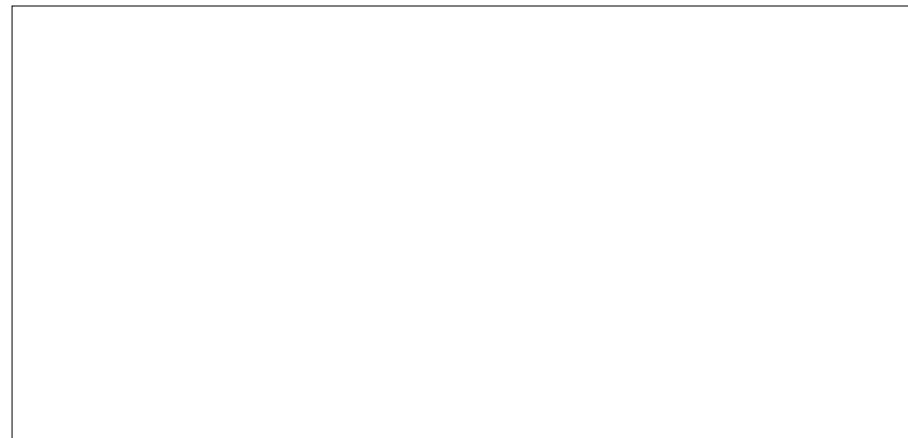




2979 East Barnett Road  
Medford, OR 97504

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### 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

January 2021 Newsletter



2 Boosting Cognition  
3 Team & Resident Spotlight  
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7 Special Moments & Birthdays  
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# How to Boost Cognition with Diet & Exercise

*Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.*

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

## 10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

# Special Moments



## Happy Birthday!



**Resident Birthday**  
**Lois O January 8th**  
**Employee Birthday**  
**Alex M January 8th**  
**Ginger L January 25th**  
**Robin S January 29th**

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

# January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- |   |   |
|---|---|
| 01 New Year's Day; Bloody Mary Day        | 17 Hot Buttered Rum Day                                   |
| 02 Cream Puff Day; Science Fiction Day    | 18 Winnie the Pooh Day; Thesaurus Day                     |
| 03 Chocolate Cherry Day                   | 19 Popcorn Day; Tin Can Day                               |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day                 |
| 05 Whipped Cream Day; Bird Day            | 21 Granola Bar Day; Squirrel Lovers Day                   |
| 06 Bean Day; Tech Day; Shortbread Day     | 22 Blonde Brownie Day; Library Fix Up Day                 |
| 07 Bobblehead Day; Tempura Day            | 23 Pie Day; Handwriting Day                               |
| 08 Argyle Day; English Toffee Day         | 24 Compliment Day; Peanut Butter Day                      |
| 09 Apricot Day; Balloon Day               | 25 Opposite Day; Irish Coffee Day                         |
| 10 Bittersweet Chocolate Day              | 26 Green Juice Day; Peanut Brittle Day                    |
| 11 Milk Day; Vision Board Day             | 27 Bubble Wrap Day; Chocolate Cake Day                    |
| 12 Pharmacist Day; Marzipan Day           | 28 Kazoo Day; Blueberry Pancake Day                       |
| 13 Rubber Duck Day; Sticker Day           | 29 Corn Chip Day; Puzzle Day                              |
| 14 Dress Your Pet Day; Pastrami Day       | 30 Croissant Day  |
| 15 Hat Day; Bagel & Lox Day               | 31 Inspire with Art Day; Backwards Day; Hot Chocolate Day |
| 16 Fig Newton Day; Intl. Spicy Food 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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!  
**3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped**  
Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



## Staff Spotlight: Jodi G

Jodi is our Life Enrichment Director, and responsible for activities for residents.

She was born in Orange Co., but raised here in the Valley, graduating from Crater High. She cared for both parents in their final years. Jodi has a son, Jordan, who is 21. She likes true crime, movies, crafts and reading. She loves working here with seniors. She also drives the bus for medical visits.

Thank you for all you do, Jodi!



## Resident Spotlight: Ardie P

Ardie P. grew up on a farm in Iowa, with a brother and sister, and graduated from high school and attended college. Her family helped feed people. She met her husband, Carroll, after he winked at her, and she told her friend that he was the man she was going to marry! She did, and enjoyed 44 years with Carroll. They lived in Colorado for a while where she worked in a department store, and her husband was a welder. She has one son, and lots of "grands". She and Carroll moved in here, but he passed soon after.

She enjoys bowling and wins most of the games on Wii for our Queens Pins.


We are so happy you're part of the Barnett Woods family, Ardie!

JANUARY 2021

Barnett Woods

• 2979 E. Barnett, Rd., Medford, OR

• 541-779-6943

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday, Jan. 31 from the calendar bottom  9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 News & Coffee: DR 1:10 Bingo: AR 2:10 Movie & Pop Corn: TR 3:30 Beauty Hour	All activities subject to change per mandated health guidelines.	Activity Room: AR Theater Room: TR Main Lobby: ML Breezeway: BZ Garden Area: GA Dining Room: DR Social Hour: SHR	Resident Birthdays  Lois O January 16th  Employee Birthdays  Alex M January 8th  Ginger L January 25th  Robin S January 29th		1 New Year's 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 3:30 Trivia: AR 4:00 One on One Visits	2  9:15 Short Stories: AR 10:00 Wii Bowling: TR 11:00 What did it cost: AR 1:10 Keno: AR 2:00 Melody's with Lois 2:00 Adult Coloring: AR 3:00 Movie & Pop Corn 4:00 Trivia: AR
3  9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 News & Coffee: DR 1:10 Bingo: AR 2:10 Movie & Pop Corn: TR 3:30 Beauty Hour	4  9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Group 11:00 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:00 Crafting Corner: AR 3:00 SHR: Dayton Mason 4:30 One on One Visits	5 Medical Transport 9:00 Short Stories: AR 10:00 Tai Chi: AR 12:30 Walking Group 11:00 News & Coffee 1:10 Activity Planning: AR 2:10 Keno: AR 2:30 Margarita Social 3:15 Cookies & Hot Cocoa 3:30 Word Puzzles Group 4:30 One on One Visits	6 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:00 News & Coffee: ML 12:30 Walking Group 1:10 Bingo: AR 2:10 Card Making & More 2:00 Wine & Cheese Social 3:00 Fancy Fingers 3:30 Snack Cart 4:30 One on One Visits	7 Medical Transport  10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Keno: AR 2:10 Pictionary: AR 2:30 Pina Colada Social 3:00 The Nielson's Travels 4:00 One on One Visits	8  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 3:30 Trivia: AR 4:00 One on One Visits	9  9:15 Short Stories: AR 10:00 Wii Bowling: TR 11:00 What did it cost: AR 1:10 Keno: AR 2:00 Melody's with Lois 2:00 Adult Coloring: AR 3:00 Movie & Pop Corn 4:00 Trivia: AR
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17  9:15 Short Stories: AR 10:00 Crafting Corner: AR 11:00 News & Coffee: DR 1:00 SHR: Chris & Dom 2:30 Bingo: AR 3:00 Movie & Pop Corn:TR 3:30 Beauty Hour	18 Martin Luther King Day  9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Group 11:00 Short Stories: DR 12:30 Walking Group 1:10 Bingo: AR 2:00 Crafting Corner: AR 3:00 SHR John Galfano 4:30 One on One Visits	19 Medical Transport 9:00 Short Stories 10:00 Tai Chi: AR 11:00 News & Coffee: ML 12:30 Walking Group 1:10 Food Committee: AR 2:10 Keno: AR 2:30 Margarita Social 3:15 Cookies & Hot Cocoa 3:30 Word Puzzle Group 4:30 One on One Visits	20 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:00 News & Coffee 12:30 Walking Group 1:10 Bingo: AR 2:00 Wine & Cheese Social 2:10 Card Making & More 3:00 Fancy Fingers 3:30 Snack Cart 4:30 One on One Visits	21 Medical Transport  10:00 Sit & Stretch: AR 11:15 Short Stories: DR 12:30 Walking Group 1:10 Keno: AR 2:10 Pictionary: AR 2:30 Pina Colada Social 3:00 Beauty Hour 4:00 One on One Visits	22  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 3:30 Trivia: AR 4:00 One on One Visits	23  9:15 Short Stories: AR 10:00 Wii Bowling: TR 11:00 What did it cost: AR 1:10 Keno: AR 2:00 Melody's with Lois 2:00 Adult Coloring: AR 3:00 Movie & Pop Corn 4:00 Trivia: AR
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