

Birthdays:

Residents-

Herbert Breeden 4/2
Phil Brown 4/2
Ruth Stevens 4/3
Helen Herndon 4/16
Glynn Coleman 4/19
Thelma Oliver 4/21
Dick Butterworth 4/25

Employees-

Heather Jenkins 4/9
Melissa Mullins 4/9
Linda Tyler 4/12
Melissa Seale 4/14
Michelle Litton 4/20
Kirstyn Wentling 4/21
Carson Yager 4/25



Notable Quotable

“I think the reason I was successful is that I was never cynical.”

~ Carol Burnett, comedienne



Special Events and Outings for April:

Events:

4/2 Phil's 100th Birthday Party **CR**
4/2 Country Music with Gina **CR**
4/4 Bluebird Presentation **CR**
4/6 Birthday Party for Residents **CR**
4/10 Hearing Aid Checks and Ear Cleaning with Dr. Koch **S**
4/11 Nashville Standard **ML**
4/17 Afternoon Social **ML**
4/18 Kevin Sings the Classics **CR**
4/20 Gryme's Grandfriend Visit **CR**
4/25 Meeting with Administration **DR**
4/26 Ronnie Williams and the

Carter Family Sound with Lorrie Carter Bennett (June Carter Cash's Niece) **CR**
4/28 Denim and Lace **CR**

Outings:

4/11 Visiting the new Brightside Childcare Center
4/18 Dollar Tree Trip
4/19 Forked on Main Lunch
4/20 Med Spa Trip
4/26 Yoder's Market
4/28 Aging Together Senior Prom In Culpeper

New and Fun Activities!

Tissue Paper Tree Art- Easy expressive craft.

Classical Tunes with Don Gerhart- Come enjoy some classical and religious pieces by a gentleman from Madison.

It Happened in 1918- Come see it is a "Surprise"

Mini Pineapple Upside Down Cakes- Easy Cooking Project.

Volunteer Gift Assembly- Quick easy project to show our volunteers we appreciate them.

Health Question- Are you drinking enough water?

Health Benefits:

Most people take drinking water for granted, but keeping hydrated has a huge impact on overall health.

1. Why do we need to drink water?

To function properly, all the cells and organs of the body need water. It lubricates joint, protects the spinal cord and sensitive tissues, regulates body temperature and assists the passage of food through the intestines.

2. How much water should we drink?

At least 8 glasses at 8 ounces each is necessary.

Planning Your Future with Healthcare Choices- Evelyn Bufton and Jack Maus Attorneys will be discussing Advance Directives.

Flower Planting in Planters- Come plant a few popular flowers to celebrate Earth Day on April 22nd.

Planting-A-Tree Ceremony- Come help with the planting of a small tree in the Healing Garden for Arbor Day.

Gardening with the Old Rag Master Naturalist- Come pick your garden spot and discuss planting on this day.

3. How does not drinking enough water effect the body?

- ☀ Drinking plenty of water is one of the simplest ways to reduce the risks of UTIs and Kidney stones.
- ☀ Blood is more than 90% water and without water blood thickens and increases your blood pressure increasing risks of heart attacks and strokes.
- ☀ When dehydrated, airways are restricted by the body to minimize water loss, potentially making asthma or allergies worse.

Dogwood Dispatch

April 2018

Issue: 79



Celebrating April

Jazz Appreciation Month

Physical Wellness Month

Easter April 1

World Party Day April 3

Barbershop Quartet Day April 11

National Coin Week April 15-21

Earth Day April 22

Richter Scale Day April 26



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

In and Around Senior Living...

Activities-

- ☀ If you start or stop your newspaper subscription please let an activity staff member know immediately so our paper list can be updated.

Resident Services-

- ☀ There are many phone scams going on right now. If you are receiving a phone call and do not know the number please do not pick up. If you do answer and someone is asking personal information please do not give them anything and hang up. Report anything suspicious to Annette in Resident Services.

Health Services-

- ☀ Please welcome Jessica Tyler, CNA- Flyer to the Health Services Department

Dining Services-

- ☀ Easter menu will include: shrimp cocktail, carved prime rib, glazed ham, mashed potatoes, green beans, deviled eggs, dinner roll and assorted spring cakes.

Miscellaneous-

- ☀ The Carpet in the Main Dining Room will be replaced starting April 10th and hopefully finishing by April 14th.
- ☀ The Main Dining Room will be closed at this time.
- ☀ **All Meals** will be served in the Community Room on the 1st floor during these days.
- ☀ Please pay close attention to your activity calendar as the rooms you typically use may be different.

“Volunteers are the heart of our team”

National Volunteer Week scheduled for April 15th-21st gives an opportunity for staff, family members and residents of Dogwood Village to salute our volunteers for their many hours of faithful service, outstanding contributions, and for making a positive difference in our community and the lives of the residents. They spread cheer, smiles and comfort to all of us!

Our volunteers are representative of the strong bond, which has always existed between our facility and the community it serves. Community support is crucial. Without the presence of our volunteers and the support of the community, it would be impossible to provide the many caring

touches that give our facility a true sense of home – “Best place to live, best place to heal”. **Volunteers are the heart of our team!**

We sincerely thank you volunteers for the difference you make every day! Thank you for your compassionate, upbeat and thoughtful efforts. Giving time.....touching hearts.

Please join our make-a-difference team and make a difference in your life, your community, and the life of some very special people. As quoted by Helen Keller – “Alone we can do so little, Together we can do so much!”



Guiding Light

WHAT IS EASTER

Easter bunnies and Jelly Beans, Chocolate Rabbits and all these things, Brand New Clothes, Shoes, and Hats, Easter Parades, That's where It's at! Where did it start, Where will it end?

Things of pleasure, Nothing wrong with that! Whom are we pleasing? Ourselves we might say, Jesus arose from the grave on this day!

He died on the Cross to take our sins away, Please don't leave Jesus out, He is our friend and loves us so, He wants to lead us the way we should go.

While little ones are tender, Teach them thy ways, Planting the seeds, For future days.

Learning to trust in the power upon high, A place where God and Jesus are nigh, God the Father, Jesus the Son, The holy spirit, the three in one.

Teach them to pray to God every day, Teach them to read God's Holy Word, Teach them *What Easter is All About!*

Author: Mildred J. Ransom



Phil Brown: 100 Years Young

What is the secret to your longevity and good health?

Well it runs in the family, one grandmother was 93 and the other was 103. I also walked and exercised every day!

You have made many friendships throughout your life, what does friendship mean to you?

My friends make my life worth living. I don't know what I would do without them.

What is your best advice to younger generations?

I would tell them to slow down a little bit! Try not to do more than you can handle at once.

What are the most important values in your life?

Faith and Hope. Asking God for help when you need it.

What do you do to stay young?

I participate in as many activities as I can and exercise whenever they have it.

What do you do when you become stressed?

I hardly ever get stressed. Life is too short to be stressed.

Do you have any regrets?

Possibly, I haven't lived a perfect life. I would say moving and working in D.C. was a regret. I moved back a month after I got there!

What is the most amazing thing you have done in your lifetime?

I traveled to all 50 states!

How do you feel you have made an impact on people?

I try to be genuine and nice to everyone.

Prayer Request:

1st Floor:

Gabriel Twyman- Health

2nd Floor:

Pat Faulconer- Husband's Health
Glynn Coleman- Health
Barbara Grasty- Granddaughter's Health

3rd Floor:

Betty Glascock and Family- Grief of husband and father
Helen Herndon- Health
Harry and Carlene Saxton- Granddaughter's Health
Harry Saxton- Health

Staff, Volunteers, and Others:

Natesha "Pokie" Mingo- Brother's Health

Volunteer Spotlight- Wanda Jerman

Dogwood Village would like to recognize Wanda Jerman for her contributions to the facility. Wanda was born and raised in Tennessee. She met her husband Ralph and moved to Rhoadesville where she lived for 43 years. The couple moved to the town of Orange about 3 years ago.

Wanda worked as a Certified Nursing Assistant with Culpeper Hospital as well as private individuals. She enjoys spending time with her family, attending church and working in her yard. She is pictured with Sarah Crigler and Doris Washburn as they enjoy a social event.

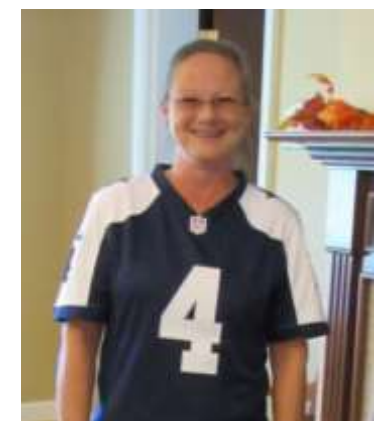
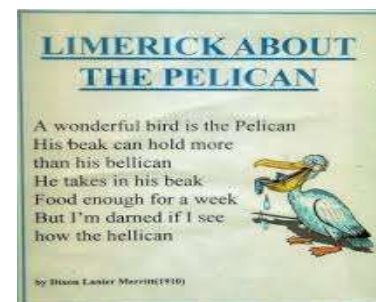


Resident Spotlight

Mrs. Ruth Ecker was born in Nork, New Jersey but was raised and spent the majority of her life in Maplewood, New Jersey. Ruth grew up in Maplewood along with her two sisters. While in school Mrs. Ecker met her wonderful husband whom she spent more years with than can be counted. Together the couple had one daughter named Cynthia and later in life Ruth moved down south to be closer to her. While not working as an Executive Secretary Ruth's passion in life was breeding, showing and judging Collies and Shetland Sheepdogs. One of the things she's most proud of in life was when she was invited to judge dogs at the affluent Albert Payson Terhune Estate in Pumpton Lakes, New Jersey. Ruth enjoys sharing limericks and jokes with staff and resident. The limerick to the left is one she enjoys telling

Employee Spotlight

Ms. Charlie Sluss was born and raised in the city of Alexandria before making the transition to country living. She graduated from T.C. Williams High School and went on to join the workforce. Charlie has one daughter and two grandchildren whom she's very close with and bring much joy to her life. She has worked for Dogwood Village for the last 12 years and works tirelessly as Floor Technician; detailing various rooms and furniture. Charlie's smiling face is one we can always depend on to brighten our days.



IF YOU DON'T HAVE A SMILE, I'LL GIVE YOU ONE OF MINE. - UNKNOWN

