

Tips for Staying Positive!

Birthdays-

Residents:

5/3 Mary McBride
5/4 Frances Purcell
5/18 Mildred Ransom
5/24 Barbara Hutchinson
5/29 Eliner Clark

Staff:

5/1 Tiana Lewis
5/3 Telly Nibblins
5/10 Annette Putman
5/17 Cornelia Braxton

Notable Quotable

“There is one thing the photograph must contain, the humanity of the moment.”

~ Robert Frank, Photographer and Documentarian

You are the Sunshine,
that after the storm,
brings the RAINBOW!



1. Get enough sleep and rest
When tired and exhausted, it is much easier to become negative, frustrated and unhappy. You should get enough sleep at night, and get some rest, every now and then. Sleep and rest calm your body and your mind.

2. Bring more positivity into your life
Try to be around positive people. Positivity is contagious. By being around positive people, gradually, you will notice that you are becoming positive too.

3. Focus on solutions, not on problems
When things are tough, we tend to focus on the problems. Focusing on problems, makes them grow, and if we don't do anything about them, we become unhappy, frustrated and pessimistic.

If we maintain a positive attitude, believe that there is a solution, and keep looking for it, we will ultimately find it.

4. Exercise your body
Exercising your body improves your health, your energy level, and your inner strength. This makes it easier to think positively and face difficult situations with confidence and assertiveness, and deal with them more effectively.

5. Replace your negative thoughts with positive thoughts
Strive to make it a habit to replace each negative and pessimistic thought with a positive and optimistic one. You will need to be aware of the thoughts that are passing through your mind, and if they are negative, immediately shift your attention to other, happier and optimistic thoughts. again, until this way of thinking becomes natural and easy.

6. Repeat affirmations
Repeating a positive affirmation when in difficult or unpleasant situations, or when in the company of unpleasant people, would help you divert your attention and maintain an optimistic state of mind.
Affirmations, which are positive statements, can motivate and encourage you, and change how you feel.

7. Do not take anything too personally
Strive not to take personally, what people think and say about you. There is no reason in the world to allow their thoughts and words hurt you. It is you, who allow their thoughts and words to affect how you feel. Often, people are not even aware that they hurt you.

Don't keep thinking about what people said and why they said it. They might have meant something different and you misunderstood them. They might have been joking, or what they said was not about you at all.

8. Learn to meditate
Well, this might not be everyone's cup of tea, but even ten minutes a day of meditation, every day, would relax your mind, emotions and body, relieve you of stress and strain, and make it much easier to stay calm and positive in difficult situations and handle them more efficiently.

“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.”

– Mary Lou Retton

“I start each day by telling myself what a positive influence I am on this world.”

– Peter Daisym

By Remez Sasson
“Skills for Success”

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

Senior Living Spirit Week May 4th – 8th

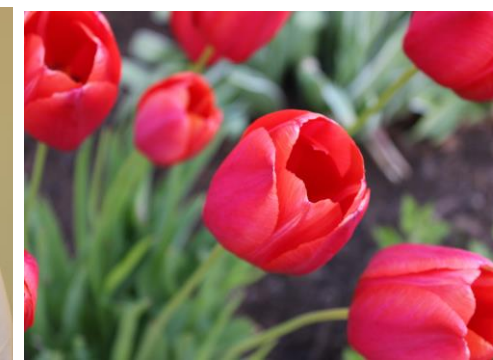
To help bring smiles and laughs to our residents and staff during this difficult time we will be bringing some team spirit to our building. Join us if you would like! Monday May 4th – Character DAY dress like your favorite movie or book character! (be creative), Tuesday May 5th- Cinco de Mayo wear your favorite colorful stripes. Activities will provide accessories, Wednesday May 6th- TWIN DAY Find a buddy and dress alike. Thursday May 7th- School Pride Day wear your school's colors/t-shirt. Friday May 8th- Dress for Spring Wear your favorite spring colors, patterns and prints!

Administrator Corner-Getting to Know Carrie Dowdy

Carrie Dowdy grew up in Huntington, WV along with her younger sister, Julie. She holds a Diploma in nursing from St. Mary's Hospital School of Nursing. Following relocation to Charlottesville, she completed bachelor and master of science in nursing degrees at the University of Virginia. Her nursing practice has included adult and pediatric critical care, medical-surgical nursing, and instructing nursing students in associate and bachelor degree programs. Inspired by her grandmother's spirit, grace, and humor as she aged, Carrie began working with seniors in long-term care settings and in the community over 23 years ago, with assisted living emerging as her favorite area of practice. She joined the Dogwood Village family over eight years ago as the Director of Health Services in Senior Living, and, in addition, was appointed as Administrator for Senior Living two years ago.

In her free time, she enjoys cooking and baking, classical music, taking long walks, watching old movies and reading. She is a member of First United Methodist Church and has enjoyed participating in the handbell choir. She was married to the late Keith Dowdy and they have one amazing son, John, who lives and works in Harrisonburg.

“In Senior Living, we are so grateful for the privilege of working with our residents and appreciate their families for sharing them with us.”



Celebrating May

Global Health and Fitness Month

Gardening for Wildlife Month

Kentucky Derby May 2

Nurses Week May 6–12

American Indian Day May 9

Mother's Day: U.S. May 10

O. Henry Pun-Off Day May 15

National Polka Festival May 22–24

Memorial Day: U.S. May 25



Upcoming Fun Stuff:

Tie Dye T-Shirts- We will be tie dying T-shirts to wear for a thank you parade for our Health Services Staff!

Wooden Initial Cross Decorating Part 1 & 2: Amy Fitch has donated wooden crosses with your last initial come design one to hang in your room!

Noodle Ball- A different way to keep active and exercise!

Poppy Art- Easy Craft to celebrate Armed Forces Day

May Town Election has been moved to Tuesday May 19, 2020. If you would like to vote please inform a member of activities, absentee ballot requests due by 5/12.

Volunteer Spotlight

Dogwood Village would like to recognize Kailey Grannan for her contributions to the facility. Kailey is a senior at Orange County High School and has been accepted to Gallaudet University for the deaf and hard of hearing. Kailey loves to participate in theatrical performances and has been in numerous plays performed at the High School over the past 3 years.

She also enjoys caring for children, reading and working on puzzles. Kailey plans to pursue a degree in American Sign Language and become an elementary school teacher. Kailey is pictured with resident Peggy Woodward as she enjoys an activity.

Staff Spotlight

Miss Hailey Davis has spent her life thus far here in Orange County. She has enjoyed growing up in a quiet, rural community and used to spend quite a bit of time at the lake or riding dirt bikes. Hailey is a very bright student who attends Orange County High School and is a member of a number of groups including SCA, DECA, and Governor's School. After high school Hailey plans to further her education and becoming a child psychologist. She began her journey as part of the Dogwood family as a volunteer and has

worked as an activity assistant in Senior Living since January. Hailey enjoys the relationships she has built with the residents and simply being around them. In her spare time Hailey can be found drawing, painting, or baking. She also collects crazy socks and vintage records. Three words that best describe Hailey would be quiet, smart and creative.



Prayer Requests

1st Floor:

Peggy Butterworth- Health
Barbara Grasty- Health
Family of Mabel Denny- Grief

2nd Floor:

Barbara Hutchinson- Health
Health of Niece, Brother and Brother-In-Law
Family of Jay Marshall- Grief
Family of Ruth Gordon- Grief
Family of Renate Ruzich- Grief

3rd Floor:

Sarah Crigler- Health
Cora Smith- Niece
Claudia Chisholm- Health
Helen Herndon- Health

Volunteer:

Roberta Jalbert- Master Naturalist
Garden Volunteer- Health
Janet Ryder- Health

Staff:

Brenda Hutchinson-
Volunteer Coordinator- Health
Pat Davis- Receptionist-
Health of Daughter

Other:

People that have been affected by the Coronavirus Mothers, Grandmothers and mother figures!

Life of Renate Ruzich

Renate Ruzich was born in East Prussia, Germany and spent her entire youth there on a magnificent estate that had been in her family for hundreds of years. She attended school and learned multiple languages beginning in 5th grade but she was always more passionate about horses than anything else in her life. When she was 18 years old, near the end of World War II, she and her family fled to west from her homeplace to escape the Soviet army. Renate managed to survive the perilous journey and met an American man named, Rudolph "Rudy" Ruzich whom she fell madly in love with and married. Rudy was a sailor in the United States Navy stationed in Berlin when the two met, and when the war ended, they began life together in the United States. Renate was shocked at how different life was in the US compared to the traditional ways back in Germany. Her husband Rudy was career military which allowed Renate not only to see different parts of the country but allowed the pair to travel all over the world along with their son, Peter. At different times, the family was stationed in China and Turkey.

In spite of moving half-way across the world to the United States, Renate brought her love for horses with her and went on to judge some of the most prestigious dressage competitions around the country. She used to compete until a riding accident in 1968 which left her with a broken back and the fear of being unable to walk again. Renate with her fighting spirit, not only began walking again but also went on to ride horses, though she was never able to ride in competition again. Renate then turned her focus to teaching young and promising riders the art of dressage. When her husband retired, the couple purchased a large farm and enjoyed time with their horses. During these years she decided she would write a book about her journey during the war and how her life became what it is. After successfully publishing her first book, "Jumping Off the Devil's Shovel" she later released "Be Curious". In her spare time, she loved riding horses, gardening and painting. Renate has lived a life most could not imagine and enjoyed sharing the moments from her life with others.

