



NEWSLETTER

OCTOBER 2018

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FOOD COMMITTEE NOTE

PEACE, LOVE & LITTLE DONUTS

'WOODLANDS' HOLIDAY BAZAAR

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Happiness is something we create in our mind, it's not something you search for and seldom find.

It's just waking up and beginning the day, by counting our blessings and kneeling to pray.

It's giving up thoughts that breed discontent, and accepting what comes as a gift "heaven-sent".

It's giving up whining for things we have not.

It's knowing that life is determined for us, and pursuing our tasks without fret, fume or fuss.

For it's by completing what God gives us to do, that we find real contentment, and happiness too.

-Helen Steiner Rice

Wellness Warriors

These folks stepped up to the plate and filled up an entire wellness punch card! They worked out 16 or more times this month. Good job!!

Marilyn Cohen	Sally Michel
Frances Midkiff	Patty Anderson
Larry Bumgardner	Hazel Palmer
Lee Kyger	Betty Barrett
Martha Casey	Barbra Haptonstall
Charla Hardy	Ann Galyean
Barbara Graham	Mary Margaret King
Betty Anne Hale	



The winner of the raffle drawing is

Hazel Palmer

You will be contacted to receive your prize!

Barbra Haptonstall has **30 punches** making her our first punch card leader!

Great job Barbara

-New Move-Ins-

Ernie & Ginny Thompson, #252

Barbara Walton, #263

Please give them a warm welcome to Woodlands!



CHH-Woodlands' Primary Clinic



Thursday, October 4th & Friday, October 5th

10am to 12pm

- **Thursday, October 4th** will be designated for those whose last name begins with A-M.
- **Friday, October 5th** will be designated for those whose last name begins with N-Z.
- **Wednesday, October 10th, 1:30-3:30pm** will be a “make up day” for those who cannot attend the prior day.

PLEASE BRING YOUR INSURANCE CARD

October *Movies in the Hampton Room*



10/4: "Big Fish" *Please note this is Thursday due to the MU game.*

10/12: "Two Weeks"

10/19: "Aloha"

All movies start at 6:15pm in the Hampton Room.

September Jackpot Bingo Winners



Sally Michel, 9/1

Jackie Ballard, 9/5

Susan D'Aoust, 9/12

Joan Goodall, 9/22

IN
LOVING
MEMORY

William Frazier, 9/4

Florence McCarthy, 9/7

Betty Honaker, 9/13



Birthday Month!



Date	Winners
9/5	Swanson Roberts Ken Guyer
9/8	Swanson Roberts Pat Boylan
9/10	David Karickhoff
9/12	Mary Childers David Karickhoff
9/15	Ken Guyer
9/17	Ken Guyer
9/19	Helen Lester David Karickhoff
9/22	Carolyn Templeton Georgette Connelly
9/25	David Karickhoff
9/26	Mary Leaberry David Karickhoff Georgette Connelly

Arnie Werner	1
Harold Poindexter	2
Tori Wucher	2
Barbara Bell	7
Mary Margaret Swavely	8
Jewell Matthews	9
David Woodward	9
Alice Jones	10
Jackie Ballard	11
Maxine Brammer	12
Ernie Thompson	12
Vera Waggoner	13
Ann-Marie Doppman	15
Karen Simpkins	15
Irene Long	16
Lisa Cooke	17
Virginia Iber	17
Jackie Snavelly	17
Jo Collinsworth	19
Louava Wilson	21
Jo Fidler	23
Anna Holstein	24
Hazel Pritchard	24
Carolyn Cummings	25
Betty Barrett	26
Mary Lou Frum	27
June Lucas	28
Jim McAllister	28
Robert Marcum	29

Independent Living Activities

Dinner @ Creekside Golf Course 10/5



Marshall vs. Middle TN

Marshall vs. FL Atlantic (homecoming) 10/20



Tour of Holy Cross Monastery 10/10

*MU Artists Series
10/11 & 10/26*



Tour of Our Lady of Fatima School 10/11



Dinner @ La Famiglia 10/17



Keeneland Trip 10/24



Lunch at Central City Café 10/29



Met Opera "La Fanciulla Del West" 10/27



Dinner @ Navarino Bay 10/8



There is no Marshall Monday in the month of October

HC Activity Highlights

Halloween Party 10/31



Jim's Spaghetti Lunch 10/18



**Pumpkin
Decorating with
Heritage Girls**

10/11



Halloween Beading 10/9



**Austin's Ice Cream and drive
by Kenova Pumpkin House**

10/30



All matinees will begin at 2pm in the HC Activity Room.

Join us- refreshments will be provided!

10/5: "Hyde Park on Hudson"

10/12: "Beverly Hills Chihuahua 2"

10/19: "Hocus Pocus"

10/26: "Mostly Ghostly"



Residents, Blakely & Gloria Harris, celebrated their 66th Anniversary at Red Lobster. Congratulations! We wish you many more years of happiness!

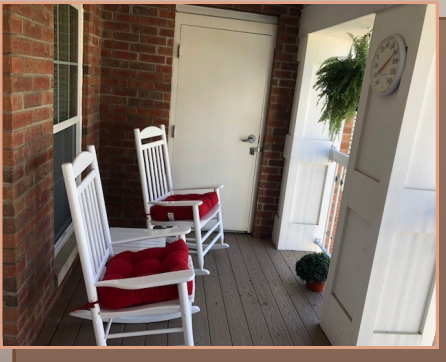


Happy 70th Anniversary to R.O. & Nancy Robertson! The Robertson's will celebrate their special day on October 2nd.

Congratulations!



Thank you to 3rd Floor, Wings 1 & 2, for adopting and redecorating a porch. It is now a beautiful space for all to enjoy! If you are on the 1st, 2nd, or 3rd floor of Wing 3 or 4 and are interested in doing the same, please see Jason Easter, Director of Maintenance.



Woodlands' residents visited the Fly in Café...one of our favorites!



Residents enjoyed a day trip to Georgetown, KY, where they toured the Toyota Plant & stopped for lunch at Josie's!



Thank you Michelle Hall, owner of Peace, Love & Little Donuts, for bringing donut samples, sharing your story, & discussing a delivery service for Woodlands' residents!

Getting To Know You

Rev. Richard & Kay Mobayed

We welcome another couple of Marshall alumni to our Community! Richard graduated B.S. with a major in psychology. Kay graduated B.A. majoring in elementary education. However, their romance didn't begin while both were attending Marshall. Kay was a Junior at the college, but Richard had graduated and was in the middle year at Louisville Presbyterian Theological Seminary when an attraction led to the engagement to marry. They were wedded shortly after Kay graduated on June 20th, West Virginia Day. Kay began her teaching career, teaching third grade at a school in nearby New Albany IN, while Richard was completing his seminary education.



Richard was ordained and called to the Second Presbyterian Church in Louisville KY. The Reverend Richard Mobayed served as Associate Pastor there for three years. Kay taught kindergarten during this time. Next, Richard was called to pastor the First Presbyterian Church, Richmond MO for 6 years. Kay did substitute teaching at this time as she was otherwise busy with their own children. Richard and Kay adopted Julia Ann who now resides just outside of Amsterdam, Netherlands with her husband Rob Schadewijk. This couple parent a son and a daughter. Son Richard Andrew and his wife Heather reside in Coral Springs FL. and have a son and daughter.

The family next moved to Wilmington DE, The children feel this is their "hometown". It is where they "grew up". Richard relates to this sentiment as this Huntington East/ Marshall College graduate holds the same feeling for Huntington! Rev. Mobayed had been called to Concord Presbyterian and served as Associate Pastor for thirteen years. During this assignment, he took special training in Pastoral Counseling at New Castle State Hospital. Kay resumed her teaching career and taught the next fourteen years, first in a program for three year olds and then in a church run program. In this setting she realized the value of early intervention in children's developmental problems.

The family then lived in Florida for six years where Richard served at two churches. At this time Kay was engaged in the formation of the United Cerebral Palsy Association. Again the family moved as Rev. Mobayed was called to serve as interim minister in "conflicted ministry" for ten years with churches in eastern Kentucky and Tennessee. Kay was employed while in Kentucky and used her skill at early childhood intervention with the birth to three year old children she was mentoring.

(Getting to Know You Continued)

Richard chose to retire following almost two years at First Presbyterian Church in Gallipolis, OH. In Huntington, Richard's father had health issues and the couple had chosen to heed the call to the Gallipolis church to be closer to him. When he passed on, Richard and Kay made the retirement decision and moved to Huntington. They were drawn here by their love for Huntington and Marshall University.

The Mobayeds are active in the community. Richard has been a docent at The Huntington Museum of Art for eight years. Kay enjoys involvement in many activities at the church they attend, Highlawn Presbyterian Church. They enjoy travel and have indulged in trips not only within the U.S. but to Canada, Switzerland, Prague, Budapest, Vienna, and in a cruise to Amsterdam. They found it an easy decision to join us at Woodlands Retirement Community. If you haven't already met this amiable couple, introduce yourself and welcome them to our community. You'll have a rewarding experience.

-Lois Wallace, October 2018

-CHH Woodlands Primary Care Clinic-

CHH Woodlands Primary Care Clinic is open Monday through Friday, 8am-4:30pm, except for Tuesday when the clinic opens at 9am due to weekly office meeting. We will be happy for you to stop by or call (304)781-0241 for an appointment. Dr. Pinson has office hours on Wednesdays. Suzanne Celdron, Nurse Practitioner has office hours on Fridays. Kathy Morrison, LPN, is at the clinic daily, and she is in contact with Dr. Pinson and Suzanne about patient care issues. Dr. Pinson or Suzanne make visits to Health Care to take care of patient care issues on Tuesday,



A big **CONGRATULATIONS** to Woodlands' Food Services Director, Ron Smith, for coordinating another successful ChiliFest! The 35th ChiliFest raised a little under **\$70,000**, benefiting the Ronald McDonald House. We are so proud of Ron and all his efforts!



A Note From the Food Committee...

Hello, from the Food Committee. This month we voted on our favorite chicken dish and chicken tenders won with rotisserie chicken coming in a close second. Thank you to everyone who voted. Last month, in case you missed it, Apple Dapple Cake and Kentucky Butter cake tied as favorites. This month we are voting for our favorite soup. I don't know about you, but it is hard to beat Woodlands chili. But that's my favorite. You vote for yours. The box for voting is on the fireplace hearth beside the check in station to the kitchen.

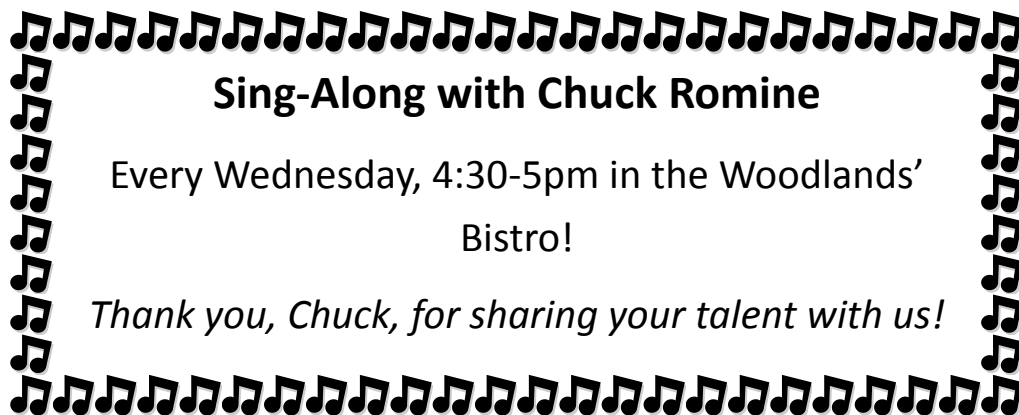


The kitchen is still accepting recipes from residents to be included in our menus. It is not required, but it is helpful if you take a sample of the dish to the kitchen so they can taste it.

The committee hopes you are enjoying voting on your favorites dishes. There are so many good ones, it is difficult to choose.

Till we eat again,

Charla Hardy, Chairperson



Sing-Along with Chuck Romine

Every Wednesday, 4:30-5pm in the Woodlands'
Bistro!

Thank you, Chuck, for sharing your talent with us!

Barbie Doll Children Need Your Help!!

Christmas Will Soon Be HERE!

Come to a Sewing Bee/Tea Party on Monday, Oct. 15, at 1 p.m., Hampton Room.

We'll make dresses for Barbie. We are very short of clothes. We will show you how. You'll learn how to hem your slacks, etc. *Please COME!*

We need gently used jewelry for Moms. Put jewelry in my mailbox (200) or bring with you on Oct. 15th. Marie Scheff donated funds for 90 pink rabbit pocketbooks. Thank you, Marie.

We need more Barbie dolls. We have 25 dolls.

Please help to make this a wonderful Christmas for 90 little girls. Thank you,

Barbara Guyer, Apt. 200



Hello everyone:

It's good to be back full time. I have so much to catch up on. Mark your calendars! On October the 3rd, just after 2 PM, the Federal government will be testing the new "Presidential Alert System". Every cell phone in the country will receive a test alert. This system is like the Weather alert system & Amber alert system, etc. with the exception that they are locally controlled, and this new system is Federally controlled. FEMA is responsible for the new system (Don't worry, you shouldn't receive politically motivated messages from this). It is designed to alert the entire country in the event of a national problem.

TECH CORNER

I've had a lot of questions about tech. support for your devices. Unfortunately, I do not have the time to support your electronic devices. We have Todd Chow coming once a week (at no charge to you) on Monday's from 1pm until 2pm, in the Main Lobby, to answer questions & help. You may hire Todd to work on your personal computers. The only exception is that I put the Wi-Fi password in your devices. If you have a portable device (Laptop, tablet, phone, etc.) please bring it to my office & I'll put the password in right away. If you need the password for TV's printers, desktop computers, etc. please put in a work order at the front desk. I will get to these as quickly as I can. Feel free to put any new devices on the Guest network until I can get to you & put it on the Resident network. The Guest password is changed at the beginning of every month. I hope this clears up some misconception.

During the month of October, the American Cancer Society is holding an event called "Real men wear pink". Each state can have up to 25 delegates for this event and I was asked to be one of them. I will be wearing something pink every day in October to raise awareness for breast cancer. You may also see the Pink Batman around here in October.

Thanks,

Rick

BTAS, MCSE, MCP, MOS, A+, Network +, CIW-MD/CI, IC3 2003 & GS3-AI, UCA

Mark your calendar!



Betty Barrett's grandson, Sam Barrett, from Albuquerque, NM, and his friend Shannon Mustard, from Scotland, will be performing classical music on **Saturday, October 13th at 10:30am** in the Hampton Room. Sam & Shannon are students at Oberlin College.

Corn Hole is back!

Every Monday, Wednesday & Friday at
1:30pm in the IL Exercise Room...

JOIN US!



Help us welcome Cabell-Huntington
Hospital Breast Center RN, Marcia
Adkins, on *Friday, October 12th at 1pm*
in the Hampton Room.

Don't forget to wear your **PINK!**



The first Opera of the new season is "Aida" by Giuseppe Verdi on October 6th. It takes place in ancient Egypt and is myth rather than historical. The second opera is "Sansom and Dalila" by Camille Saint-Saens. Unfortunately, this is the same date as Marshall's Homecoming (10/20), and Woodlands is unable to provide transportation. The third opera is "La Fanciulla del West" by Giacomo Puccini on October 27th. As the name implies, it is a romantic epic of the Wild West.

If you have gone with us before, you know the operas are simulcast on stage at the Metropolitan— better than front row seats! Tickets are \$21 for seniors. Please watch for the sign up sheets & join us!

-Susan D'Aoust

WOODLANDS' ANNUAL HOLIDAY BAZAAR

WEDNESDAY, NOVEMBER 14TH

11 AM-2PM

STAY TUNED FOR MORE DETAILS!



Peace, Love & Little Donuts Delivery Service

Peace, Love & Little Donuts of Huntington now delivers to Woodlands!

Pricing:

Groovy \$8.75/dozen or .85/donut

Far Out \$11.75/dozen or \$1.10/donut

Funkadelic \$14.75/dozen or \$1.35/donut

*If you mix and match the categories, 10% is taken off for half & whole dozen.

Are you hosting Bridge? Having family visit? Just craving a delicious donut?

Please see Molly if you would like a menu and order form.





- Election Day (11/6)
 - Double Play Flute & Tuba Performance (11/7)
- Brass Band of the Tri-State Performance (11/13)
 - Holiday Bazaar (11/14)
- League of Women Voters "Climate Change" (11/19)
 - Thanksgiving (11/22)
 - Marshall Music (11/28)