

Cortland Standard

Living & Leisure

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Notebook

Woody's adventure begins in Seattle

Track the gnome's progress back home to Cortland

By KATIE HALL

Living and Leisure Editor

Woody the gnome gets to travel across the country for the next 10 months, but the nursing home mascot for Northwoods at Cortland will be relying on friends and family across the United States to get back home.

The new interactive adventure is a quirky way to spur postcards, e-mail photos and Internet connections for residents and families at the Kellogg Road facility, as well as involving people in Cortland County.

"We were looking for an opportunity to have our families be able to go online to see what our residents are up to," said Traci Niederhofer, the community relations director at Northwoods at Cortland.

Niederhofer said she gets creative ideas between 3 and 4 a.m.

"I do some of my best work off hours and off sights," she said.

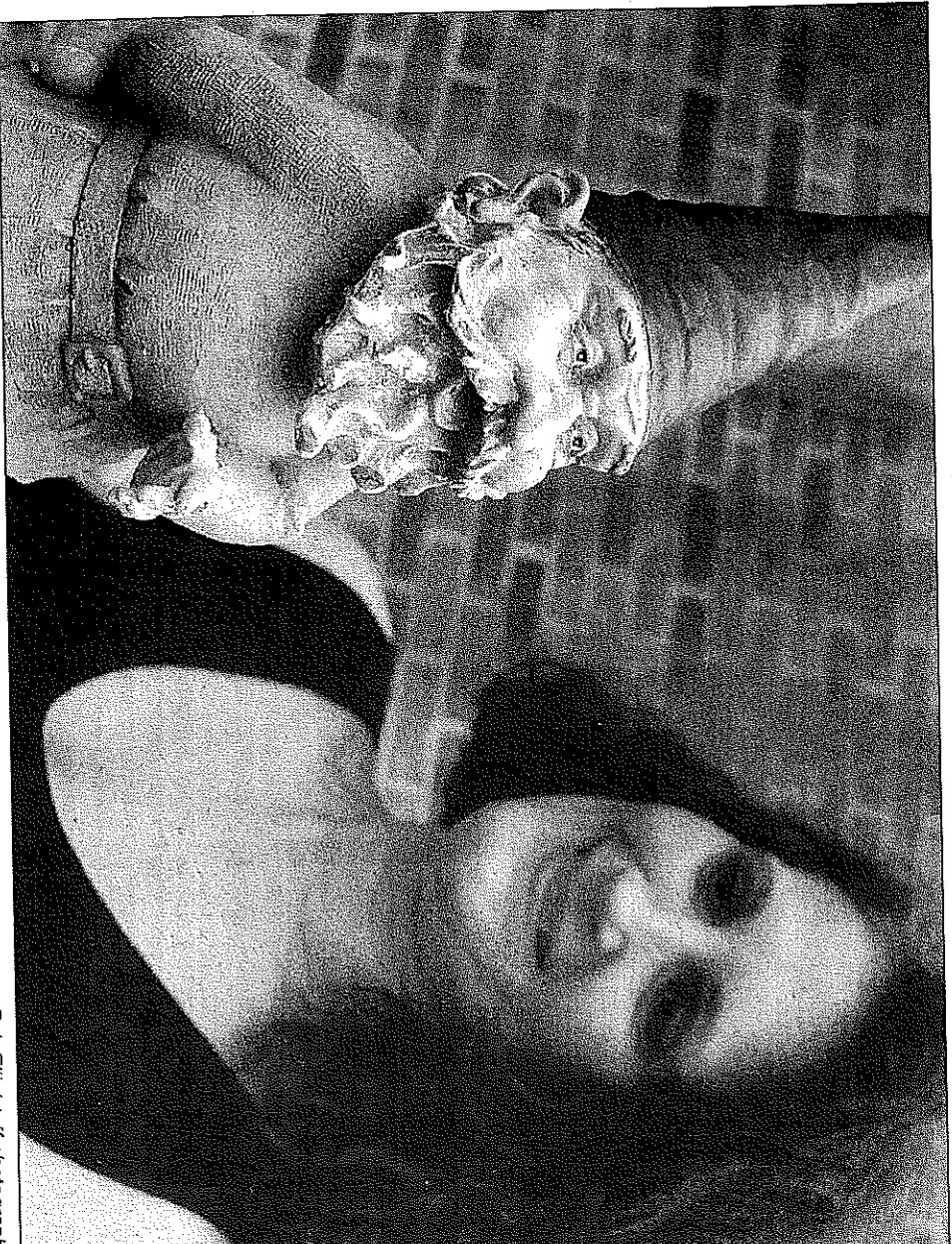
She took Woody the gnome with her Friday to Seattle on her vacation and will hand him off to family and friends, who will in turn take him to Oregon.

E-mails and photos will be sent to a special Web site for all to access: www.northwoodshealth.net, for people in Cortland County to try and guess where Woody is and track his progress. The contest will run weekly and prizes from local businesses will be offered.

A Welcome Home Gnome Party is planned for June 7 in Cortland when the gnome comes home and all of Woody's travel buddies will be invited.

The Web site will be ready Sept. 14, Niederhofer said.

The activity department will be showcasing the residents over the year, and highlight the fun that



Traci Niederhofer, community relations director at Northwoods at Cortland on Kellogg Road, holds the traveling gnome, Woody, that will visit Seattle with her.

Bob Ellis/staff photographer

Woody will be missing while traveling. If anyone has family or friends who would be willing to show Woody around, contact Niederhofer at (607) 753-9631 or Traci.niederhofer@northwoodshealth.net.

Niederhofer plans to keep close tabs on her gnome.

"There will never be an unknown hand off; it will always be family to family or friend to friend," she said.

For those with fun pictures of an activity in Cortland County, e-mail them for consideration.

"Tom Gallagher is hoping to do a

link from the city Web site (cortland.org) to the Where's Woody Web site. We're hoping children studying geography will track Woody,"

Niederhofer said.

"We anticipate getting postcards in the mail. As an activity, we will take postcards and learn more about that (area) and we will be getting photos. Those will be shared with the residents."

The residents also can access the computer at Northwoods to track his progress, she said. Northwoods has 140 residents for short term rehab, respite

and long term skilled nursing care.

Woody is on the way to see the Space Needle and Pike Street Market in Seattle and Niederhofer will hand him off to friends who will take him down the Colorado River. He'll go to California, where Niederhofer has friends in the Bay Area and Los Angeles, and from there, the little gnome will go to Arizona.

"The biggest thing is the intergenerational (part). We want to allow families to connect with each other, have something for families to talk about," Niederhofer said.

Dance, personal training, are back!

On Oct. 13, the YWCA will again begin its Saturday Dance program at its Clayton Avenue, land, facility. It will also host a special personal trainer workshop on that people can sign up for and get a discount on the price.

Instructor Kathleen Hoyt taught dance in the Cortland area over 21 years. The registration for the dance program today announced until the first day of classes run until the first day of classes for ballet, and jazz for 3-year-olds.

A trainer from the National Exercise Trainers Association will conduct personal trainer certification work Oct. 20 and 21. It will include a range of exercise science, communication, exercise programming, assessments and more. Some ground in exercise is recommended. Workshop fee includes exam, two-year certification, and membership to NETI. Inquire and membership are an added charge. For more information, contact Laurie Greene at the YWCA at 753-9651, or email her at laurie.greene@ywcawca.org. To register for workshop, call NETA directly at 237-6242 or go online www.netafr.org.

SPAM celebrate 70th birthday

Spam tends to divide people into three groups — those who love it, those who hate it and those who just don't care.

Wherever you fall, it's almost not to respect — or at least be in awe — a "meat product" that's been around for 70 years. And to mark it's 70th anniversary, Spam is rolling out special packets of its signature product. That's right, no more fussing about Spam aficionados now — they're fix in 3-ounce packets in