



Newsletter

February 2025

Monthly Celebrations

February 2nd

Ground Hog Day

February 7th

National Wear Red
Day

February 14th

Valentine's Day

February 17th

President's Day

A Month of Kindness

February is the time to celebrate kindness, and at Dogwood Village, we're all about spreading warmth and compassion. Let's make this month a reminder to show kindness to one another and strengthen the bonds that make our community special.

Education Corner

Stress is a natural part of life, but when it comes overwhelming, it can affect our mental and physical health. Common signs of stress include tension headaches, muscle tightness, anxiety, and mood swings. To manage stress, try mindfulness techniques like deep breathing, set goals to avoid feeling overwhelmed, and connect with others for support. Remember to be kind to yourself and seek support if stress becomes too much to handle.

Staff Directory

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A Donation to the Foundation



At Dogwood Village, we are dedicated to caring for people and enhancing the quality of life for each resident by providing a safe, comfortable environment supported by our dedicated staff. Your generous donation to our special project is more than just a contribution—it's a key part of what makes this community strong. By supporting this initiative, you're helping us provide valuable resources and opportunities for growth. Join us in investing in the future of our residents and making a lasting impact on their lives.

*If you are interested in contributing to this endeavor, please contact
Patricia Talley at 540-661-3100.*

Staff Spotlight



Rob Black

Director of Information and Technology

"I live in Fredericksburg with my wife, Katie, and daughter, Emily. I enjoy hockey, Frisbee golf, and video games. Every day brings new challenges and experiences connecting people with technology to help them stay in touch and manage daily task. The people make Dogwood a great place!"
Years of Dedication: 11 years

Health and Rehab Upcoming Events

February 5th: *Bake Sale*

H&R Lobby at 9:00 am

February 7th: *Dining Discussions*

H&R East Main Terrace at 10:00 am

February 9th: *Super Bowl Sunday*

H&R Nursing Units at 6:00 pm

February 14th: *Sweetheart Social*

H&R Main Dining Room at 10:00 am

February 20th: *Town Hall Meeting*

H&R Main Dining Room at 10:30 am

February 21st: *Monthly Birthday Bash*

H&R Main Dining Room at 2:00 pm

Weekly Bingo are on Mondays and Saturdays. Music Events are on Tuesdays and Wednesdays. Daily devotions start at 8:15 am every morning.

A week of Meditation events will begin on February 24th, 2025.

For additional details about our events, both event calendars are available on our website.

Senior Living Upcoming Events

February 6th: *Monthly Birthday Party*

SL Community Room at 2:00 pm

February 9th: *Super Bowl Snacks*

SL Community Room at 1:30 pm

February 12th: *Resident Council Meeting*

SL Community Room at 9:30 am

February 14th: *Valentine's Day Party*

SL Community Room at 2:00 pm

February 17th: *President's Jingo*

SL Community Room at 10:00 am

February 27th: *Hot Chocolate Social*

SL Community Room at 2:00 pm

Join us for our Music Events on February 4th, 7th, 12th and 13th. Weekly Bingo are on Sundays, Mondays, and Saturdays. Daily devotions take place every morning at 9:00 am.



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"I moved into Dogwood Village, and I've been enjoying the wonderful activities and delicious food. The staff treats me like family, and I've made many new friends since arriving!"

Janice, a Senior Living Resident