



## WELCOME

Eve Rittenhouse came to live at Dogwood Senior Living in March of 2024. She was born in Charlottesville VA, She has lived in Washington DC and recently in Madison County VA. She graduated from Nelson County High School. She retired from UVA working in nursing services. She shared she married a good man; they have 4 beautiful children. One of her greatest accomplishments in life was sharing her talent of playing piano and organ for others to enjoy the sound of music. Her hobbies are bingo, music, viewing old movies and spending time with family. Let's give her a warm welcome!



## SPRING FEVER BINGO

- 4/4 Bingo W/Ellen
- 4/7 Bingo W/Chelesa
- 4/11 Bingo W/Activites
- 4/14 Bingo W/Ellen
- 4/18 Bingo W/Ellen
- 4/21 Bingo W/Chelesa
- 4/25 Bingo W/Chelesa
- 4/28 Bingo W/Chelesa



## April Outings:

- 4/3 Shopping: Ollies
- 4/5 Leisure Ride: Out Bache Ice Cream
- 4/10 Lunch: Tavern on the James
- 4/12 Leisure Ride
- 4/17 Lunch: Vinny's
- 4/19 Leisure Ride: Knakal's Bakery
- 4/24 Leisure Ride

~You must sign up with activity staff members 48 hours prior to the trip.~

## HAPPY BIRTHDAY



- 4/3 Ruth Stevens
- 4/25 Richard Butterworth

## NATIONAL VOLUNTEER WEEK

April 21<sup>st</sup>-27<sup>th</sup>, 2024

- ❖ Volunteers are Special! We sometimes take them for granted in the rush of all we do and forget to say thank you! We'd like to say special thanks to volunteers like you!
- ❖ Let's take time to thank our Volunteers who make the lives of our residents brighter by giving their time so freely.



## Celebrating April

Lawn and Garden Month

Humor Month

Welding Month

Laugh at Work Week

April 1-7

National Volunteer Week

April 21-27

Peanut Butter and Jelly Day

April 2

World Rat Day

April 4

Teflon Day

April 6

National Gardening Day

April 14

Take a Wild Guess Day

April 15

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

## Tartan Tales

Scottish American Heritage Month is a time to don kilts, hum to the tunes of bagpipes, and celebrate the rich tapestry woven by Scottish immigrants in the fabric of American history. Rewind to the 17th and 18th centuries, and picture the adventurous Scots sailing across the Atlantic to the promising landscapes of Canada and the United States. They sought refuge from religious persecution, economic hardships, and land scarcity. Political unrest, coupled with the promise of religious freedom and better prospects, were incentives for many Scots to pursue a fresh start in the New World.

The spirited settlers didn't just plant their flags; they wove their culture into the fabric of their new homes. From Nova Scotia to North Carolina, they created communities that echoed the hills of Scotland. They didn't leave behind their love for haggis or the skirl of bagpipes; they infused these traditions into the heartbeat of American culture.

Fast forward to today, and you'll find echoes of Scottish influence in the very fiber of America. From the lilt of folk tunes to the thunder of athletes at Highland Games, their legacy lives on. The haunting, soulful whine of the bagpipes and the swirl of the tartans evoke a sense of kinship, reminding us of the indelible mark left by these pioneers.

Scottish American Heritage Month isn't just a nod to history; it's a celebration of resilience, tradition, and the merging of cultures. From their stories of fortitude to their rich cultural contributions, their legacy transcends time, resonating in the essence of the American spirit. This April, don your tartan, strike up the bagpipes, and celebrate the remarkable journey and enduring impact of the Scottish Americans who made this land their own. Raise a dram of whisky (or your favorite beverage) to salute the spirited Scots who helped shape America. Cheers to a heritage as rich and diverse as the Scottish landscape itself!

### NATIONAL ADMINISTRATIVE PROFESSIONAL DAY April 24<sup>th</sup> , 2024

Dogwood Senior Living would like to give a huge shoutout to Gwen Maupin. The lady who is willing to assist residents, staff, and families every day with a bright cheerful smile. This wonderful lady has been a part of the Dogwood family for over 15 years. Her dedication never goes unnoticed. She is a real jewel, and we are blessed to have her as a part of our team in Senior Living.



The card and cup game was a huge hit for John Ryder!

Our Potato Bar was a huge success! Thanks to all who supported this event. The staff, residents and families are much appreciated.



### APRIL EVENTS

- 4/2 Peanut Butter & Jelly Social
- 4/3 Blue Birds of Happiness
- 4/3 Music W/ Kevin Salyer
- 4/4 Bingo Balls
- 4/5 Music W/Billy Caldwell
- 4/12 Grill Cheese Social
- 4/15 McDonalds Celebration
- 4/17 Blue Birds of Happiness
- 4/18 Nashville Standard
- 4/19 Bollywood Fitness
- 4/22 Nails W/Heather
- 4/22 Wine & Cheese
- 4/24 Wine & Design
- 4/26 Hymn Sing W/Trish



**“National Wear Your Pajama’s to Work”**  
4/16 All residents and staff are encouraged to wear PJ’s all day. Activities will have a pancake breakfast in the activity room from 7:30 AM to 8:30 AM. Staff and residents must sign up to attend. .



**National Hairstylist Day April 25<sup>th</sup>**  
Thanks to you both for your wonderful job!



### COME JOIN THE SPRING WALKERS!

Every Monday in April the spring walkers will meet in the lobby for a 30 minute walk. This activity will be rain or shine.

#### BENEFITS OF EXERCISE:

- ❖ Exercise controls weight
- ❖ Exercise combats health condrtions
- ❖ Exercise improves mood
- ❖ Exercise boost energy
- ❖ Exercise promotes better sleep
- ❖ Exercise can be socia; and fun



**Big smiles as residents enjoyed the homemade delicious donut smore!**



### TACO SALAD BAR



Place your name on the list with any activity staff member. On 4/18 from 11AM to 12:30 PM to pick up your salad in the activity room. The cost is \$8.00 per person. We will have ground beef, lettuce, tomatoes, salsa, sour cream, cheese, onion, and tortilla chips/Doritos. This is open to residents, staff, family, and visitors.

### WELCOME

**Jean Scott is a native of Culpeper County Virginia. She has 3 beautiful children. She graduated from WNL High School in Arlington, Virginia. Her last occupation was working for the US postal service. Her life time hobby was horseback riding on her farm. She enjoys attending church and spending time with family. She shared with us her greatest accomplishment was purchasing her property and then protecting it from development. Stop by and meet Jean.**

