



2020 April Happenings

Vernon Woods Adapts to a New Reality



The COVID-19 Coronavirus has created a whole new set of guidelines for senior communities. Here at Vernon Woods, we say: "No large group activities, no problem!" Our Life Enrichment Directors have been hard at work creating ways to keep you as active and engaged as possible, while not compromising your safety and well-being. These activities will be grouped per hall and have no more than 10 residents at a time to adhere to the "social distancing" directive. Here are some of the programs...

- **Collaborative Stories**—Answer questions that will become a short story with surprising and fun twists and turns.
- **Basic Bingo**—Use the Big Bingo cards, that will be sanitized well between groups, with Hershey Kisses rather than bingo chips. Once you're finished, you'll have some sweet treats!
- **Thursday Trivia**—As we go door to door doing temperature readings, we will ask two Trivia Questions. If you answer BOTH correctly, you will receive a small goody bag.

- **Moving Minutes Matter of Balance**—15 minutes of exercise.
- **Fudgesicle/Frito Friday**. We will go down the hall with the ice cream cart with music, offering a Fudgesicle or Fritos.
- **"Let's Laugh a Little" TV Time** with Johnny Carson and Carol Burnett programs, among others.
- **Revamped Reading Room** where Linda will read for 30 minutes.
- **Pen Pal Program** with elementary school children.
- **"Universal Yums"**—our program featuring different parts of the world.
- **Paint 4 Fun**
- **Morning fruit and snack delivery**

We will create a daily sheet for each hall with the times and activities listed. MOST of Vernon Crest activities will take place in the Hospitality Area and Vernon Terrace on VT second floor. We will thoroughly sanitize each area between activities.

Be active. Be safe. Practice your "social distancing" with us. We're adapting here at Vernon Woods.



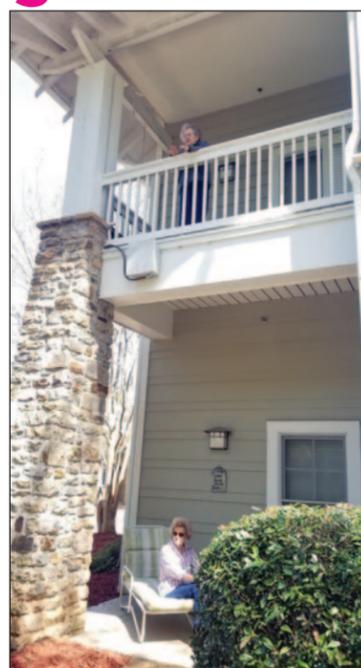
Lots of Love Holds Vernon Woods Together in Difficult Times



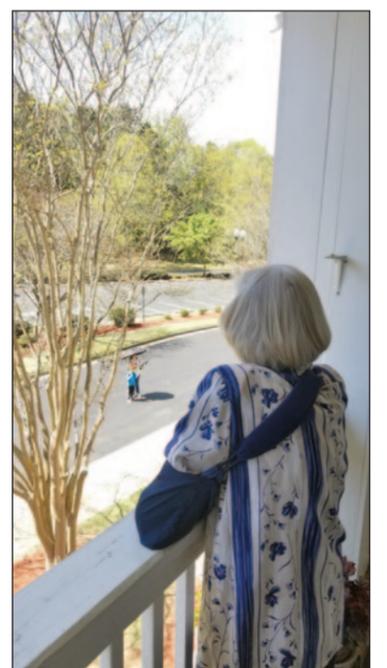
We had a fabulous Fifties Day!



Enjoyed a delightful outing to Charlie Joseph's.



Then we learned about a new term called "social distancing."



Exercise Spotlight: Stretch and Breathe!

"Stretch and Breathe! Exercise" consists of slow, deep breathing from the abdomen combined with gentle, easy to follow movements. It can be practiced standing or sitting, focusing on relaxing the mind and connecting with the body's energy.

Abdominal breathing promotes relaxation, opens the pelvis and muscles in the lower area of the body and improves regularity. This method of breathing further promotes good health by allowing more oxygen into the blood, body and brain.

Deep abdominal breathing is natural, slow, long, deep, smooth and even. In time, with regular practice, one learns to breathe deeply, expand lung capacity and strengthen the diaphragm and muscles of the abdomen and ribs. This method of breathing teaches us to make full use of our lungs, promoting a healthy respiratory system.

The group will resume when infection restrictions are lifted. Come try this relaxing and healthy activity on Tuesdays at 2:00 p.m., followed by Tai Chi at 2:30 p.m.



Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.
—Deuteronomy 31:6

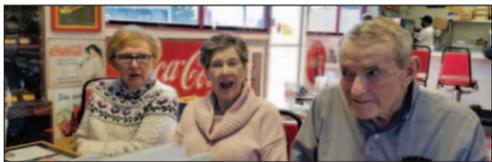
Good Friday
April 10th

Easter Sunday
April 12th

Lots of Good Times at Vernon Woods!



Regina Dean received Family Dollars from Dining Services Director Jeffery Tucker.



March Birthdays Residents

- Louise Clinkscales6th
- Camilla Myhand9th
- Vivian Lowe13th
- James Irvin13th
- Bobbie Holleran15th
- Lee Miller23rd
- Juanita Crews25th
- Julia Reeves28th

Associates

- Cassandra Johnson14th
- David Sessions19th
- Shirley Gates30th

Anniversary

- Bobbie & Owen Holleran..10th
- Our best wishes for a great day!*



Important Notes in Dealing with Coronavirus

We thank you for your incredible patience, understanding, and compliance during these times when the risk of infection is high. Because situations and government and regulatory entities pass along mandates for senior living, we cannot guarantee that all communal dining, activities and transportation services will be back up and running as of the printing of this newsletter.

In the event we are still under current guidelines, we will be revising activities that can be accomplished under our restrictions. Check the special activities article on the cover.

Some of the ways you can remain active and safe:

- Take a walk outside
- Read a book from our Vernon Woods Library
- Listen to your favorite music
- Do some basic exercises from some of the classes you've attended
- Create beautiful coloring pages (we will distribute some of these)
- Do crossword puzzles, word search and find, trivia (we will be distributing some of these to you as well)

Please remind your family that they can bring you **essential** items only, which will need to be dropped off at our Main Entrance. An associate will accept these and deliver to you.

Thank you again for your understanding, and we hope to be back to normal operations as soon as possible.



New Resident

Ann Hoxsie — Vernon Terrace



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www.vernonwoods.com

OUR STAFF..
"AT YOUR SERVICE"

Susan Burdick
EXECUTIVE DIRECTOR

Jeffery Tucker
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Linda Siersma
Denise Stewart
LIFE ENRICHMENT DIRECTORS

Tonda Barger
BUSINESS OFFICE MANAGER

Debbie Jones
SALES DIRECTOR

Cheryl Messer
WELLNESS DIRECTOR

Deana Irvin
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TRANSPORTATION SERVICES