

August Birthday's

Residents:
Barbara Bartley 8/13
Ruby Shifflett 8/21
Dorothy Garnett 8/22
Irmgard Sames 8/25
Rod Knighton 8/30

Staff:
Tiahna Mack 820
Carrie Dowdy 8/29
Sheri Teaford 8/31



Notable Quotable

"This is one small step for man, one giant leap for mankind."

~ Neil Armstrong, astronaut

Special Events and Outings

Events:

- August 3- Snow Cones with Childcare **CR**
- Aug 4- August Birthday Party **CR**
- Aug 8- Boys and Girls Club Visit **CR**
- Aug 14- Adventures in Nature- **CR**
Iceland Presentation
- August 16- Karpalla Music **CR**
- August 22- Gina Romano Music **CR**
- August 25- Garden Party **HG**
- August 29- Special Lunch:
Hot Dogs on the Grill **AR**
- August 30- Meeting with the Administrator **DR**

Outings:

- August 2- Dollar Tree
- August 7- Before Super Cruise
- August 9- Ice Cream Run
- August 11- Bugs Gardner's Memorial
- August 18- Drive to Woodberry with
Tour Guide Emmett Wright
- August 21- Before Super Cruise
- August 22- Yoder's Market Senior
Discount Day Trip
- August 23- Glory Days Lunch and
Wal-Mart Trip
- August 24- Hamilton's Med Spa

New Activities for August

Crystal Light Lip Balm- Easy Craft Project to donate to the SAFE Shelter in Culpeper

Matching Game with the Boys and Girls Club- Easy Game you will be matching famous masterpieces.

Orange Creamsicle Floats- Come enjoy a refreshing ice cream float made with orange soda

Last Letter Game- Easy Game with categories you base your next answer on the last letter

Meet Sweden- Kathleen will be discussing her knowledge and travels to Sweden

Eye Spy Bottles for Childcare- Easy craft project to donate to Brightside Childcare Center

Thera-Band Exercise- Easy exercises that involves stretching your muscles using an exercise band

Sun Catcher Mason Jar Lids- Moderate craft project involving coloring pages

Dogwood Village Bus Trip: Tips and Safety

Loading the Bus:

- ☀ Please sign up for outings with Activity Staff
- ☀ Be sure to use the restroom before loading the bus
- ☀ Always wait until there are two staff members to help load the bus (even if the door is open)
- ☀ Be sure to use the handrails
- ☀ Take one step at a time
- ☀ Fasten seat belt or ask for assistance if you need help
- ☀ Check with staff to ensure your walker or wheelchair has been loaded on to the bus

Unloading the Bus:

- ☀ Wait to receive instructions from Activity Staff.
- ☀ Staff will unload walkers first
- ☀ Always make sure there is one staff at the top and bottom of the steps
- ☀ Use the handrails and slowly take one step at a time
- ☀ Stop at the last step and use the handrails and activity staff to exit the bus (NEVER use your walker to try stabilize yourself to exit the bus)
- ☀ Step on to the sidewalk and not on to the curb or gap between the sidewalk



Dogwood Dispatch

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Celebrating August

Read-a-Romance Novel Month

What Will Be Your Legacy? Month

International Clown Week
August 1-7

Lighthouse Day
August 7

Social Security Day
August 14

Bad Poetry Day
August 18

Total Solar Eclipse
August 21

Kiss and Make Up Day
August 25



Dogwood Village of Orange County Senior Living
120 Dogwood Lane
Orange, VA 22960

In and Around Senior Living...

Activities

- ☀ If you need a large print calendar please let the activity staff know so they can add you to their list.
- ☀ If you donate magazines to the library, please ensure they are from the past 3 months.

Admissions/Resident Services

- ☀ Please remind your family and guests to sign in and take a visitor badge when visiting. It is important to know who is in the building in the event of an emergency.

Dining Services

- ☀ Please come to the Monday Coffee and Conversation Meetings. We will be discussing the menu for the family picnic this month.

Abbreviations for staff you may see around Senior Living:

CNA: Certified Nursing Assistant
RMA: Registered Medication Aide
RN: Registered Nurse
LPN: Licenced Pratical Nurst
CTRS: Certified Theraputic Recreation Specialist
ADPC: Activity Director Provisionally Certified
PT: Physical Therapy
OT: Occupational Therapy
ST: Speech Therapy

Maintenance

- ☀ Annual Fire Safety Huddles will be August 15th
1st Floor at 2:00pm
2nd Floor at 2:20pm
3rd Floor at 2:40pm
We will meet in the sitting area next to the elevators on your floor.

Health Services

- ☀ Please welcome Tyhesia Tyler as the new C.A.R.E./ Evening Shift Floater

Voting Information:

If you would like to vote in the upcoming November 7th election, here are some important dates and information you will need:

- ☀ August 26th Activity Staff will be coming around to fill out voter registration forms, change of address forms and absentee ballots.
- ☀ Please let the Activity Staff know if you will be going on the bus for the general election.
- ☀ September 11th from 9am-11am Orange County Voter Registrar will be in the Community Room to finsh voting registration form and to provide picture ID's for residents that will be going to the polls
- ☀ Last Day to register for an absentee ballot is October 31st



Skype is the Hype



Skype is up and running in Senior Living!

Skype is a free computer program which enables residents to make video calls to anyone around the world!

If you are interested in scheduling a time to Skype with your family member or friend, please let Annette, the IT Department, or the Receptionist know.



I want to be like a *sunflower*; so that even on the darkest days I will stand tall & find the sunlight.



1st Floor:

- Gabe Twyman- Health
- John Ellis- Health
- Hazel Kube- Health
- Doris Washburn-Transition

2nd Floor:

- Barbara Grasty- Granddaughter's Health
- Patricia Faulconer- Husband's Health
- Family of Bugs Gardner- Grief



Meet your Neighbor

Doris Washburn



Doris lived in Culpeper, VA where she lived 3 years. She was originally from Martinsville, VA. Were she was a cosmetic supervisor for Revco.

National Assisted Living Week

Theme: "Family is Forever" September 10th-16th

Art Adventures Art Show and Family Picnic September 14th



3rd Floor:

- Fred Wease- Health
- Jack Glascock- Health
- Jewel Baker- Health

Staff:

- Shannon Wallace- Health Services- Health
- Natesha Mingo- 3rd Floor Housekeeping Family's Health
- Pat Davis- Receptionist- Sister Health

Volunteers:

- Dal Farnahough- Wife's Health

Volunteer Spotlight- Roberta Jalbert



Roberta is pictured with resident Renate Ruzich as they plant flowers in the resident garden.

Dogwood Village would like to recognize Roberta Jalbert for her contributions to the facility. Jalbert graduated from High School in Hanover, New Hampshire in 1967. She was later married and the couple raised three children while living in Ipswich, Maine for 25 years. Roberta loves gardening and started helping her parents when she was 5 years old. She later moved to Virginia and became a Master Naturalist. Roberta enjoys exploring the environment and ecosystems in the Piedmont area and sharing her findings with Dogwood Village residents.

Resident Spotlight



Myrtle Martin was born on September 14th at her grandparent's dairy farm in Locust Grove. Myrtle was the third child of four; Walter, Lillian and Catherine. Upon graduating from Unionville High School, Myrtle became a beautician and began her life in Culpeper, Virginia. She met her husband Larman "Skiddy" Martin, who worked for the Town of Culpeper and volunteered at Brandy Station Fire Department. Skiddy and Myrtle had one child, William, who is currently the director of the Valentine Museum in Richmond. Myrtle has always enjoyed traveling and has been to Hawaii, Europe, and Alaska. The most exciting thing that she has done in her life was watching a volcano erupt in Honolulu, Hawaii. Throughout her life, she has volunteered at Culpeper Hospital and Mitchel's Presbyterian Church. If she was to give a piece of advice to the younger generations, she believes that "it is a big, wonderful world, and she wishes everyone could enjoy our beautiful world together." In other words, "love one another."

Staff Spotlight

Susan Rogers (AKA: New York) has worked at Dogwood Village for 10 years. She began her career here as a CNA, then became a Rehabilitation Technician for the Physical Therapy department. Over a year ago, she began working in the Maintenance Department where she remains today. Susan was born and raised in Long Island and Queens, New York. Susan moved to Manassas, VA after her children were born to help take care of her Grandmother, who gave her the inspiration to become a CNA. In 2006, she bought a house in Orange, where she resides today. Susan has three children in their twenties and two grandchildren, Marissa and Colton whom she loves very much. When she is not busy at work, she enjoys spending time with her family and keeping up with her garden. For Susan, the best part about working in the Maintenance Department at Dogwood Village is the interactions with the staff and residents and always learning something new. She got into this profession because she wanted to make a difference, and she is doing so every day.