

## Special Events and Outings

### Happy Birthday:

Residents:  
**Marian Durden-  
 100 Years! 12/5**  
 Don Detwiler 12/5  
 Phyllis Swope 12/19  
 Betty Wright 12/24

Staff:  
 Angela Lam 12/30



### Notable Quotable

"In the depth of winter, I finally learned that there was in me an invincible summer."

~ Albert Camus, French philosopher



### Special Events:

12/4 Hallelujah Hand Bell Ringers from Mineral Baptist **CR**  
 12/5 Kids Hope Christmas Caroling from Rhoadsville Baptist **CR**  
 12/6 Ronnie Williams and the Carter Family Sound **CR**  
 12/11 Davis Bradley Music **CR**  
 12/13 Gryme's Grand Friend Visit **CR**  
 12/15 Orange Community Band **CR**  
 12/18 Afternoon Social **ML**  
 12/20 Homemade Fruit Cake **AR**  
 12/22 Denim and Lace **CR**

12/24 Christmas Eve Service **CR**  
 12/25 Present Opening **All Fac.**  
 12/28 Yoga with Lisa **WR**  
 12/31 New Year's Eve Social **ML**

### Community Outings:

12/3 CNA Pinning at OHS  
 12/8 Singing Christmas Tree  
 12/10 Dollar Tree  
 12/12 Yoder's Market  
 12/14 Let's Ride  
 12/19 Christmas Light Ride  
 12/28 Silk Mill Grille Lunch

### New Activities for December

Christmas Lawn Lollipop Stakes-Craft to decorate the outside of our facility.

Reindeer Washcloth- Simple Craft that involves a bar of soap and washcloth.

Jingle Bell Exercise- Come exercise Christmas style!

Christmas Corn Hole Tourney- Team Red and Team Green will compete to find out who is the greatest at throwing a bean bag.

Right or Left Gift Game- Come see if you win a gift by listening to a fun poem and passing the gift back and forth to your friends.

Ugly Christmas T-Shirt Decorating and Contest- Residents come decorate a T-shirt to compete against the staff in the Ugliest Shirt Contest. Top 3 Ugliest Shirts will win a prize!

Winter Snow Globes- Easy craft after Christmas you can use to decorate all winter!

### Tips to kicking the winter blues good-bye!

Besides feeling sad, here are some typical symptoms of winter blues:

- ▲ Your energy is low and you sleep more than usual.
- ▲ You feel apathetic, unmotivated, and bored.
- ▲ You are less interested in friends and activities you usually enjoy.
- ▲ You feel irritable, moody, and your relationships suffer.
- ▲ You overeat, gain weight, and especially have cravings for carbohydrates.

There is no medical consensus on what causes winter blues. There are several theories and most of them revolve around one key factor, lack of sun.

Here are some useful tips on how to overcome the winter blues:

- ▲ Wear bright colors
- ▲ Be around positive people
- ▲ Eat healthy
- ▲ Exercise
- ▲ Open your windows and soak up as much Vitamin D as possible
- ▲ Focus on the positive things in your life
- ▲ Practice meditation
- ▲ Try something new
- ▲ Listen to music
- ▲ Do something you love
- ▲ Most important- LAUGH!!



# Dogwood Dispatch

December 2018  
 Issue:87

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



### Celebrating December

### Safe Toys and Gifts Month

### Write a Friend Month

### Hanukkah December 2-10

### Pretend to Be a Time Traveler Day December 8

### International Mountain Day December 11

### Crossword Puzzle Day December 21

### Christmas Day December 25

### Make Up Your Mind Day December 31

## In and Around Senior Living...

### Activities:

- ▲ The Annual Christmas Tree Lighting is Tuesday, December 4<sup>th</sup> at 6:30pm. Please let the receptionist know if you will be having guests.
- ▲ Please sign up with an activity staff member to reserve your spot, on outings for holiday festivities!

### Admissions/ Resident Services:

- ▲ Please do not hang anything on your door unless it is fire rated or metal. This includes Christmas wreaths or decorations.

### Dining Services:

- ▲ If you are planning on having extra guests or would like a more private setting during a meal please contact Ashley in Activities to book your room

and Barbara in Dining Services to coordinate your meal.

### Health Services:

- ▲ Reminder: If you are planning to be out of the facility for one or more nights, please give the charge nurse 72 hours' notice so that your medications will be available.
- ▲ Keep your hands washed during the holidays to prevent the spread of germs!

### Maintenance:

- ▲ If you have any questions about appropriate Christmas decorations please ask a member of the Maintenance Department.



### Holiday Meal- Christmas Lunch

Christmas Lunch will be hosted in the Senior Living Community Room for resident's family and friends on December 25<sup>th</sup> at 11:15am or 12:15pm.

Please let the receptionist at the front desk know how many guests and what seating you would like.

Guest meals will be \$15.00 per adult and \$7.00 for children 6 and over.

### Christmas Dinner Menu:

Oyster Stew  
 Shrimp Cocktail  
 Prime Rib Au Jus  
 Slow Roasted Turkey  
 Whipped Potatoes and Gravy  
 Green Beans  
 Dinner Roll  
 Assorted Cake and Pie





### Guiding Light

Christmas Giving

Christmas is for giving  
And for showing that we care,  
For honoring the Christ Child  
With the loving gifts we share

The wise men gave of riches;  
The shepherds, faith and love.  
Each gift, in its own measure,  
Was smiled on from above.

Let every gift be treasured;  
Not always size or price  
Determines the extent of love  
And willing sacrifice.

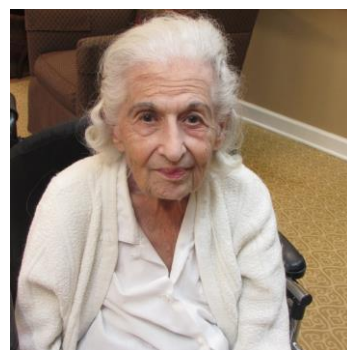
Handsome gifts with festive trim  
Bring smiles of sweet content,  
But modest gifts of humble means  
Are often times heaven sent.

Whether it be large or small  
Each gift will share in part  
The message of true Christmas joy  
If given from the heart!

By: Iris W. Bray



Happy 100<sup>th</sup> Birthday  
Marian Durden



### Joy to the World

Joy to the world, the Lord is come  
Let earth receive her King  
Let every heart prepare Him room  
And Heaven and nature sing  
And Heaven and nature sing  
And Heaven, and Heaven, and  
nature sing  
Joy to the World, the Savior  
reigns!

Let men their songs employ  
While fields and floods, rocks,  
hills and plains  
Repeat the sounding joy  
Repeat the sounding joy  
Repeat, repeat, the sounding joy

He rules the world with truth and  
grace  
And makes the nations prove  
The light of His righteousness  
And wonders of His love  
And wonders of His love  
And wonders, wonders, of His  
love  
And wonders, wonders, of His  
love

### Prayer Request

#### 1<sup>st</sup> Floor:

Virginia Serroka- Health  
Alice Lumsden- Health

#### 2<sup>nd</sup> Floor:

Barbara Hutchinson-  
Health of Niece  
Dorothy Burke- Health  
Barbara Grasty- Health of  
Granddaughter  
Retta Noto- Health  
Betty Downs- Health  
Family of Dolly Jones- Grief  
Family of Howard Ward- Grief

#### 3<sup>rd</sup> Floor:

Family of Harry Saxton- Grief  
Carlene Saxton- Grief of Husband &  
Health of Granddaughter

#### Staff:

Don Schimming- Director of IT: Loss  
of Father-in-law  
Ashley Gore- Director of Activities:  
Grandfather's Health  
All of our residents, staff, family  
members and volunteers that will be  
traveling for the holiday season!

Happy Holidays from  
Dogwood Village!



### Volunteer Spotlight- Joan Hager

Dogwood Village would like to recognize Joan Hager for her contributions to the facility. Joan was born and raised in Madison County. Following High School graduation, Joan was accepted to Medical College of Virginia Pharmacy School and became a pharmacist. Joan married Bill Hager and the couple raised 2 daughters and have 3 grandchildren. Joan is a member of the Orange Baptist Church and sings with the choir. Joan loves to travel and spend time with her family and friends. She recently retired after 55 years of pharmacy service and came to Dogwood as a volunteer as she loves seniors.



Joan is pictured with  
Wanda Sherwin

### Resident Spotlight: Dick and Peggy Butterworth

Two became one 60 years ago this month. Dr. and Mrs. Butterworth have spent three times the number of years married than when they met. Their story began when they met on a blind date while both were attending the University of Richmond where fate brought them together. Peggy is originally from Norfolk, VA and Dr. Butterworth spent his childhood in Fairmont, NC. Mrs. Butterworth worked as a teacher, educating children from elementary through high school while Dr. Butterworth practiced as a Dentist. Together the couple raised four boys who have given them three granddaughters and two grandsons, one of which will graduate this year to follow in her grandmother's footsteps in becoming a teacher. When they weren't working Peggy could be found knitting, sewing or watching sports while Dick enjoyed nothing more than coaching a variety of Little League Sports. Nothing quite compares to the joy brought to Peggy

while raising their boys or the contentment Dick felt after having coached so many children.

### Staff Spotlight: Sari Jackson

Sari "Tweet" Jackson has spent the majority of her life in Orange County. She graduated from Orange County High School after which she joined the workforce and has tried her hand in a variety of trades. For the last 20 years Tweet has built an unbreakable bond with her partner in life, Tramell Washington. The couple shares a 12-year-old son whom is affectionately known as "Buck". Tweet's son is the single most important thing in her life as well as the apple of her eye. For the last 8 years she has worked for Environmental Services here at Dogwood Village. When she's not working Tweet can be found shopping, spending time with loved ones and hosting get-togethers. Tweet always makes it a point to bring love and laughter no matter where she goes.

