

Birthdays:

Residents-

Sibyl Johnson-
11/20

Frances Reamy-
11/27

Staff-

Sydnee Jenkins
11/3

Kourtney Monroe
11/29



Notable Quotable

“I couldn’t wait for success, so I went ahead without it.”

~ Jonathan Winters, comedian



Wear a mask to keep those near you safe.



Together we can protect our community.

Difference between the Flu and Covid-19

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it.

The virus is thought to spread mainly from person-to-person.

- ✿ Between people who are in close contact with one another (within about 6 feet).
- ✿ Through respiratory droplets produced when an infected person coughs, sneezes or talks.

- ✿ These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- ✿ Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Cover your mouth and nose with a mask when around others

- ✿ You could spread COVID-19 to others even if you do not feel sick.
- ✿ The mask is meant to protect other people in case you are infected.
- ✿ Everyone should wear a mask in public settings and when around people
- ✿ Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Symptoms may appear 2-14 days after exposure to the virus. If you are not feeling well or have any of the symptoms, please let your Health Services Staff know immediately.

People with these symptoms may have COVID-19:

- ✿ Fever or chills
- ✿ Cough
- ✿ Shortness of breath or difficulty breathing
- ✿ Fatigue
- ✿ Muscle or body aches
- ✿ Headache
- ✿ New loss of taste or smell
- ✿ Sore throat
- ✿ Congestion or runny nose
- ✿ Nausea or vomiting
- ✿ Diarrhea

Information from the Centers for Disease and Control Prevention

Dogwood Dispatch

November 2020

Issue:110



Celebrating November

Native American Heritage Month

Adopt a Turkey Month

Polar Bear Week
November 1-7

Cliché Day
November 3

Veterans Day: U.S.
November 11

Rock Your Mocs Day
November 15

International Men’s Day
November 19

Thanksgiving: U.S.
November 26

Square Dancing Day
November 29



Dogwood Village
of Orange County
Senior Living
120 Dogwood Lane
Orange, VA 22960
(540)-672-1830

In and Around Senior Living...

Activities Department:

- ✿ If you have something special, you want for Christmas please let the staff know ASAP.
- ✿ Please encourage your family members to send a picture to the activity department to be displayed on our Christmas Tree.

Maintenance:

- ✿ Only metal or fire rated decorations can be used on apartment doors. Please do not place decorations in the hallways. If you have any questions, please see a member of the Maintenance Department.

Dining Services:

Thanksgiving Day Luncheon consist of:

- ✿ Turkey with dark meat
- ✿ Ham
- ✿ Green beans
- ✿ Deviled Eggs
- ✿ Mashed Potatoes and Gravy
- ✿ Yams
- ✿ Cranberry Sauce
- ✿ Dinner Rolls
- ✿ Assorted Pies for Dessert.



Inside, Porch and Window Visits.

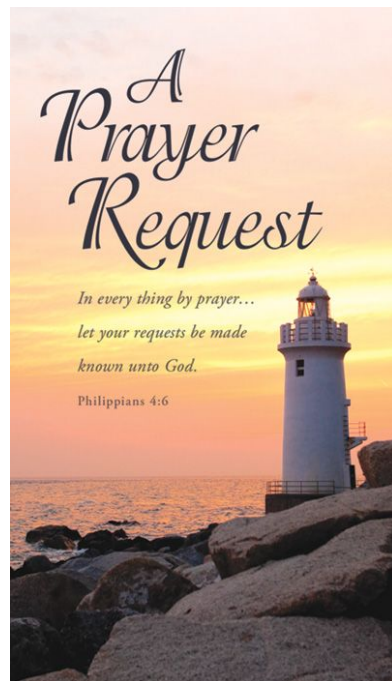
Inside visits can continued to be booked at this time with the Receptionist for:
Tuesday/Thursday: 9a-11a;
1:30p-3:30p
Wednesday/Friday: 6:30p-8:00p

Porch Visits can be booked with Ashley Gore, Director of Activities. Porch visits are when it is convenient for staff to assist with them. When it becomes to

cold to have porch visits, they will stop and strictly window visit on the first floor by 108 will continue.

If you would like a window visit you will need to make sure you have a cell phone to be able to call and talk with your loved one.

Facetime/ Duo Visits can also be booked with the Activities Department.



Community Thanks!

A huge thank you to the Orange Community, families, volunteers, and friends of Dogwood Village. We know how hard this pandemic has been on everyone and we just wanted to take a moment to say a huge thank you for your continued support during this difficult time! Dogwood Village continues to be Covid-19 free and our staff is going at great lengths to continue to keep our residents safe!

Thank you to everyone who has donated to our staff and residents whether it be for an activity, facemask or to assist with staff morale everything has been greatly appreciated!

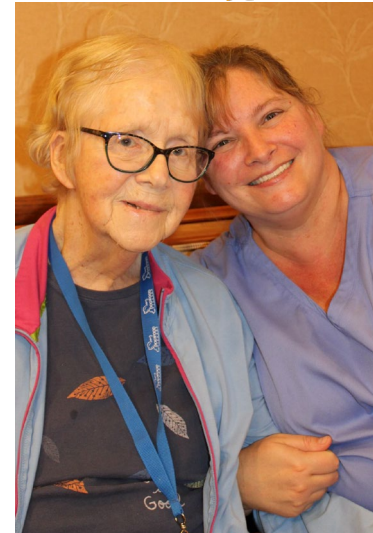
Happy Veterans Day

- Glynn Coleman-
Air Force
- Len Deeds- Navy
- Luther Dofflemoyer- Army
Reserve
- Don Detwiler- Navy
- Dr. Matt Graves-
Air Force
- Rod Knighton- Army
- Doris Smith- Navy
- Zeke Tomlinson- Army
- Fred Wease- Army

Prayer Request

- 1st Floor:**
Frances Reamy- Health
Don Detwiler- Health
Family of Barbara Bartley-
Grief
- 2nd Floor:**
Barbara Hutchinson- 3
Siblings- Health
Pat Faulconer- Health
Phil Brown- Health
- 3rd Floor:**
Frances Purcell- Health

- 3rd Floor Continued:**
Liz Holley-Goodwin-Health
- Staff:**
Brenda Hutchinson-
Volunteer Coordinator-
Grief of Father
Pat Davis- Receptionist-
Health of Daughter
Heather Jenkins-
Housekeeping- Health
Doris McLeman-
Housekeeper Health of
Mother



Resident Spotlight- Mary McBride

Our neighbor, Mrs. Mary McBride was born and raised in Holderness, New Hampshire where she grew up with her parents, 2 brothers and 3 sisters. Her father worked in the logging business and the family moved often to follow his work. After graduating from the University of New Hampshire with a Bachelor's Degree in biology Mary left the New England region and headed towards the mid-Atlantic taking a job in Maryland as a Personnel Officer for the Social Security Administration. While working for the Social Security Administration of Baltimore, Mary met and fell in love with her husband,

Don Sr who served as the Bureau Director for the Field Organization until his retirement. The couple raised two boys together, Kuno and Donald Jr. during a loving 37-year marriage before Don Sr.'s passing. Prior to delving into retired life here at Dogwood Village Senior Living Mary could be found busying her time gardening and advocating for environmental protection. Mary expressed her greatest accomplishment in life being, despite coming from humble beginnings she is proud of the things she's been able to accomplish and the service she has dedicated to bettering the lives of others.

Staff Spotlight- Tammy McGarry

Our friend Tammy McGarry was born in Charlottesville, Virginia but grew up in Culpeper County along with her five sisters. She attended Culpeper High School and began working in various careers until she found her niche in nursing. Her husband John works as a Sales Representative for Cintas in Culpeper. The couple recently purchased their forever home. Tammy and her husband share five children named, Ray, Miranda, Angela, Monica, and Christopher. Along with three grandchildren named, Alaina, Treyson and Aiden. Tammy has been a diligent member of

the night shift here at Dogwood Village for 12 years until recently transitioning to the dayshift. Caring for the residents gives Tammy a sense of fulfillment she had not been able to find until joining the healthcare field. In her spare time Tammy can be found spending time with her grandchildren or planning family cruises. If there is one bit of information Tammy could share with a new Dogwood employee it would be, "Take pride in your work and make sure when you go home at the end of the day you gave 100% and can go home with a clear conscious."