



**Dogwood Village of
Orange County
Health &
Rehabilitation**
120 Dogwood Lane
Orange, VA 22960
540-672-2611

*Celebrating
February*

**Ground Hogs Day
February 2**

**National Wear
Red Day
February 7**

**Super Bowl
Sunday LIV
February 2**

**Valentine's Day
February 14**

**Presidents Day
February 18**

**Mardi Gras
Strove Tuesday
February 25**



The Village Voice



A publication of Dogwood Village Health and Rehabilitation

F E B R U A R Y 2 0 2 0



The first Friday of February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health. People wear red as a way to bring attention to the problem of heart disease in women. Many women wear red dresses, the identifying symbol for the day. We are encouraging all residents and staff to participate as well on February 7, 2020.



Happy Presidents Day

*"Believe you can and
you're halfway there."*
-Theodore Roosevelt

February 17th President's Day
Apple Pie ala Mode Social

Main Dining Room
2:00-3:00pm



"Laissez Les Bons Temps Rouler"

-Let The Good Times Roll -

**Mardi Gras Social February 25th
2:00-3:00pm**



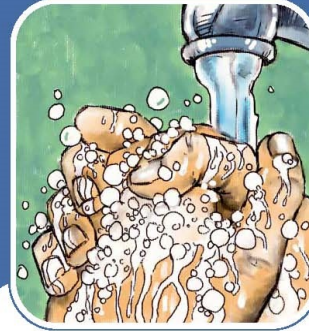
The theme "Sharing Our Wisdom," will celebrate skilled nursing centers, their residents and staff, by showcasing the insight, purpose, and wisdom to be learned from our seniors, those living with dementia, and people with developmental and intellectual disabilities. Residents offer a unique perspective based on their life experiences, reminding us to be present, celebrate the small moments, and value connections. NSNCW 2020 will focus on the collective wisdom that residents can offer and share. We encourage residents, staff, family and community members to share any ideas and suggestions to ensure this year's National Skilled Nursing Care Week is the best one yet!



Tips to help avoid getting sick

- ♥ Avoid close contact with people who are sick.
- ♥ If you do not feel well stay at home
- ♥ Cover your nose and mouth.
- ♥ Avoid touching your eyes, nose or mouth.
- ♥ Practice good health habits.
- ♥ Wash your hands often with soap and water.
- ♥ Please speak to nursing staff if you have any questions or concerns.

Did you wash your hands?



Use soap & water.

Rub hands for 20 seconds.

Rinse.

Dry with paper towel.

Use towel to turn off faucet.

clean
Your health is in your hands



Vote for Valentine King & Queen
February 1– 12, 2019
(ballot box located in main lobby)

Crowning will take place
February 14th during afternoon social
Valentine's Day social

KINDNESS IS
contagious.



Super Bowl LIV

Game will be played at
each nurses station beginning
at 6:30pm



Employee Spotlight

My name is Loretta Holt. I am currently serving in the capacity of interim administrator. I am originally from Fauquier County in Virginia. I graduated from George Mason University in Fairfax, VA with a Bachelor's of Science degree in Nursing. This June will mark my 39th year as a nurse. As a senior in high school, I began my first job in a long term care facility in Warrenton as a nursing assistant. This is where I discovered my calling and passion to become a nurse. I have had many experiences as a nurse such as public health nurse, education coordinator, director of nursing in several facilities and nursing instructor. I came to Dogwood in 2014 as the Director of Compliance and Education. I am married and live in Madison, VA. I have one daughter and currently 3 grand-children, 2 step-grandchildren and another grand child expected in March 2020. One of my most favorite roles is that of being a Nana.



Will The Groundhog See His Shadow?

- ♥ If Punxsutawney Phil sees his shadow, there will be 6 more weeks of winter.
- ♥ He is the most famous groundhog of all. Every year more than 40,000 people gather at Gobbler's Knob in Punxsutawney, PA to see what Phil will predict.
- ♥ Groundhogs are related to the squirrel family. They can climb trees, swim and hibernate all winter.
- ♥ Groundhog Day is the most watched weather forecast of the year in America. It has been celebrated since February 2nd, 1886.



- ♥ Punxsutawney Phil's predictions have a 40-60% accuracy.



Important Dates and INFORMATION

- ♥ **Food for thought Meetings** are held every Monday morning at 9am in the main dining room to discuss menu items.
- ♥ **Monthly Resident Council** meeting will be held February 17, 2020 in the main dining room.

All residents are encouraged to participate

February EVENTS

Sunday School (Sunday morning)
Weekly worship service (Sunday afternoon)
Food for Thought Dining Service Meetings (Monday)
Bingo Games (Mondays & Saturdays)
The Bluebirds of Happiness Sing Along
(Wednesday Mornings)
News Current with Doris Shumate
(Thursday Mornings)
Catholic Mass, St. Isidore The Farmer Church 2-7
Groundhogs Day 2-2
Heart Sun Catcher Craft 2-3
Worship & Song with Archie Seale 2-3
Funnercise with Pokey 2-4
Enriching Heart & Soul with Aaron 2-4
Heart Match Game 2-5
Beaded Heart Craft 2-6
Victory Baptist with Teddy Cave 2-6
National Wear Red Day 2-7
Monthly Birthday Bash 2-7
Free Union Mission Visit 2-8
Valentine Word Scramble 2-10
Music by Davis & Bradley 2-11
Dotted Heart Tree Craft 2-11
Heart BINGO 2-12
Valentine Elvis Performance 2-13
Valentines Day 2-14
Monthly Garden Club Meeting 2-14
Valentines Day Social, Music by Keith Campbell 2-14
Wildon Grove Baptist Church 2-15
Gordonsville Bible Way 2-15
Presidents Day Cherry Pie Social 2-17
Monthly Resident Council Meeting 2-17
Music with Fritz 2-18
4H Clover Bud Visit 2-18
Woman's Community BINGO 2-18
Presidential Jeopardy 2-19
Music by The Way Worn Travelers 2-20
Afternoon Social 2-21
City of Refuge Bible Baptist Church 2-22
Music by Nashville Standard (Adam) 2-24
Mardi Gras (Fat Tuesday) Social 2-25
Ash Wednesday 2-26
String Art Craft 2-26
Rhoadesville Baptist Kids Hope 2-26
Music of Yesteryear with Bob 2-27
Afternoon Social & Chain Reaction Game 2-28
Dana's Farewell Celebration 2-29

HAPPY ★ BIRTHDAY

February Birthdays

Sheila Tanner 2-5

Hattie Moore 2-6

Mary Lillard 2-10

Helen White 2-10

Ronald Derby 2-15

Elaine Crouch 2-17

Mary Jane Spiers 2-20



To view our monthly newsletter online go to
www.dogwoodvillageocva.org

We 
Feedback!

Dogwood Village staff constantly strive to meet your needs while offering care with compassion. With this said, we want you to share with your caregivers anything that we can improve upon at any time. We will follow-up as soon as possible, Thank you for your feedback.

Be Sure to check the daily activity calendars posted on each unit, Activities are subject to change