

July Birthdays

Residents:

Betty Coleman 7/4
Jay Marshall 7/18
Pat Faulconer 7/28

Staff:

Samantha McCauley 7/2
Barbara Ezell 7/9
Mark Morriss 7/9
Dee Walton 7/9
Jane Johnson 7/11
Shannon Wallace 7/12
Sarah Anderson 7/13
Rue Gordon 7/13
Chris Weller 7/14
Haley Lucas 7/17
Bobby Painter 7/17
Rob Black 7/23
Georgia Mollan 7/25
Chelsey Partlow 7/26
Kathleen Archer 7/27
Dana Posey 7/28
Linda Grymes 7/29
Doris McLeman 7/31

Special Events and Outings

Events:

July 1- Civil War Presentation CR
July 4- Picnic in the Garden HG
July 7- Birthday Party for July CR
July 8- Chair Massage WR
July 13- Kevin sings the Classics CR
July 18- Hearing Aid Checks CR
July 20- Tunes with Michael Milstead CR
July 25- Pizza Party AR
July 26- Meeting with the Administrator DR
July 29- Denim and Lace CR

Outings:

July 5- Wal-Mart- Locust Grove
July 10- Art Center- Fish Bowl Exhibit
July 11- Free Slurpee Trip
July 12- Dollar Tree
July 14- Lunch at My Avocado
July 19- Yoder's Market
July 21- County Fair Art Viewing
July 21- Terry's Place Consignment 50% off Sale
July 24- Before Supper Cruise

New Activities for July

Red, White and Blue Fruit Skewers: Easy Patriotic treat for Staff and Residents

Aim for the Stars: Beanbag Game with the Boys and Girls Club

Quilt Work Coloring Page: We will be making a colorful patchwork quilt for the Activity Room wall

My Avocado: New restaurant in Orange that serves Mexican type food

Meet the Philippines: Presentation given by Kathleen about her home

Drone Presentation : New technology that will be demonstrated in the Healing Garden

9 Hole Tee Toss: Easy game involving golf tees

Summer Nails with Sarah: Please sign-up to have your nails painted by Sarah.

Summer Grab Bag Auction: Fun game played with Dogwood Dollars to win prizes.

Mason Jar Painting: Come paint a summer scene with Artist Tori, good friend of Mallory

Safety Question: Beat the Heat

How do you know when you are suffering with heat exhaustion?

Answer: You may start to have these signs or symptoms if you stay out in the sun too long.

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat

If you have symptoms of heat exhaustion, it's essential to immediately get out of the heat.

Other recommended strategies include:

- Let a staff member know if you are experiencing any of these symptoms
- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.



Dogwood Dispatch

July 2017
Issue: 70



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

Celebrating July

Blueberries Month

Women's Motorcycle Month

Be Nice to New Jersey Week
July 2-8

Independence Day (U.S.)
July 4

Give Something Away Day
July 15

Scrabble Week
July 22-27

Merry-Go-Round Day
July 25

International Day of Friendship
July 30

In and Around Senior Living...

Activities:

➤ We are in need of your baby pictures! Residents and staff may participate. Please have them to the Activity Department by July 31st.

Admissions/ Resident Services:

➤ Don Schimming will be giving a short presentation on July 18th about Skype. If you or your family would like to learn more about this service please see Annette.

Dining Services:

➤ Please join us for a 4th of July Picnic in the Healing Garden. The Dining Room will also be open for lunch. Menu includes Cheeseburger or pulled pork.

Health Services:

➤ **VERY IMPORTANT Remember: Please do not push other residents in wheelchairs. If another resident needs assistance please ask a staff member to push the wheelchair. This is for your safety and theirs!**



Happy 4th of July to Residents, Staff and Family at Dogwood Village

America the Beautiful:

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee,
And crown thy good with
brotherhood
From sea to shining sea!



Resident Spotlight- Rod Knighton

Roderick "Rod" Knighton was born and raised in Orange, Virginia. He was the youngest of 5 children; Evis, Lyell, Jack, and Janis.

Mr. Knighton served in the United States Army and had the opportunity to travel. He has lived all over the world with some of his most interesting destinations being Japan and Vietnam. Following his tours of duty, he completed an Industrial Engineering degree at Virginia Tech. While stationed at Fort Benning in Georgia, Rod met his wife Betsy at a drive-in restaurant. Rod and Betsy have 5 children: Steven, John Michael, Melinda, Paul, and Jeffrey.

Aside from being a part of a Methodist church, Roderick has a passion for fishing and mechanical work. He enjoyed volunteering at the Orange County Fire Station. According to him, his greatest accomplishment in life was when he married his wife. He is also very proud that his children were able to pursue their education. Furthermore, "working with local individuals [during his travels] and trying to make their lives easier" made him really happy. In other words, he "felt good doing some good."



Staff Spotlight- Hope Donaghy

Hope has been working at Dogwood Village of Orange County for 8 years in the Dining Services Department. She is a cook and caterer. Hope was born at Culpeper Hospital and raised in Orange County. She attended Orange County High School. Keith, her husband, is a Supervisor at American Woodmark. Their child Bradley works for NASCAR on Joe Gibb's Racing Team. Hope and Keith have two grandchildren namely Paisley Mae and Saylee Ann.

This October, They are expecting a grandson: Laken.

During her free time, Hope enjoys crafting and spending time with her grandchildren. According to Hope, the best thing about working at DVOC is that she is able to "interact with people, serve others, and cook."

Volunteer Spotlight- Julie Connelly

Julie Connelly was born in Hot Springs, Arkansas. Her dad owned a family printing and office supply company which his parents opened in 1904. Her parents each had a number of brothers and sisters, allowing her and her sister to spend lots of time with cousins, aunts and uncles who lived nearby. Her mom loved to garden and was busy in the garden club. Julie grew to love nature and developed a curious about botany, zoology and ecology. She graduated from Hendrix College in Conway, Arizona with a Bachelor's degree in Zoology; followed by medical school at the University of Arkansas. Julie lived in Maine and New York while completing her medical education, before moving to Virginia in 1984. She worked for the University of Virginia helping to develop University Physicians in Orange and working in Charlottesville while teaching in the Center for Bioethics and Humanities and retired in 2011. Since then, Julie has been a member of the Virginia Master Naturalists, Old Rag Chapter. Along with other volunteers, Julie helped organize Reconnect with Nature, a project that aims to reconnect residents with nature via gardening, nature presentation, a bluebird trail, and a nature walk in the Healing Garden. This program grew from Julie's interest to bring the joy of nature into Dogwood Village and helping residents reconnect with its mystery and beauty. After several years, the group was awarded the Virginia Group Volunteer Project of the Year by the Virginia Health Care Association.

For years Julie has enjoyed nature photography and often brings programs to the residents that focus on nature in various ways, e.g., Wildflowers of Virginia; Fossils and Tides of the Bay of Fundy. Julie is pictured with resident Jean Davis as they enjoy a nature walk in the Healing Garden.

Prayer Request

- 1st Floor:**
Eliner Clark- Health
Gabe Twyman- Health
John Ellis- Health
- 2nd Floor:**
Barbara Grasty:
Granddaughter's Health
Patricia Faulconer-
Husband's Health
Phil Brown- Niece's health
Judson Gardner- Health

- 3rd Floor:**
Marcia Peacock- Health
Jack Glascock- Health

New Neighbor



Irene Peltzer moved from Fredericksburg. Irene was a hair dresser for many years. She has a son and daughter.

