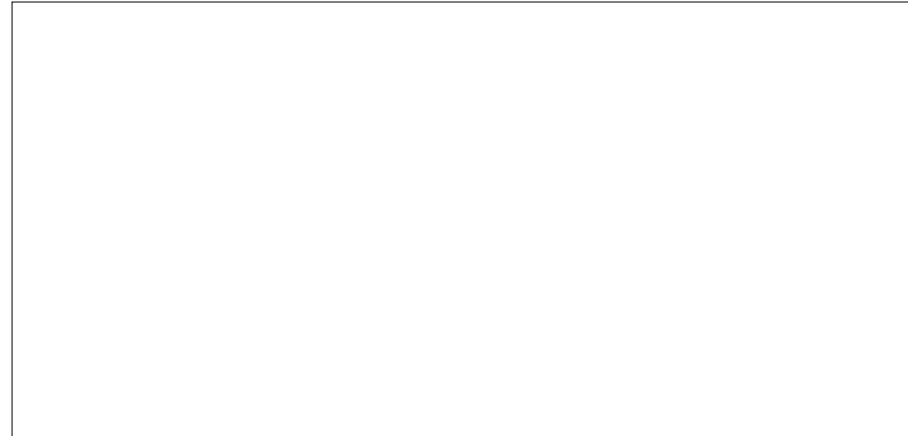




2979 East Barnett Road
Medford, OR 97504

Stamp



Administrative Team:

Executive Director: CHARLEY PARKER
Assistant Executive Director: LOIS PAYNE
Business Office Director: JESSICA TAYLOR
Wellness Nurse: CINDY SOARES
Dining Services Dir.: AMANDA SPIVEY
Maintenance Dir.: GARRET HOFMASTER
Life Enrichment Dir.: JODY GALLAGHER
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Barnett Woods Bulletin

October 2020 Newsletter



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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

Special Moments



Happy Birthday!



Resident Birthdays
Nancy, P. October 6th
Bill, W. October 11th

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.
Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- | | |
|-------------------------------------------|-------------------------------------------|
| 01 Homemade Cookies Day; Hair Day | 17 Pasta Day; Sweetest Day |
| 02 Custodial Worker Day; Car Naming Day | 18 No Beard Day; Choco Cupcake Day |
| 03 Techies Day | 19 Seafood Bisque Day; Kentucky Day |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day | 21 Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Orange Wine Day | 22 Nut Day; Color Day; Make a Dog's Day |
| 07 Frappe Day; Pumpkin Seed Day | 23 Boston Crème Pie Day; Talk Show Day |
| 08 Fluffernutter Day; Pierogi Day | 24 Make a Difference Day; Bologna Day |
| 09 Moldy Cheese Day | 25 Mother In Law Day; Greasy Food Day |
| 10 Angelfood Cake Day; Chess Day | 26 Pumpkin Day; Mincemeat Day |
| 11 Sausage Pizza Day; Clergy Apprec. Day | 27 American Beer Day; Black Cat Day |
| 12 Gumbo Day; Native Americans Day | 28 Chocolate Day |
| 13 Yorkshire Pudding Day; Navy Birthday | 29 Oatmeal Day; |
| 14 Fossil Day; Dessert Day | National Cat Day |
| 15 Cheese Curd Day; I Love Lucy Day | 30 Candy Corn Day; |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day |
| | 31 Halloween |



Regarding Covid-19:

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.

Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
⅔ cup granulated sugar	1 tsp baking soda
½ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	½ tsp salt
⅔ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	½ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
¾ cup whole-wheat flour	¼ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



RESIDENT SPOTLIGHT:

Gloria W.

Gloria was born in San Francisco, and later moved to Saratoga and graduated from Los Gatos High School. Gloria served in the Peace Corps in St. Lucia for two amazing years. She is a graduate of Pepperdine University and UCLA! She has a Master's in Community Health Education. She worked in Ethiopia for six months and loved Africa! She also spent 15 years in Alaska, which she loved as well! She met her beloved husband there, and they have one daughter. She is a widow now, but she does not let that stop her! Her most favorite hobby is weaving; she doesn't do it as much now, but she still loves it. If you would like to know more, about Gloria, please stop by when you have a chance!



STAFF SPOTLIGHT:

Michael N.

Michael was born in Crescent City, and raised on the Oregon Coast. He later moved to our beloved Medford. He has 2 sisters and 3 brothers, whom he loves dearly. He began working as a dishwasher here at Barnett Woods three short years ago, he then moved on to become an amazing cook! We have all been enjoying his wonderful cooking skills for the past two years. Michael enjoys his off time with hiking, fishing, basketball and camping! He also loves video games and a nice trip to Seven Feathers. When he gets older, his hope is to buy a house and have a family with a couple children! He would love a job in the outdoors in landscaping!

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines</p>		<p>Resident Birthdays</p> <p>Nancy, P. October 6th</p> <p>Bill, W. October 11th</p>		<p>1 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Keno: AR</p> <p>2:10 Beauty Hour</p> <p>3:00 Caramel Apples</p> <p>4:00 Brain Games</p> <p>5:00 Room Visits</p>	<p>2</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Wii Bowling for all: TV</p> <p>4:00 Brain Games</p> <p>5:00 Room Visits</p>	<p>3</p> <p>1:00 Adult Coloring</p> <p>2:00 Wii Bowling for all: TV</p> <p>2:00 Melody's with Lois</p> <p>3:00 Classic Movie In2l "Niagara Falls"</p>
<p>4</p> <p>9:15 Short Stories</p> <p>10:00 Crafting Corner</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Movie & Pop Corn</p> <p>3:30 Beauty Hour</p> <p>4:30 Adult Coloring</p> <p>5:00 Trivia</p>	<p>5</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Crafting Corner</p> <p>2:00 Wii Bowling for all: TV</p> <p>3:00 SHR: Jack Fisher</p> <p>4:30 Room Visits</p>	<p>6 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Food Committee: AR</p> <p>2:00 Keno/Pokeno: AR</p> <p>3:15 Cookies & Hot Cocoa</p> <p>4:30 Room Visits</p>	<p>7</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Fancy Fingers: AR</p> <p>3:00 SHR: Rick Stanton:GA</p> <p>4:30 Room Visits</p>	<p>8 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Keno: AR</p> <p>2:10 Beauty Hour</p> <p>3:00 The Nielson's Travels</p> <p>4:30 Room Visits</p>	<p>9</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Wii Bowling for all: TV</p> <p>4:00 Brain Games</p> <p>5:00 Room Visits</p>	<p>10</p> <p>1:00 Adult Coloring</p> <p>2:00 Wii Bowling for all: TV</p> <p>2:00 Melody's with Lois</p> <p>3:00 Classic Movie In2l "The Fast and the Furious"</p>
<p>11</p> <p>9:15 Short Stories</p> <p>10:00 Crafting Corner</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Movie & Pop Corn</p> <p>3:30 Beauty Hour</p> <p>4:30 Adult Coloring</p> <p>5:00 Trivia</p>	<p>12</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Crafting Corner</p> <p>2:00 Wii Bowling for all: TV</p> <p>3:00 SHR: John Galfano</p> <p>4:30 Room Visits</p>	<p>13 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Activity Planning: AR</p> <p>2:00 Keno/Pokeno: AR</p> <p>3:15 Cookies & Hot Cocoa</p> <p>4:30 Room Visits</p>	<p>14</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:10 Fancy Fingers: AR</p> <p>3:00 SHR: Sarah D. Brooks</p> <p>4:30 Room Visits</p>	<p>15 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Keno: AR</p> <p>2:10 Beauty Hour</p> <p>3:00 Cookie Decorating</p> <p>4:30 Room Visits</p>	<p>16</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Wii Bowling for all: TV</p> <p>4:00 Brain Games</p> <p>5:00 Room Visits</p>	<p>17</p> <p>1:00 Adult Coloring</p> <p>2:00 Wii Bowling for all: TV</p> <p>2:00 Melody's with Lois</p> <p>3:00 Classic Movie In2l "Jane Eyre"</p>
<p>18</p> <p>9:15 Short Stories</p> <p>10:00 Crafting Corner</p> <p>11:00 News & Coffee: ML</p> <p>1:00 SHR: Chris & Dom</p> <p>2:15 Bingo</p> <p>3:30 Beauty Hour</p> <p>4:30 Adult Coloring</p> <p>5:00 Trivia</p>	<p>19</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Wii Bowling for all: TV</p> <p>2:00 Crafting Corner</p> <p>4:30 Room Visits</p>	<p>20 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Resident Counsel: AR</p> <p>2:00 Keno/Pokeno: AR</p> <p>3:00 Oct. Birthday Party</p> <p>4:30 Room Visits</p>	<p>21</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>11:00 One on One Visits</p> <p>1:10 Bingo : AR</p> <p>2:10 Fancy Fingers: AR</p> <p>3:00 SHR: Michael Cruz</p> <p>4:30 Room Visits</p>	<p>22 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Keno: AR</p> <p>2:10 Beauty Hour</p> <p>3:00 Caramel Apples</p> <p>4:30 Room Visits</p>	<p>23</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Wii Bowling for all: TV</p> <p>4:00 Brain Games</p> <p>5:00 Room Visits</p>	<p>24</p> <p>1:00 Adult Coloring</p> <p>2:00 Wii Bowling for all: TV</p> <p>2:00 Melody's with Lois</p> <p>3:00 Classic Movie In2l "Sin takes a Holiday"</p>
<p>25</p> <p>9:15 Short Stories</p> <p>10:00 Crafting Corner</p> <p>11:00 News & Coffee: ML</p> <p>1:00 SHR: Richard Gyuro</p> <p>2:15 Bingo: AR</p> <p>3:30 Beauty Hour</p> <p>4:30 Adult Coloring</p> <p>5:00 Trivia</p>	<p>26</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Crafting Corner</p> <p>2:00 Wii Bowling for all: TV</p> <p>3:00 SHR: Dayton Mason</p> <p>4:30 Room Visits</p>	<p>27 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Keno/Pokeno: AR</p> <p>2:00 Crafting Corner: AR</p> <p>3:30 Cookies & Hot Cocoa</p> <p>4:30 Room Visits</p>	<p>28</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:10 Fancy Fingers: AR</p> <p>3:00 Crafting Corner</p> <p>4:30 Room Visits</p>	<p>29 Medical Transport</p> <p>10:00 Tai Chi: AR</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Keno: AR</p> <p>2:10 Beauty Hour</p> <p>3:00 Cookie Decorating</p> <p>4:30 Room Visits</p>	<p>30</p> <p>9:20 Queen Pins</p> <p>10:00 Sit & Stretch</p> <p>11:00 News & Coffee: ML</p> <p>1:10 Bingo: AR</p> <p>2:00 Wii Bowling for all: TV</p> <p>4:00 Brain Games</p> <p>5:00 Room Visits</p>	<p>31 Halloween</p> <p>12:30 Halloween Party: AR</p> <p>1:00 Adult Coloring</p> <p>2:00 Wii Bowling for all: TV</p> <p>2:00 Melody's with Lois</p> <p>3:00 Classic Movie In2l "Angel on my Shoulder"</p>