

### January Birthdays

#### Residents:

Liz Holley-Goodwin 1/3  
Dorothy Burke 1/6  
Catherine Kimbrough 1/9  
Alyson Sparks 1/18  
Betty Glascock 1/22

#### Staff:

Kelly Sims 1/1  
Ashley Gore 1/2  
Brittany Sullivan 1/4  
Jenny Graves 1/7  
Margaret Schrock 1/9  
Miranda Keck 1/12  
Katherine Miller 1/22



### New Year's Meal

Pork Loin  
Collard Greens  
Stewed Tomatoes  
Corn Bread  
Black Eyed Peas  
Assorted Cakes and Pies  
Sparkling Grape Juice



## Special Events and Outings



#### Special Events:

1/5 Birthday Party  
1/6 Nancy Napier's Civil War Presentation  
1/9 Ear Cleaning and Hearing Aid Checks  
1/9 Boys and Girls Club Visit  
1/16 Afternoon Social  
1/19 Grymes Grandfriend Program  
1/29 Chili and Corn Bread Lunch  
1/31 Meeting with the Administrator  
\*Please sign up with Activities!

#### Outings:

1/12 Dollar Tree  
1/15 Before Supper Cruise  
1/29 Before Supper Cruise

#### Reminders:

Chair Massages will be on 1/13. The cost is \$10 for 20 minutes. Please let Activity staff know if you are interested.

## New Activities for January

**1/2 Mini Yogurt Pies:** Create your own mini pie made of yogurt and an assortment of toppings you can choose from.

**1/3 Express Yourself Bookmark:** Simple craft using paint swatches.

**1/4 Make Your Own Key Chain:** Simple craft using ribbon and assorted beads.

**1/10 Sock Snowman:** A moderate craft where you can make an adorable snowman made of socks!

**1/15 Making Dehydrated Fruit:** Slicing various fruits and using a dehydrator to create a delicious snack.

**1/16 Reminiscing with Alexis:** Join the Activities Assistant in a discussion which will bring back great memories!

**1/17 Making Stress Balls:** Moderate craft which involves pouring flower and water into a balloon! Keep for yourself or give to a staff member!

**1/23 Guided Meditation:** A form of relaxation which will be guided by Christine Bodendorf, Mr. and Mrs. Glascock's daughter. All you have to do is listen and relax!

**1/26 Create Your Own Terrarium:** Moderate craft. All supplies will be provided.

## Safety Question: Alcohol and Medication

The National Institute on Alcohol Abuse and Alcoholism recommends that adults 65 and older drink no more than one alcoholic drink a day. It is stated that women should drink less, because their body chemistry makes alcohol more toxic.

Older adults are more likely to have health problems that can be made worse by alcohol. Some of these health problems include stroke, high blood pressure, memory loss and mood disorders

Many prescriptions, over-the-counter medicines, and herbal remedies can be dangerous or even deadly when mixed with alcohol. Always ask your doctor or health services staff if you can safely drink alcohol. Read the labels on all of your medicines. Some labels say, "Do not use with alcohol."



January 2018  
Issue 76

# Dogwood Dispatch



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

### Celebrating January

#### National Blood Donor Month

#### Change Your Stars Month

#### Book Blitz Month

#### New Year's Day January 1

#### World Braille Day January 4

#### Bubble Bath Day January 8

#### International Kite Day January 14

#### Thank Your Mentor Day January 18

#### Big Wig Day January 26

## In and Around Senior Living...

#### Activities:

- \* For the safety of all Dogwood Village Residents, we will not go on an outing if there is inclement weather. This includes frigid temperatures, snow, sleet, or ice.
- \* Thank you for your patience during these cold winter months.

#### Admissions/ Resident Services:

- \* Please remind your visitors to stop at the front desk to sign in and take a visitors badge before visiting.
- \* Please welcome our new residents, Donald Detwiler and Betty Downs

#### Dining Services:

- \* Meal times are as follows:
- \* Breakfast- 7:30am
- \* Lunch- 11am or 12pm
- \* Dinner- 5pm or 6pm
- \* If you come to the dining room before the serving time, you may not be served right away because the dining staff is preparing for the meal. Thank you for your patience.

#### Health Services:

- \* Please continue to wash your hands often; this is the best way to prevent illness!
- \* If you are feeling ill, please let a staff member know immediately.
- \* Please welcome our new CNA, Melissa Mullins.

#### Maintenance:

- \* With the cold weather already here, please keep the windows closed and let maintenance know if you would like assistance adjusting the heat to the temperature you desire.

*"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man."*  
-Benjamin Franklin

## New Year's Resolutions for 2018



#### Residents:

- Phil B-** Be a better person
- Pat B-** Try to be less grumpy
- Ruth E-** Don't open mouth and insert foot!
- Irene P-** To help anyone I can and keep my great legs!
- Catherine K-** Stay well and just keep moving!

#### Staff:

- Heather J-** Make better choices
- Alexis-** Stop being self-critical and make healthier life choices.
- Doris M-** Save more money and coupon better.
- Susan R-** Forgive more, trust less
- Tish F-** Drink less soda
- Cornelia-** Love, live, and BE HAPPY!

### Cold Weather Tips



As we head in to the New Year, here are a few tips you can use to make it a safe and healthy one!

- \* **Hypothermia** can even occur indoors if the air temperature in your apartment isn't warm enough. Try to keep your thermostats above 65 degrees, and seek assistance if you need help.
- \* Many people experience a **decrease in energy** and mood during the winter, which is caused by decreased daytime light in winter. Try opening your blinds and curtains during winter to let natural lighting in.
- \* **Peak flu season** usually arrives just after the holidays so be sure to wash your hands to prevent the transmission of germs!



- \* **Driving:** Ice and snow can present major dangers on the road. Avoid driving when road conditions are bad.
- \* **Falls:** Slips on ice are a major risk in the winter, so it's important to wear shoes with appropriate traction. Make sure the sidewalks are clear of snow and salted before you head out!
- \* **Exercise and Eat Well!** Eating good, whole, nutritious foods in the winter months can go a long way in helping regulate your body temperatures and stay warm. Try hearty soups, roasted vegetables or casseroles during cold months. Exercise is also a great way to increase body



### Prayer Requests

- 1st Floor:**  
Gabriel Twyman- Health  
Emmett Wright- Health
- 2nd Floor:**  
Pat Faulconer-Husband's Health  
Audrey Lohr- Health  
Barbara Grasty- Granddaughter's Health
- 3rd Floor:**  
Betty Glascock- Health  
Jack Glascock- Health
- Staff/ Volunteers:**  
Ashely Gore- Father's Health  
Alexis Fountain- Daughter & Grandmother's Health  
Doris McLeman- Boyfriend's Health

### Guiding Light

**A Brighter, Better New Year**

Happy, Happy New Year!  
We wish you all the best,  
Great work to reach your fondest goals,  
And when you're done, sweet rest.  
We hope for your fulfillment,  
Contentment, peace and more,  
A brighter, better new year than  
You've ever had before.



We would like to thank the Orange County High School SCA as well as Dogwood Village Staff for their generous donation of Christmas gifts for our residents.



### Volunteer Spotlight:



Dogwood Village would like to recognize Kendall Short for her contributions to the facility. Kendall lives in Unionville and is in the 8<sup>th</sup> grade at Prospect Heights Middle School in Orange. Kendall is the daughter of Martha Robeson and Benny Short and has been a part of Dogwood Village all of her life. Her mother, Martha, is an employee of Dogwood Village. Kendall loves country music, animals and fishing. She is also a volunteer at Brightside Daycare Center and a member of Unionville Christian Church. When Kendall visits the facility residents they are always so happy to see her beautiful smile and appreciate her kindness and compassion for others. Kendall is pictured with Health and Rehab resident Ms. Shirley Bradley.

### Resident Spotlight: Doris Washburn

Mrs. Washburn, better known as Doris, moved to Orange County four years ago to be closer to her family. Doris married her high school sweetheart at the age of 17 when he came home from the war. Together the couple grew a large and beautiful family including 4 children, 6 grandchildren and 11 great-grandchildren. Though she has many hobbies which include playing bridge, shopping and interior decorating, there's nothing she loves more than enjoying time with her family!



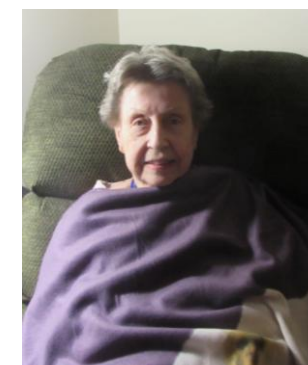
### Staff Spotlight: Sherrell Carter

Ms. Sherrell Carter has lived in Orange County the majority of her life. Her son Brian is the light of her life and motivated her to become a nurse. Sherrell has been a nurse at Dogwood Village for the past 9 years and truly adores the residents. When she's not caring for others she can be found socializing, cooking, shopping or reading a good book.



### Meet our New Neighbors!

#### Betty Downs



#### Donald Detwiler

