

Birthdays:

Residents-

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

Staff-

Samantha McCauley 7/2
Mark Morriss 7/9
Barbara Ezell 7/9
Shannon Wallace 7/14
Rue Gordon 7/15
Chris Weller 7/16
Bobby Painter 7/19
Rob Black 7/23
Taylor Walters 7/24
Georgia Mollan 7/25
Chelsey Partlow 7/26
Dana Posey 7/28
Doris McLeman 7/31

Notable Quotable

"We're fascinated by robots because they are reflections of ourselves."

~ Ken Goldberg, professor of robotics, engineer, and artist



Special Events and Outings

Special Events:

7/4 4th of July Piano Music and Photo Booth with Uncle Sam **ML**
7/6 Birthday Party **CR**
7/7 Nashville Standard with Adam Melia **CR**
7/9 Town Hall Meeting with Congressmen Brat **CR**
7/14 Chair Massage with Cindy **WR**
7/17 Afternoon Social with Piano Music By Brandii Cooper **ML**
7/18 Music with James Curry **CR**
7/21 Old Lawyer Stories with Frank Walker **CR**

7/25 Meeting with Administration **DR**
7/28 Nancy Napier- Civil War Presentation **CR**

Outings:

7/2 Before Supper Cruise
7/11 Free Slurpee Day
7/13 Lunch at La Naranja - New Mexican Restaurant in Orange
7/16 Before Supper Cruise
7/20 Med Spa Total Wellness Center
7/23 Dollar Tree
7/27 Bowling at Mountain Run Bowling Center
7/30 Before Supper Cruise
7/31 Bright Side Spicer's Mill Visit

New and Fun Activities for July

Firecracker Art- easy painting craft to use to decorate for the 4th of July!

ABC Word Game- Word game using the alphabet and popular topics.

Washer Wind Chimes- easy project that will make wind chimes out of different size maintenance materials.

Corn Hole Tourney- Beanbag Game! Come test your skills! Champion will get a price!

How to keep your cool in hot weather!

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- ☀ **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- ☀ **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

Summer Luncheon- Come enjoy a fresh BLT and sides made by Alexis in Activities!

Categories Word Game- How many things can you think of with just giving

Cork Landscape Pictures- Art activity that we will use corks instead of paint brushes.

Davis Bradley Music- New music group that has a Bluegrass sound!

- ☀ Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- ☀ Avoid extreme temperature changes.
- ☀ Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- ☀ Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- ☀ Postpone outdoor games and activities.
- ☀ Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.

Dogwood Dispatch

July 2018
Issue: 82



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

Celebrating July

Women's
Motorcycle
Month

Ice Cream
Month

Canada Day
July 1

Independence
Day (U.S.)
July 4

Strawberry
Sundae Day
July 7

Ventriloquism
Week
July 18-21

Tell an Old Joke
Day
July 24

International
Day of
Friendship
July 30

In and Around Senior Living....

Activities-

- ☀ Be festive on July 4th! Wear your red, white and blue!
- ☀ Please remember when coming to a big group activity to go to the end of a row and fill in the seats. Please do not block people from getting into a row by sitting on the end! This is also to help keep our exits opened in case of an emergency.
- ☀ Please welcome Taylor Walters to the Activities Team!

Resident Services-

- ☀ Medicare cards are coming in! If you receive your new card please give a copy to Annette.

Health Services-

- ☀ Please welcome Kendall Blankenbaker to the Health Service Team!

Maintenance-

- ☀ Due to the heavy amounts of recent rain if you need assistance with your air conditioning, or notice a leak please contact a staff member immediately!

Dining Services-

- ☀ Thank you to all the residents and family members that attended the Father's Day Luncheon!
- ☀ Hamburgers and hot dogs from the grill will be served at lunch time on the 4th of July!

Longest Day Grab Bag Auction

Thank you to staff and residents, who participated in the Grab Bag Auction held in the Community Room of Senior Living June, 21st. This fundraiser was to celebrate the Longest Day in support of the Alzheimer's Association. \$516.00 was raised by the event!

A special thank you to our sponsors who made this awesome event possible! Med Spa Total Wellness, My Avocado, Silk Mill Grill, The Wright Look, Garden of Eden, Shannon Wallace- Scentsy, Anytime Fitness, Chelsey Partlow-Scentsy, Legacy Hospice, Orange Pharmacy, New Century Hospice, Hartland Hall Natural Food and Juice Bar, Cindy Colvin- Masseur, and Faye's Office Supply





Guiding Light

Although I am not gifted with
artist hands
And crafts are not my thing
Cursive writing I cannot do
But when it comes to rhyming words
I can write a thing or two
Nothing great you understand
Except for what I write about
Usually it's our blessed Savior,
I love to express
In God there's love, hope,
contentment
and oh yes happiness
Sometimes there is suffering and
sadness
and all the things life brings
But through it all I love God's word
the promise of greater things
Composer: Mildred Ransom



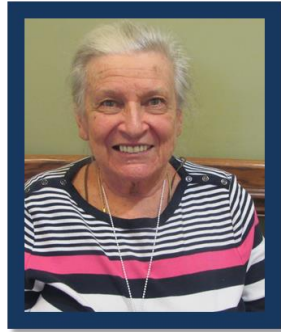
Wanda Sherwin- Health
Retta Notto- Transition

3rd Floor:

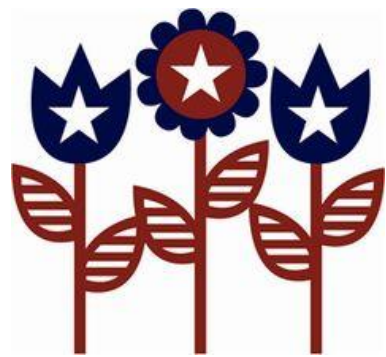
- Ruby Shifflett- Daughter's Health
- Betty Glascock- Health
- Harry and Carlene Saxton- Granddaughter's Health

Staff, Volunteers, and Others:

- Pat Davis- Sister's Health
- Alexis Fountain- Grief of Grandfather
- Angie Tyler- Mother's Health



New Neighbor:
Retta Noto



Prayer Requests



Orange County Fair

Thank you to all residents who placed their artwork, vegetables, and flowers into the Orange County that was held June 20th-23rd. Dogwood Village Senior Living took home 3 Best in Show, 19 First place, 14 second place and 15 third place ribbons.



1st Floor:

- Doris Washburn- Health
- Martha Curry- Health
- Herbert Breeden- Grief of Family Member

2nd Floor:

- Pat Faulconer- Husband's Health
- Glynn Coleman- Health
- Barbara Grasty- Granddaughter's Health
- Betty Downs- Great Granddaughter's Health

Volunteer Spotlight- Liz Goodwin



Mrs. Holley-Goodwin is pictured playing the piano during a Senior Living Event in the Community Room

Dogwood Village would like to recognize Ella Elizabeth (Woolfolk) Holley-Goodwin for her contributions to the facility. Liz was born and raised in Spotsylvania County Virginia. She was the youngest of 4 children and the only girl. Liz graduated from Spotsylvania High School in 1952 and earned a degree in Music Education from Madison College (JMU). She furthered her education and received a Master's Degree in Education from UVA. She married Melvin "Pike" Holley who was an A&P Grocery Store Manager. Pike and Liz were married for 27 years and raised 3 children; Mel, Phil and Louise. Liz taught music for Orange County Public Schools. After Pike's passing, Liz married her second husband, William T Goodwin. They were married for 7 years. Liz feels that her children and grandchildren are her biggest accomplishment in life. She is very active volunteer in the facility where she enjoys playing the piano for many special events and visiting friends from her community.

Resident Spotlight

Ms. Marian Durden was born and raised in Green Bay, Wisconsin. She grew up with 2 sisters and one brother of which she was the eldest. After High School Marian went on to business school and took a job working as a secretary.

After casually meeting her husband James they began dating in secret because her father was very strict. Marian and James married and had one daughter whom they named Debra. The couple had a beautiful marriage that lasted over 60 years which she cherished very much. Marian has always been an active woman and could be found passing time on the golf course as well as being an active participant in politics. In her nearly 100 years of life Marian has always taken an enormous amount of pride in her work ethic and attributes it to her longevity.

Staff Spotlight

One of the always smiling faces here at Dogwood Village is that of Bobby Painter. Bobby was born in Clarksville, West Virginia but soon after his family moved to Unionville, Virginia where he would grow up and make a life for himself. After graduating Orange County High School Bobby joined the workforce and has carried a very strong work ethic throughout his life. Bobby and his wife Rebecca together share four children; Caden, Hailey, Jayden and Casey needless to say life is never boring for the family. As a member of the Dogwood family for the last two years Bobby has been a great addition to the maintenance team. When asked the best part about working for Dogwood Bobby said, "It's one of the few places I've worked where the directors lead by example and set the tone for work."

