

Birthdays:

Residents-

Jeanne Davis- 2/15

Staff-

Christina Kordonis 2/2

Hope Donaghy 2/16

John Mollan 2/17



Notable Quotable

“There is a shade of red for every woman.”

~ Audrey Hepburn, actress and humanitarian

Take Care of Your Heart

New Activities for February

Birthday Hat Heart Trees- Easy Craft to display for Valentine’s Day

Candy Dice Game- Game using dice and conversation candy hearts, similar to penny ante.

Valentine’s Day Flag Craft- A collage of foam valentine’s figures that will create a flag you can display in your room.

Fabric Cutting Board- Easy project that you could use as a gift or display in your room.

Winter Olympics- Fun way to watch and celebrate the Olympic Games!

Saltshaker Snowman- Creative craft that involves painting and decorating a saltshaker to look like a snowman

Past President Picture Bingo- In honor of President’s Day on February 21st. Come see how many presidents you can remember

Paper Quilt for Black History Month- Will be Displayed at the Arts Center in Orange- This is an easy craft project called quilt codes. These were put on houses to alert Harriet Tubman and allies to know where safe houses were to escape slavery.

American Heart Health Month

With Valentine’s Day just around the corner, many view February as the month of love, but it is also American Heart Health Month. Heart disease is the leading killer of Americans, taking the lives of 2,200 people each day. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80 percent of cardiovascular diseases may be preventable with the help of education and action. Simple lifestyle changes can make a big impact when it comes to heart health.

Show your heart some love with these 10 tips.

- ♥ Quit Smoking
- ♥ Keep track of your blood pressure and cholesterol
- ♥ Be screened for diabetes
- ♥ Stay active
- ♥ Build muscle
- ♥ Eat Smart
- ♥ Limit Junk Food
- ♥ Minimize Stress
- ♥ Get plenty of rest
- ♥ Smile!!! ☺



Friday, February 4th is National Wear Red Day. We invite residents, staff, family, and friends to wear red to raise awareness about heart disease.



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Dogwood Dispatch

Dogwood Village of Orange County

Senior Living

120 Dogwood Lane

Orange, VA 22960

(540)-672-1830



Celebrating February

Worldwide Renaissance of the Heart Month

Black History Month

Chinese New Year: Year of the Tiger
February 1

Groundhog Day
February 2

Winter Olympics Begin
February 4

Read in the Bathtub Day
February 9

Valentine’s Day
February 14

Presidents’ Day (U.S.)
February 21

Tooth Fairy Day
February 28

In and Around Senior Living...

Activities-

- ♥ Just a friendly reminder- group activities are subject to change based on inclement weather and status of illness in the building. Thank you for your patience.

Admissions/ Resident Services-

- ♥ Please make sure we have your updated information for your emergency contacts. If anything has changed such as phone number, address or email please let us know.

Dining Services-

- ♥ Please come to the Dining Discussion Meeting scheduled February 7th and

21st. We will be discussing the Valentine’s Day menu at the February 7th meeting.

Health Services-

- ♥ A friendly reminder to friends and family to please not visit if you are ill or have been around someone positive with Covid-19 in the last 14 days.

Maintenance-

- ♥ Please welcome Jeremy Woodward to the Maintenance team!



Events and Outings for February

Events:

- 2/1 Chinese New Year **AR**
- 2/4 February Birthday Celebration **CR**
- 2/5 Piano Concert Music with Theresa Klopp **CR**
- 2/13 Super Bowl Viewing Party **CR**
- 2/14 Valentine’s Day Celebration **CR**
- 2/15 Afternoon Social **CR**
- 2/18 Winter Olympics Gathering **AR**

- 2/22 National Strawberry Margarita Day **AR**
- 2/22 Dog Treat Making for Animal Shelter **AR**

Outings:

- 2/2 Leisure Ride
- 2/9 Leisure Ride
- 2/16 Leisure Ride
- 2/16 Med-Spa (Manicures-\$15)
- 2/23 Leisure Ride
- 2/24 Champion Icehouse (Cost of Meal)



Winter Safety Tips to Avoid Slips, Trips & Falls

- * Plan ahead and give yourself sufficient time.
- * When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- * Streets and sidewalks that have been cleared of snow and ice should still be approached with caution. Look out for "black ice." Dew, fog, or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun.
- * When entering a building, remove as much snow and water from your boots as you can. Take notice that floors and stairs may be wet and slippery--walk carefully.
- * Use special care when entering and exiting vehicles--use the vehicle for support
- * Last but not least; if you can avoid going out when the weather is bad, please do. But if you have to go out, please be cautious!



Prayer Request- Thinking of you!

1st Floor:

Don Detwiler- Grief of longtime Companion
 Dot Hill- Health
 Nonnie Myers- Health
 Betty and Glynn Coleman- Health
 Barbara Duncan- Health

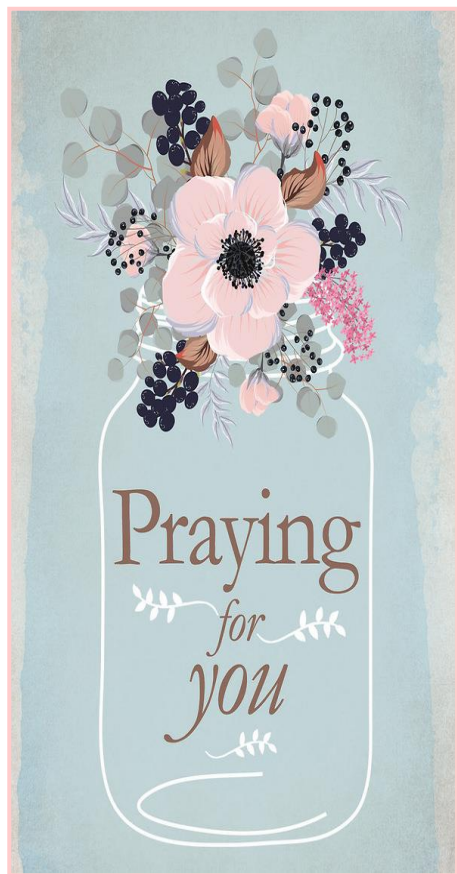
Doris Smith- Health
 Janice Crockett- Health
 Peggy Fitch- Health

Staff and Volunteers:

Alicia Foster- Activities Assistant- Health of Grandmother
 Hope Donaghy- Father-in-Law- Health
 Family and Co-Workers of Jennifer Harper- Previous Director of Infection Control- Grief

3rd Floor

Barbara Hutchinson- Health
 Family of Matt Graves- Grief



Resident Testimony



"I have lived at Dogwood Village for almost 3 years and have enjoyed getting to know the staff and residents. The service that I receive is wonderful and I appreciate the kindness and support offered by the staff".

- Beverly Elson



"I am enjoying my stay at Dogwood Village and look forward to the daily activities and visits from my family and friends. Staff have made me feel at home and I feel safe and secure."

- Sibyl Johnson



Staff Spotlight

Kristen Knies was born and raised by her parents, Jim and Susan Brooking in Orange; Va. Kristen has an older sister named Nora Coleman 2 nephews and a niece. She graduated from Orange High School and went to VCU. She received her bachelor's degree in Spanish. Kristen then went to the University of New England where she got her doctorate in Physical Therapy. She attended a Yoga Instructor course that got her interested in learning about the human body. She ultimately decided she wanted to have a career that would allow her to help people; while teaching them healthy habits. After college, Kristen married her husband Jason Knies and they have 2 children Lucy (5) and Calvin (1). Kristen says her children are her greatest accomplishments in life. She has been a physical therapist at Dogwood Village for almost 4 years, which she thoroughly enjoys.