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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.

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Barnett Woods Bulletin

February 2021 Newsletter



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Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



Happy Birthday!



Staff Birthdays

Jessica, T: Feb. 2
Mellissa C: Feb. 2
Lois, P: Feb. 22
Sophia Y: Feb. 2

Resident Birthdays

Ardie, P Feb. 28

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

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|-------------------------------------------------------------------|--------------------------------------------------------------|
| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrop Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

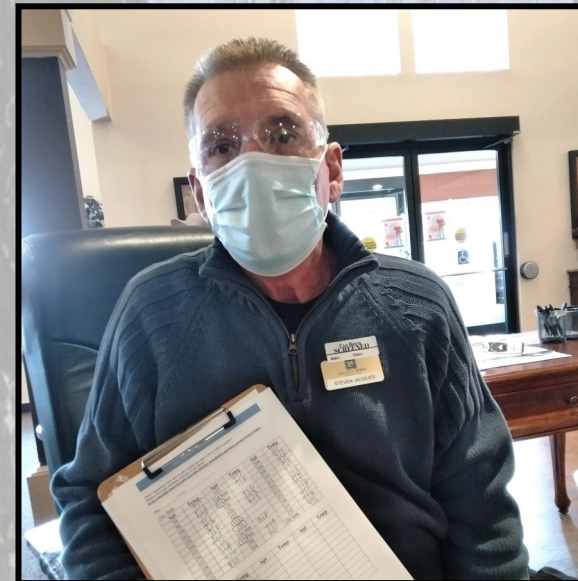
"I met my current best friend when I was taking a Spanish class at RCC at the age of 65 " - Gloria W

"Introducing myself & being friendly with new residents " -Ailene M

"Through church functions" -Gary H

" Making music together" Gloria P

"Chatting with my housekeeper" Shirley G



Staff Spotlight: Steve J.

Our front desk receptionist Steve migrated from Southern California. He grew up in LA and worked in the film, TV , and music field. He was a general manager and vice president for several corporations for 20 years and has had his own business. He was an early blogger.

He cared for his mother for 3 years, until 2015 and now cares for his aunt and most recently worked at a Covid-19 testing site Steve enjoys camping, hiking, biking, and scuba— which he has done in Maui, Belize and Mexico. He is happy to work here, and we are glad to have him.



Resident Spotlight: Tina H.

Born in Modesto, CA, Tina is of Spanish/Basque heritage. She was born at home, the youngest of 11 kids! She worked in and met her husband at a canning factory during the 2nd World War. She had 4 children, and was a stay-at-home wife, raising them.

She has traveled to Egypt, Israel, Germany, England and walked the Great Wall of China. She visited cousins in Spain and had a seven-course meal in her Grandmother's house, built in the 1700's. Tina likes gardening, and knitting, and spends her days knitting baby blankets etc. She loves living here. We are glad to have her here, too.

FEBRUARY 2021

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Group: ML 11:00 News & Coffee 1:10 Bingo: AR 2:10 Crafting Corner: AR 3:00 SHR Dayton Mason 4:00 Happy Hour	2 Medical Transport 9:15 Short Stories: BZ 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:00 Making Fruit Kabobs 3:00 Pictionary: AR 4:00 Happy Hour	3 9:20 Queen Pins: TR 10:30 Chorus Group 10:00 Sit & Stretch: AR 11:00 News & Coffee 1:10 Bingo: AR 2:10 Pictionary 3:00 SHR Sheila Winn 4:00 Happy Hour	4 Medical Transport 9:15 Short Stories 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:10 Beauty Hour 3:00 The Nielson's Travels 4:00 Happy Hour	5 National Wear Red Day 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:00 Short Stories: BZ 1:10 Bingo: AR 2:10 Wii Bowling for all 3:00 IN2L Games: AR 4:00 One on One Visits	6 9:15 Short Stories 10:00 Fancy Fingers: AR 11:00 Adult Coloring 1:10 Keno: AR 2:00 Melody's w/Lois 2:15 Wine & Cheese 3:00 Movie & Pop Corn "Guarding Tess" 4:00 One on One Visits
7 9:15 Short Stories: BZ 10:00 Crafting Corner: AR 11:00 News & Coffee 1:10 Bingo: AR 2:10 Beauty Hour 3:30 Super Bowl Party:TR	8 9:20 Queen Pins 10:00 Sit & Stretch: AR 10:30 Chorus Group: ML 11:00 News & Coffee 1:10 Bingo: AR 2:10 Crafting Corner: AR 3:00 SHR Michael Cruz 4:00 Happy Hour	9 Medical Transport NATIONAL PIZZA DAY 9:15 Short Stories: BZ 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:00 Pizza Snack Attack 3:00 Pokeno w/ prizes 4:00 Happy Hour	10 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Group 11:00 News & Coffee 1:10 Activity Planning: AR 2:00 Bingo: AR 3:00 SHR Louis Faro 4:00 Happy Hour	11 Medical Transport 9:15 Short Stories 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:10 Beauty Hour 3:00 Figurine Painting: AR 4:00 Happy Hour	12 Chinese New Year 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:00 Short Stories: BZ 1:10 Bingo: AR 2:00 Chinese New Year Celebration 3:00 IN2L Games: AR 4:00 One on One Visits	13 9:15 Short Stories: BZ 10:00 Fancy Fingers: AR 11:00 Adult Coloring 1:10 Keno: AR 2:00 Melody's w/Lois 2:15 Wine & Cheese 3:00 Movie & Pop Corn "You've got Mail" 4:00 One on One Visits
14 Valentines Day 9:15 Short Stories: BZ 10:00 Crafting Corner: AR 11:00 News & Coffee 1:10 Bingo: AR 2:30 Valentines Party 3:30 Beauty Hour	15 9:20 Queen Pins 10:00 Sit & Stretch: AR 10:30 Chorus Group: ML 11:00 News & Coffee 1:10 Bingo: AR 2:10 Crafting Corner: AR 3:00 SHR Jon Galfano 4:00 Happy Hour	16 Medical Transport Mardi Gras 9:15 Short Stories: BZ 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:00 Mardi Gras Celebration 3:00 Pictionary: AR 4:00 Happy Hour	17 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Group 11:00 News & Coffee 1:10 Resident Counsel: AR 2:00 Bingo: AR 3:00 SHR Richard Gyuro 4:00 Happy Hour	18 Medical Transport 9:15 Short Stories 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:10 Beauty Hour 3:00 Flower arranging 4:00 Happy Hour	19 Caregiver Day 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:00 Short Stories 1:10 Bingo: AR 2:10 Wii Bowling for all 3:00 IN2L Games: AR 4:00 One on One Visits	20 9:15 Short Stories: BZ 10:00 Fancy Fingers: AR 11:00 Adult Coloring 1:10 Keno: AR 2:00 Melody's w/Lois 2:15 Wine & Cheese 3:00 Movie & Pop Corn "Darling Lili" 4:00 One on One Visits
21 9:15 Short Stories 10:00 Crafting Corner: AR 11:00 News & Coffee 1:00 SHR Chris & Dom 2:10 Bingo 3:30 Beauty Hour	22 9:20 Queen Pins 10:00 Sit & Stretch: AR 10:30 Chorus Group: ML 11:00 News & Coffee 1:10 Bingo: AR 2:10 Crafting Corner: AR 3:00 SHR Greta Gardiner 4:00 Happy Hour	23 Medical Transport 9:15 Short Stories 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:00 Fruit Smoothies: AR 3:00 Pokeno w/ Prizes 4:00 Happy Hour	24 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 10:30 Chorus Group 11:00 News & Coffee 1:10 Food Committee: AR 2:00 Bingo: AR 3:00 Feb. Birthday Party 4:00 Happy Hour	25 Medical Transport 9:15 Short Stories 10:00 Tai Chi: AR 11:00 News & Coffee 1:10 Keno: AR 2:10 Beauty Hour 3:00 Chocolate Covered Strawberries 4:00 Happy Hour	26 9:20 Queen Pins: TR 10:00 Sit & Stretch: AR 11:00 Short Stories 1:10 Bingo: AR 2:10 Wii Bowling for all 3:00 IN2L Games: AR 4:00 One on One Visits	27 9:15 Short Stories: BZ 10:00 Fancy Fingers: AR 11:00 Adult Coloring 1:10 Keno: AR 2:00 Melody's w/Lois 2:15 Wine & Cheese 3:00 Movie & Pop Corn "The American President" 4:00 One on One Visits
28 9:00 Short Stories 10:00 Crafting Corner 11:00 News & Coffee 1:10 Bingo: AR 2:10 Movie & Pop Corn 3:30 Beauty Hour	Activity Room: AR Theater Room: TR Main Lobby: ML Breezeway: BZ Garden Area: GA Dining Room: DR Social Hour: SHR	Employee Birthdays Jessica, T: Feb. 2nd Mellissa, C: Feb. 21st Lois, P: Feb. 22nd Sophia, Y: Feb. 26th Resident Birthdays Ardie, P: Feb. 28th				