



NEWSLETTER

JANUARY 2019

2019

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HAPPY NEW YEAR
JOY TO THE WORLD

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Dear Woodlands Residents,

I am excited to announce that there is a new Woodlands initiative intended to honor one of our dear residents and to help ensure that the quality of music and other entertainment that she has so graciously influenced here, continues well into the future.

As a Woodlands resident, Janice Gold has selflessly given so much of her time and talent back to the community by coordinating and conducting musical performances. Woodlands Retirement Community would like to honor Janice, and show appreciation for her efforts. The Janice Chandler Gold Activities and Entertainment Fund with an initial goal of \$50,000 has been established to assist with the hiring of musical groups and other entertainment, the upkeep of pianos, audio equipment, and any other entertainment piece that needs assistance. The fund will also help to purchase a piano to be placed at Woodlands in the Hampton Room for all to enjoy.

With your support, Woodlands will be able to purchase the piano and continue the outstanding music and other entertainment at Woodlands. I sincerely appreciate you considering making a donation to Woodlands in honor of Ms. Gold. If you have already made a donation, thank you very much for your contribution! If you have any questions, please do not hesitate to contact myself or our CFO, Eileen Wheeldon.

Thank you and I wish you a blessed New Year!

-Jeff Harkins, CEO



Amedisys Presentations are back!

Amedisys Home Health Services is a leading provider of home health, hospice and personal care.

Join Jamie Taylor, RN, on Tuesday, January 29th at 1pm in the Hampton Room. Stay tuned for the topic!



Library News

The Cabell County Public Library kindly lends us a number of large print books, exchanging them every three months. There is a notebook on the table near these books in the IL library to sign-out using name, date, and book title. It has been noticed that people are forgetting to sign-out, making it difficult to keep track of the books to be sure they are returned in the three month period. Please help by signing-out the large print books. We appreciate your help!

Thank you,

The Library Committee (Susan D'Aoust, Jo Fidler & Karen Simpkins)

Assisted Living Dining Events



1/2 Banana Splits 5:00 PM

1/4 Cocoa and Cookies 12:00 PM

1/10 Woodlands Western Roundup 5:00 PM

1/16 Pizza Party 12:00 PM

1/28 Pancake Brunch 11:00 AM



January Movies in the Hampton Room



1/4: "The King and I"

1/11: "Legends of the Fall"

1/18: "Camelot"

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

December Jackpot Bingo Winners

Dee Cook, 12/1

Sally Michel, 12/5

Carolyn Templeton, 12/8

Barbra Haptonstall, 12/8



Judy Callaway, 12/5

Emily Helm, 12/9



Date	Winners
12/1	Irene Long John Palmer
12/5	Mary Childers Ken Guyer Aubry King John Palmer
12/12	Swanson Roberts John Palmer
12/15	Carolyn Templeton David Karickhoff Ken Guyer
12/17	John Palmer
12/19	Mary Childers John Palmer
12/22	Carolyn Templeton John Palmer
12/26	Ken Guyer

Hazel Palmer	1
Barbara Walton	2
Nancy Weider	2
Vicky McBride	3
Jerry Wehner	3
Billie Jones	5
Kathleen Fry	6
John Hartley Jr.	6
Earleen Agee	7
Jane Fotos	8
Micky St. Clair	8
Susie Jones	9
Bob Griffis	14
Virginia Scheff	14
Mark Stover	14
Helen Jackson	16
Betty Peck	16
Chuck Romine	16
Clay McCaskey	17
Nellie Kirby	18
Bernard Queen	19
Shirley Thompson	21
Dean Stark	22
Bruce Lansaw	24
Mary Tonnesen	26

Independent Living Activities



Dinner at Backyard Pizza 1/2

New Year's Resolution Walk 1/2

Mindfulness Class 1/8, 1/15, 1/29

Dinner at Main Street on Central 1/10

Opera 1/12



DAR Event 1/12

MU Basketball 1/12, 1/17, 1/19

YouTube Journeys 1/14, 1/29

Woodland's Quilt Show 1/18



Dinner at Navarino Bay 1/16

Teays Valley Mix Factory Tour 1/17

Dinner at The Peddler 1/22

United Way Presentation 1/28



Marshall Artists Series 1/28

Amedisys Presentation 1/29

Dinner at Jewel City Seafood 1/31



HC Activity Highlights



Happy New Year 1/1

Rose Bowl Parade in
Neighborhoods 1/1



Winter Pinecone birdfeeders 1/8

Snow Ball Fight 1/10

Sugar Scrub 1/15

Portrait Pins 1/22



Bluegrass Music with Bobby Maynard 1/24

Birthday Dinner with John Eric Booth 1/25

Homemade Soap 1/29

Sachet Bags 1/30

Noodle Ball 1/31



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

Join us- refreshments will be provided!

1/4: "Mamma Mia—Here We Go Again!"

1/11: "Bean Movie—The Ultimate Disaster"

1/18: "The Great Gilly Hopkins"

1/25: "Batteries Not Included"



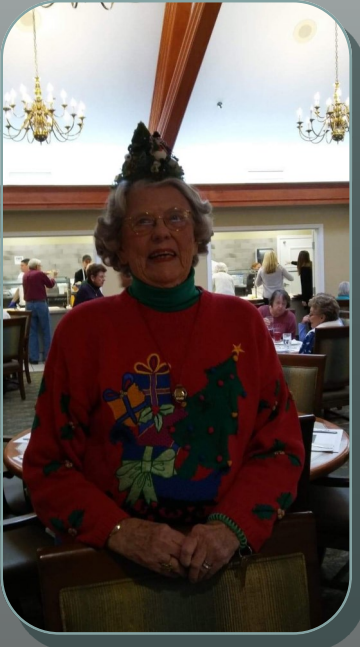
Residents spending time together in the Woodlands Bistro for a Thundering Herd watch party!



No one goes hungry at Woodlands!



Residents celebrated the holidays in style!



-New Move-Ins-

Patricia Zabel, #345

Patricia Mott, #226

Jim & Norma Casto, #272

Ervin & Susie Jones, #331

Please join us on Friday, 1/11, at 3:30pm in the Hampton Room & give them a warm welcome to Woodlands!



Cabell Midland Collegium
Musicum



Getting To Know You

Ethel Stafford



Our new resident is bubbling with energy and enthusiasm! It is certainly those traits in her personality that enabled her, by working at numerous jobs, to earn her own way to a Masters in Education at Marshall University. She graduated Matewan Magnolia High School, enrolled in Marshall University's Williamson Campus program for two years, then "on campus" achieved a BA and later earned her MA in business education.

She was employed as a Social Worker in Cabell County for two years, taught business education at Rock Hill High School and was District School Treasurer for three years. She later married, but this union ended.

Ethel was employed and later retired in 2000 from the Lawrence County Educational Service Center. Thereafter she was employed at numerous jobs such as Ironton after school classes, Education Grants Director for STAR Community Justice Center and salesperson for Belk Fine Jewelry.

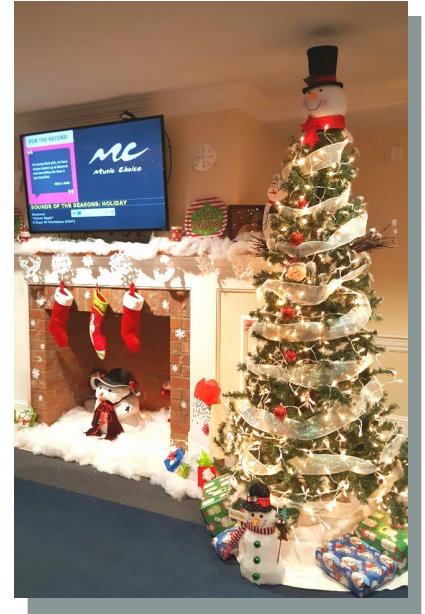
Health issues now prevent Ethel from pursuing some of her favorite activities such as travel, snorkeling and hiking, but she enjoys reading, and a Pinochle group with Ironton friends. She would like to learn to play bridge and croquet and plans to participate with those groups at Woodlands. Ethel attends and is active in the 200+ year old Storm Creek Missionary Baptist Church. She enjoys the company of her sister and brother, friends and former students. She skypes with exchange students from Sweden and her two Norwegian godsons who are without parents.

Ethel was led to seriously contemplate her future after her mother passed away. Scanning newspaper ads, she became interested in the lifestyles being advertised and compared area retirement facilities. None could compete with Woodlands Retirement Community. The decision made, she says, "A load has been taken from my shoulders. A right decision. I am very happy here". The community is very happy to welcome Ethel Stafford!

-Lois Wallace, January 2019



If you visited Assisted Living during the holidays, we can all agree on one thing – the decorations were **outstanding!** Residents & employees worked hard to make sure each floor had holiday cheer. Congratulations to Honeysuckle Lane (2 Regular) for winning first prize in the decorating contest. *Great job!*



-1st Place-

Woodlands' Quilt Show

Woodlands' Quilt Show will take place on January 18th from 11:00 am to 2:00 pm in the Hampton Room. Residents will have the opportunity to display all of their quilts while they tell memories associated with them. This includes quilts made by residents as well as those of significance such as family heirlooms. Come out to see these beautiful pieces and reminisce as you hear the stories behind them.



If you would like to display quilts, please contact Molly or Shane. Make sure to know the number of quilts you would like to display so we are able to make room for your quilts.

-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,

Food Committee Bites



The New Year is around the corner and with it comes a few changes. The Woodlands Food Committee gives thanks to out-going members Charla Hardy, retiring chair extraordinaire, Norma Deming, Dan Ingram and Mary Vital. Gratitude to continuing members Patty Anderson, secretary, Edna Brooks, Health Care representative, Faye Leshner, Irene Long, Maudie Karickhoff, comment chief, and Lee Kyger.

Best wishes for new members Wanda Edwards, Joyce Ey, Mary Margaret King and Hazel Palmer.

The Food Committee is advisory in nature; however, Ron Smith, Bret Bledsoe and Debbie Annett attend the meetings so brilliant ideas and concerns are chewed over thoroughly! Although the new Food Committee does not officially meet until February 2019, it is considering including spotlights of our food and service wizards in our report to you.

This holiday season please be especially appreciative of those hard working folks:

Who know when you are hungry,
Who know what's just a "taste",
Who know when you've been sick or well,
So be nice for goodness sake!

Hazel Palmer

Chair in training

Thank You – All !!



WE Sent 150 boxes for the Barbie

Doll Mission to underprivileged girls. The boxes went to the Salvation Army, Branches, Hgtn. City Mission, Central City Elementary, and Dunlow Mission Church. The boxes contained: pink bunny purse, stuffed animal, new Barbie doll, 4 dresses, shoes, books, toothpaste & toothbrush, crayons, coloring books, & a gift for Mom from Santa.

THANK YOU FOR YOUR GENEROSITY & KINDNESS.

–Barbara Guyer

Mindfulness is Back!

Drs. Jane Fotos & Barbara Guyer

Tuesdays in January 8, 15 & 29

3:45 – 4:45 p.m. in Hampton Room

Change Your Life!

Worry Less

Improve Health

Smile More

Learn WHY Mindfulness

Works!



Information Technology



Hello everyone:

WOW! Where did 2018 go? With the start of the new year comes many new beginnings. This year I will be busy improving the IT infrastructure and working on ways to speed up our internet & Wi-Fi. If I could only snap my fingers and make it so. Given how fast 2018 flew by I'd better get started on 2019 before it's gone as well.

I hope you all had a great Holiday and I'm looking forward to an exciting new year at Woodlands!

Rick

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

Director of Technology



Huntington Met Opera



“Adrianna Lecouvreur” was a real French actress of the 18th Century. Four Acts depict the rivalry between Adrianna and the Princess of Bouillon. The music is beautiful. And the opera ends tragically,

as so many operas do. Come join us for an entertaining afternoon at Cinemark.

The bus will leave at 12:15 on January 12.



Wellness Warriors

These folks stepped up to the plate and filled up an entire wellness punch card! Wellness cards are available from Shane or in the fitness room. Keep punching those cards!! If you did not notice your name on the list last month, I put your name in the drawing for this month two times. You all have done an amazing job!!!

John Anderson	Mark Stover
Barbara Graham	Martha Casey
Nancy Sturgeon	Lee Kyger
Betty Anne Hale	Marilyn Cohen
Sharon Duesterhaus	Ann Galyean
Opal Jones	Charla Hardy

The winner of the raffle drawing is **Martha Casey**. You will be contacted to receive your prize!

Betty Anne Hale has 37 punches making her our punch card leader!



YouTube Journeys will be starting in the month of January! Using this public, online venue, we will show educational videos. Come join us in the Hampton Room as we take journeys through science, history, art, politics, literature and many other topics. Become scholars together and learn how to find these videos at home. Each time we come together, there will be a few videos spanning several genres but all focused on education. There is a wealth of knowledge to be acquired through this fun format.



New Years Resolution Walk

On January 2nd at 1:00 PM we will be having a New Years Resolution Walk. Get the year started right as you take a step toward a better 2019. The hardest part is getting started so take some time in the new year for yourself. This could be the year that does it. We've all eaten poorly during the holiday season so let's work together and make a change!



Coming Soon In.....

FEBRUARY

Valentine's Day

The Harmonica Club performance

Saints Alive Choir

Marshall Music, "Love for Guitar"

Interesting Facts about West Virginia

- WV was the first state to have a sales tax. It became effective July 1, 1921.
- John S. Gallaher published the "Ladies Garland," on 14 Feb 1824 at Harpers Ferry. It was one of the first papers in the nation devoted mainly to the interests of women.
- WV is considered the southern-most northern state and the northern-most southern state.
- Mother's Day was first observed at Andrews Church in Grafton on May 10, 1908.
- WV has the oldest population of any state. The median age is 40.
- Jackson's Mill is the site of the first 4-H Camp in the United States.
- The world's largest sycamore tree is located on the Back Fork of the Elk River in Webster Springs.
- The first U.S. federal prison exclusively for women was opened in 1926 in WV.
- The New River Gorge Bridge near Fayetteville is the longest steel arch bridge (1,700 feet) in the world.
- The first major land battle in the Civil War was the Battle of Philippi on June 3, 1861.
- Nearly 75 percent of West Virginia is covered by forests.
- West Virginia had the lowest crime rate in the country in 1997.
- The first rural free mail delivery was started in Charles Town on October 6, 1896.
- The Golden Delicious apple originated in Clay County. The original Grimes Golden Apple Tree was discovered in 1775 near Wellsburg.