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Stamp



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



Barnett Woods Bulletin

December 2020 Newsletter



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Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor



Special Moments



Happy Birthday!



Resident Birthdays

Jeanne W : Dec. 1st
Byron H : Dec. 10th
Mary E. : Dec. 12th
Pam M : Dec. 24th
Mandy B : Dec. 19th

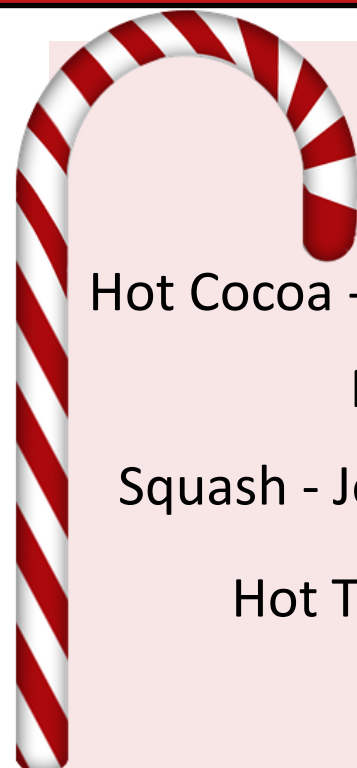
- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

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| 01 Eat a Red Apple Day; Pie Day | 17 Maple Syrup Day; Wright Brothers Day |
| 02 Mutt Day; Fritters Day | 18 Twin Day; Ugly Christmas Sweater Day |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Sock Day; Dice Day | 20 Sangria Day |
| 05 Earmuff Day; Volunteer Day | 21 Winter Solstice; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day |
| 07 Cotton Candy Day | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa starts; Candy Cane Day |
| 11 Noodle Ring Day; App Day | 27 Fruitcake Day |
| 12 Gingerbread House Day | 28 Card Playing Day; Short Film Day |
| 13 Cocoa Day; Violin Day | 29 Pepper Pot Day |
| 14 Bouillabaisse Fish Stew Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Day | |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



Our Favorite Wintertime Foods!

Hot Cocoa -Bella C

Nancy P- Hot Cocoa

Squash - Jeanne W

Hot Tea - Becky

Fudge— Alex



Staff Spotlight:

Alex


Alex R. came to Medford by way of Bakersfield and Portland, and graduated from Crater High. He has worked for FedEx and in a restaurant, and now here. In the future- perhaps for the DEA. He enjoys the outdoors; hiking, fishing, and biking, and bowling. He may get a cat soon, and likes dogs too. His parents live locally and he lives in Gold Hill. He has one brother in Washington. He finds Barnett Woods a relaxing environment in which to work, and likes and enjoys working with and getting to know the residents.



Resident Spotlight:

Blandina G.

"Nina" started life in Stockton which was a small town with a streetcar, and many almond orchards and rice fields— including those owned by her family. After high school, she became an accountant. She married a teacher and had 2 boys and a girl. Her husband and father loved fishing and hunting, but she did other things. Her hobbies are knitting and reading. She loves her family and her religion. After retirement, her family moved to Paradise, CA, where she had to evacuate when the fire took place. We are so happy to have her here at Barnett Woods!

SUN	MON	TUE	WED	THU	FRI	SAT
Resident Birthdays Jeanne W. Dec. 1st Byron H. Dec. 10th Mary E. Dec. 12th Mandy B. Dec. 19th Pam M. Dec. 24th		1 10:00 Tai Chi: AR 10:30 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Food Committee: AR 2:00 Keno: AR 3:15 <i>Chorus Practice: ML</i> 4:00 Eggnog Social: DR 4:00 Word Puzzles Group:TR 4:30 One on One Visits	2 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Practice: DR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Bingo: AR 2:10 Gift Wrapping: AR 2:10 Card Making & More 3:00 Jewelry Making: AR 4:00 Eggnog Social: DR 4:30 One on One Visits	3 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Keno: AR 2:10 Pictionary: AR 3:00 The Nielsen's Travels 4:00 Wii Bowling for all: TR 5:00 Room Visits	4 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 <i>Sing a Long: AR</i> 3:00 Wii Bowling for all: TR 3:30 Reading & Puzzles: BZ	5 10:00 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Pictionary: AR 2:00 Melody's with Lois 3:00 Movie Matinee: TR "Beyond Tomorrow" 3:30 Reading & Puzzles
6 9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 Eggnog Social: DR 1:10 Bingo: AR 2:15 Movie & Pop Corn: TR "Coat of many Colors" 3:00 Melody's with Lois 3:30 Beauty Hour 4:30 Trivia	7 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Practice: DR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 Crafting Corner: AR 2:00 Gift Wrapping: AR 3:00 SHR Dayton Mason 3:30 Word Puzzle Group: TR 4:00 Eggnog Social: DR	8 10:00 Tai Chi: AR 10:30 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Activity Planning: AR 2:00 Keno: AR 3:15 <i>Sing a Long: AR</i> 4:00 Eggnog Social: DR 4:00 Word Puzzles Group:TR 4:30 One on One Visits	9 9:20 Queen Pins: TR 10:30 Chorus Practice: DR 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Bingo: AR 2:10 Gift Wrapping: AR 2:10 Card Making & More 3:00 Jewelry Making: AR 4:00 Eggnog Social: DR 4:30 One on One Visits	10 Hanukkah Begins 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Keno: AR 2:10 Pictionary: AR 3:00 Snack Cart 4:00 Wii Bowling for all: TR 4:30 Eggnog Social: DR 5:00 Room Visit	11 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 <i>Sing a Long: AR</i> 3:00 Wii Bowling for all: TR 3:30 Reading & Puzzles: BZ	12 10:00 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Pictionary: AR 2:00 Melody's with Lois 3:00 Movie Matinee: TR "Scrooge" 3:30 Reading & Puzzles
13 9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 Eggnog Social: DR 1:10 Bingo: AR 2:15 Movie & Pop Corn "It's A wonderful Life" 3:00 Melody's with Lois 3:30 Beauty Hour 4:30 Trivia	14 9:20 Queen Pins: TR 10:30 Chorus Practice: DR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 Crafting Corner: AR 2:00 Gift Wrapping: AR 3:00 SHR Michael Cruz 3:30 Word Puzzle Group: TR 4:00 Eggnog Social: DR	15 10:00 Tai Chi: AR 10:30 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Resident Counsel 2:00 Keno: AR 3:15 <i>Sing a Long: AR</i> 4:00 Eggnog Social: DR 4:00 Word Puzzles Group:TR 4:30 One on One Visits	16 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Practice: DR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Bingo: AR 2:10 Gift Wrapping: AR 2:10 Card Making & More 3:00 Jewelry Making: AR 4:00 Eggnog Social: DR 4:30 One on One Visits	17 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Keno: AR 2:10 Pictionary: AR 3:00 Snack Cart 4:00 Wii Bowling for all: TR 4:30 Eggnog Social: DR 5:00 Room Visits	18 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 <i>Sing a Long: AR</i> 3:00 Wii Bowling for all: TR 3:30 Reading & Puzzles: BZ	19 10:00 Bikerize: FR 11:00 Short Stories: BZ 12:30 Walking Group 1:10 Pictionary: AR 2:00 Melody's with Lois 3:00 Movie Matinee: TR "Coming home for Xmas" 3:30 Reading & Puzzles
20 9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 Eggnog Social: DR 1:00 SHR Richard Gyuro 2:10 Bingo: AR 2:15 Movie & Pop Corn:TR "The Christmas story Lady" 3:00 Melody's with Lois 3:30 Beauty Hour 4:30 Trivia	21 9:20 Queen Pins: TR 10:30 Chorus Practice: AR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 Crafting Corner: AR 2:00 Gift Wrapping: AR 3:00 Sing Along: AR 3:30 Word Puzzle Group: TR 4:00 Eggnog Social: DR	22 10:00 Tai Chi: AR 10:30 Bikerize: FR 11:15 Short Stories: BZ 1:00 Emp. Christmas Party 12:30 Walking Group 1:10 Keno: AR 2:10 Christmas Cookies: AR 3:15 <i>Sing a Long: AR</i> 4:00 Eggnog Social: DR 4:00 Word Puzzle Group: TR	23 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Practice: DR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Bingo: AR 2:10 Gift Wrapping: AR 2:10 Card Making & More 3:00 SHR Chris & Dom 4:00 Eggnog Social: DR 4:30 One on One Visits	24 Christmas Eve 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 Walking Group 2:00 Christmas Chorus: DR 3:00 Christmas Party: DR 4:00 Wii Bowling for all: TR 4:30 Eggnog Social: DR 5:00 Room Visits	25 Christmas Day 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:00 Wii Bowling for All 3:00 Wii Bowling for all: TR 3:30 Reading & Puzzles: BZ	26 10:00 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:00 Classic TV: AR 2:00 Melody's with Lois 3:00 Movie Matinee: TR "A Star Shall Rise" 3:30 Reading & Puzzles
27 9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 Eggnog Social: DR 1:10 Bingo: AR 2:10 Movie & Pop Corn:TR 3:00 Melody's with Lois 3:30 Beauty Hour 4:30 Trivia	28 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:10 Crafting Corner: AR 3:00 Sing Along: AR 3:30 Word Puzzle Group: TR 4:00 Eggnog Social: DR	29 10:00 Tai Chi: AR 10:30 Bikerize: FR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Keno: AR 2:10 Pokeno: AR 3:00 Dec. Birthday Party 4:00 Eggnog Social: DR 4:00 Word Puzzle Group: TR 4:30 One on One Visits	30 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 Walking Group 1:10 Bingo: AR 2:00 Fancy Fingers 3:00 Jewelry Making: AR 4:00 Eggnog Social: DR 4:30 One on One Visits	31 New Years Eve 10:00 Sit & Stretch: AR 11:15 Short Stories: BZ 12:30 New Years Social 1:30 Bingo Blitz With Prizes 2:30 Pictionary: AR 3:00 Snack Cart 4:00 Wii Bowling for all: TR	Activity Room: AR Theater Room: TR Main Lobby: ML Breezeway: BZ Garden Area: GA Dining Room: DR Social Hour: SHR Fitness Room: FR	All activities subject to change per mandated health guidelines.