Page 4

Birthdays:

Residents:
Mabel Denny 2/10
Jeanne Davis 2/15
Jinnie Mason 2/18
Renate Ruzich 2/20
Sarah Crigler 2/22
Bud Kidwell 2/29

Staff:

Mallory Greene: 2/10 Leila Bell 2/11 Tabitha Harris 2/11 Jessica Robinson 2/12 Hope Donaghy 2/16 John Mollan 2/17

Notable Quotable

"I have not failed. I've just found 10,000 ways that won't work."

- Thomas Edison, inventor







Special Events and Outings for February

Events:

2/2 Birthday Party CR2/3 Nancy Napier's Civil War Presentation CR2/4 Super Bowl Party CR

2/6 Country Music with Gina **CR**

2/8 Glam Assistance and Sweetheart Ball Fac./ CR

2/13 Mardi Gras Celebration CR

2/14 Cupid Floats CR

2/19 Adventures in Nature with Julie Connelly **CR**

2/20 Afternoon Social ML

2/21 Kevin Sings the Classics CR

2/23 Gryme's Grandfriend Visits CR

2/24 Denim and Lace DR

2/24 Sarah Crigler's 90th Birthday Celebration **CR**

2/28 Meeting with the Administrator **DR**

Outings:

2/1 Dollar Tree2/5 Before Supper Cruise2/9 Med Spa2/23 Let's Ride

Fun and New Activities!

Sweetheart Ball Pin Making: Come make creative broches to be given out to the guest during the ball.

Favor Creations: These are going to be a "sweet" parting gift given to guest when they leave the ball.

MOP Visits with Valentine's Cards: The Mother of Preschoolers will be visiting and handing out homemade cards.

Mardi Gras Party- Come enjoy Kings Cake. You might even get lucky and catch the baby for good luck!

Cupid Floats: We will be celebrating Valentine's Day by making festive floats.

Olympic Exercises- Celebrate the Winter Olympics by doing some spirited exercising.

Let's Make/ Let's Eat Wonderfully Whipped Cherry Pie- Come celebrate national cherry pie month by making an easy recipe then taste testing the next day!

Beaded Picture Frames: An easy craft project to hold a memorable picture.

Getting Heart Healthy One Step at a Time

By focusing on seven key health factors and behaviors – what the American Heart Association calls Life's Simple 7[®] – you can keep your heart healthy, lower your risks of heart disease and stroke, and improve your quality of life.

Life's Simple 7 focuses on the seven factors and behaviors that have the biggest impact on your heart health, both on their own and taken together.

Making positive changes in any one of these areas can make a difference in your health

They are:

- Lose weight/maintain healthy weight
- Eat better
- Get active
- Manage blood pressure
- Reduce blood sugar
- Stop smoking
- Control cholesterol

Friday, February 2nd Dogwood Village is asking that you wear red for heart disease awareness!

Representative Aimee Carter from the American Heart Association will be at Dogwood Village Senior Living February 22nd to discuss more ways to take care of your heart!

Dogwood Dispatch

February 2018 Issue: 77



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

Celebrating February

Library Lovers Month

Bird-Feeding Month

Groundhog Day *February 2*

XXIII Winter Olympics

February 9–25

Valentine's Day February 14

Chinese New Year (Year of the Dog) February 16

Curling Is Cool
Day
February 23

International Sword Swallowers Day

February 24

In and Around Senior Living ...

Activities:

- Please pay close attention to the February calendar. Since times have changed for meals this means some activity times have changed also. Daily word will be held at 9am; Bingo on Mondays and Saturdays will be at 10am; and Exercise will now begin at 10:15am beginning Monday, February 5th
- If you are interested in having a garden spot in the raised beds this year please let an activity staff member know.

Resident Services:

Please have your family members update their email and personal contact information with Annette Putman.

Sweetheart Ball

Join us for our annual event with The Sentimental Journey Orchestra

Thursday, February 8th 6:30-8:30 PM
Outside guests please RSVP by 2/5/18 to 540-672-1830

Come in Festive Attire to Dance Relax with Wine & Hors d'oeuvres Enjoy the evening at Dogwood Village Senior Living in the Community Room Co-Hosted by Legacy Hospice

Health Services:

- Please remind your loved ones to not visit if they are under the weather.
- Washing your hands is the best method of keeping the germs away!
- You may use hand sanitizer but only when your hands are not obviously soiled. The most effective way of killing germs is by using soap and water.

Dining Services:

Please join us for a buffet for Valentine's Day during lunch time. If you plan on having guest please let the receptionist know! Menu items will include Prime Rib













New Meal Schedule:

Please note that meal times have changed.

All meals will be as follows:

Coffee and Danishes 6am-7:30am

Breakfast: 7:15am-8:45am

Lunch 11:15am- 12:45pm

Dinner 5:15pm- 6:45pm

The new times will go into effect on Monday, February 5th.

Reminders:

Please remind your family members/visitors to stop at the front desk to sign in and take visitor's badges before visiting.

Request:

If you have a family member or visitor that is bringing a pet to visit on a regular basis we ask they provide us with shot records for their animal. Records can be given to the receptionist. Please see Ashley in Activities if you have any questions.



Please Welcome: Mr. Herbert Breeden



Traditions and Transformation: Gourd Instruments through Time:

Come enjoy a special performance and education by Dena Jennings on Sunday, February 25th at 2pm in the Community Room



Prayer Request:

1st Floor:

Gabriel Twyman- Health

2nd Floor:

Dolly Jones- Health
Pat Faulconer-Husband's Health
Phil Brown- Health
Jeanne Davis- Health
Barbara GrastyGranddaughter's Health

3rd Floor:

Betty Glascock- Health Harry and Carlene Saxton-Granddaughter's Health

Staff, Volunteers, and Ect:

Ashely Gore- Grandfather's Health Pat Davis- Sister's Health Family and Friends of Alice Jacobs-Grief



Volunteer Spotlight- G.W. Plumb

Dogwood Village would like to recognize G.W Plumb for his contributions to our facility. He was born in Charlottesville, VA and raised in Orange County. He attended Orange Co Nursing Home Childcare as a child where he got his first taste for volunteering with residents. He graduated from Orange County High School with honors and despite his disability with muscular dystrophy he has always been active in FFA and 4-H. GW is well known throughout our town; he worked at Falconer's Hardware for close to fifteen years and has always enjoyed helping others. GW enjoys spending time with our residents and cheering up residents as well as staff.





Resident Spotlight:

Mrs. Mary Stephen is a native of Madison County but has resided in Orange County since she was twelve years old. Mary is the youngest of 11 children and left school after the 8th grade to go to work at the American Silk Mill where she met her husband Wade. Later on Wade moved on from the Silk Mill and opened a jewelry store in which Mary came to work. When Mary wasn't making a home for her husband and two children she served as Den Mother for the Cub Scouts as well as hosted monthly meetings of the Homemakers Club. Mrs. Stephen is most proud of her homemaking abilities and her money saving skills.

Staff Spotlight:

Jane Johnson has been employed in Dining Services at Dogwood Village for almost 20 years! You probably see her working hard during breakfast and lunch to ensure all of the residents get their desired meal in an exceptionally timely fashion. The favorite part of her job is getting to know the residents and interacting with them on a daily basis. Jane was born in Charlottesville and raised in Orange County, where she still resides today. She has four children and eight grandchildren who she loves dearly. When she's not busy at work, Jane is usually shopping, listening to music, or spending time with her grandkids.