

Birthdays:
Residents-
Helen Stewart 11/5
Betty Colvin 11/15
Claudia Chisholm 11/25
Frances Reamy 11/27

Staff-
Kristen Gray 11/11
Tonika Payne 11/19
Lisa Hopkins 11/27
Kourtney Monroe 11/29

Special Events and Outings

Special Events:

- 11/2 Birthday Party CR
- 11/6 Flat Run Ramblers CR
- 11/8 Music of Yesteryear CR
- 11/10 Chair Massage with Cindy WR
\$10.00 for 20minutes
- 11/12 Veterans and Wives of
Veterans Recognition with
Legacy Hospice CR
- 11/20 Davis Bradley Bluegrass CR
- 11/20 Afternoon Social CR
- 11/21 Kathleen's Travel
Presentation CR
- 11/22 Thanksgiving Day
Message with Dal ML

- 11/24 Civil War Presentation
with Nancy Napier CR
- 11/27 Lucky Bill Guitar CR
- 11/28 Meeting with Administration DR
- 11/29 Karpalla Music CR
- 11/30 Grymes Grand Friend Visit CR

Outings:

- 11/5 Dollar Tree
- 11/6 Prospect Heights to Vote
- 11/7 Brightside Childcare Visit
- 11/14 Art Center Visit
- 11/16 Med Spa Trip
- 11/26 Let's Ride to Woodberry

New Activities for November

Fall Collage Creating- An Art Activity to express your creativity with arranging pictures around the fall season.

Pumpkin Roll Social- Come enjoy a piece of delicious pumpkin roll in the Activity Room.

Turkey Tail Card Game- Easy game that's played with a deck of cards. First person to cover their turkey wins!

Framed Poppy Field Collages- A creative way to celebrate Veterans Day!

Thankful Craft- We will be painting a beautiful wooden autumn sign.

Name That Tune- Julie Jackson from the Art Center in Orange will be playing the piano as you try to guess the familiar tune she is playing.

Macy's Day Parade Reminisce- Come enjoy conversation about Thanksgiving Traditions and about the Macy's Parade.

Advent Calendar and Activity Room Tree- Come make ornaments to decorate the activity room for Christmas!

Preventing Sickness:

Good Health Habits Can Help Stop Germs

- Wash your hands. Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent the spread of germs.
- Cough into your elbow. Viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow.
- Disinfect common surfaces. Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don't forget to use disinfectant on phones, doorknobs, light switches, and remote controls.
- Drink Water- Water can help strengthen your immune system. If you get sick, water flushes your system, rehydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day.



Notable Quotable

"After a good dinner, one can forgive anybody, even one's own relations."

~ Oscar Wilde, writer and humorist



Family and Friends

If you have to visit and you are ill the front desk has mask at the front desk!

Dogwood Dispatch

November 2018
Issue: 86



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

In and Around Senior Living...

Activities:

- Please congratulate Alexis Fountain becoming our new Activities Coordinator and Michael Embrey our new full-time Activity Assistant.
- If you requested an absentee, all ballots have been submitted at this time. If you have not voted absentee and you would like to go to the polls on the bus please let an activity staff member know.

Admissions/ Resident Services:

- Jeff Earnhardt from Edward Jones will be giving a presentation on November 15th at 10am on Investment Opportunities.

Dining Services:

- Coffee and conversation meetings will be November 5th and 19th at 3:45.

- Please let dining services know if you are planning on having extra guests during meals as soon as you are aware.

Health Services:

- The holidays are approaching, 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 for you.

Maintenance:

- Only metal or fire rated decorations are allowed to be used on apartment doors. Please do not place decorations in the hallways. If you have any questions, please see a member of the maintenance department.

Celebrating November

Novel Writing Month

Inspirational Role Models Month

All Saints' Day November 1

Love Your Red Hair Day November 5

World Kindness Day November 13

Mickey Mouse Day November 18

Thanksgiving Day: U.S. November 22

Cider Monday November 26

Holiday Meals- Thanksgiving Luncheon

Thanksgiving Lunch will be hosted in the Senior Living Community room for resident's family and friends on November 22nd at 11:15am or 12:15pm.

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

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

Appetizer: Shrimp Cocktail, Deviled Eggs

Main Course: Turkey and Stuffing with Giblet Gravy
Spiral Sliced Ham
Green Bean Casserole
Whipped Potatoes
Harvest Blend Vegetable
Dinner Roll
Cranberry Sauce

Desserts: Assorted Pies



Guiding Light Thank our Veterans

Veterans Day is Sunday November 11th. Senior Living will be hosting a Veteran's Day Luncheon in the Community Room November 9th at 11:15am. This will be for veterans and their spouses only.

We will also be having a recognition for veterans and wives of veterans on Monday, November 12th hosted by Legacy Hospice.

If you see one of our Veterans remember to thank them for serving our country!



Glynn Coleman- Air Force

Don Detwiler- Navy

Rod Knighton- Army

Jay Marshall- Navy

Harry Saxton- Marine Corp

Joseph Taylor- Army

Fred Wease- Army

Emmett Wright- Navy



Prayer Request

1st Floor:

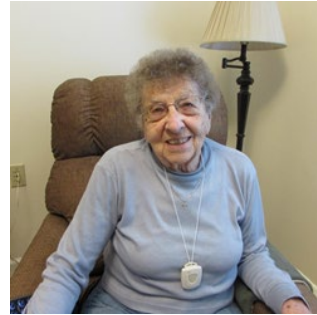
Family of Gabe Twyman- Grief
Virginia Serroka- Health

2nd Floor:

Barbara Hutchinson- Health of Niece
Wanda Sherwin- Health
Barbara Grasty- Health of Granddaughter
Retta Noto- Health

Meet Your New Neighbors

Erba Burton



Betty Colvin



Frances Purcell



Volunteer Spotlight

Dogwood Village would like to recognize Alie Sanford for her contributions to the facility. Mrs. Sanford has a Master's Degree in English from the Women's College of Georgia and taught high school English for many years. She enjoys gardening and spending time with her daughter, son and grandchildren. Alie is an active member of The Point Church of Charlottesville and enjoys visiting Dogwood Village residents in her spare time.



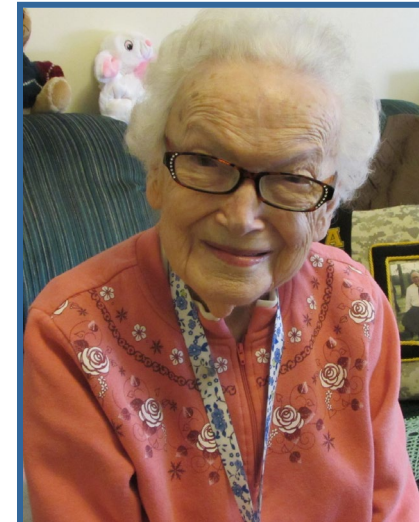
Alie is pictured with resident, Mary Stephen

Resident Spotlight

Mrs. Irmgard Sames, formerly known as Irmgard Neeb, meaning "unforgettable" was born and raised in Germany along with her three sisters and one brother.

Irmgard met and married her husband RG Sames, a United States Army officer shortly after World War II. Together the couple had four children who in turn gave them 8 grandchildren, 9 great-grandchildren and 5 great great-grandchildren. After moving to the States Irmgard worked for the PX at Ft. Belvoir in Northern Virginia in the sales department.

Since moving to Orange from Woodbridge Mrs. Sames has become a very active neighbor here at Dogwood Village involving herself in activities such as BINGO, exercise and Catholic Communion, but something her neighbors may not be aware of is her amazing cooking abilities, especially German dishes and Christmas cookies were always found in an abundance in her home. With her smile and zeal for life she certainly is one unforgettable friend and neighbor.



Staff Spotlight

Charity Wines, Dogwood's evening shift charge nurse was born and raised in Orange County. Charity attended Orange County High School and furthered her education at ECPI, earning her LPN license over 8 years ago. Though she's very dedicated to her job there's nothing in this world that she loves more than her three children: Tyhesia, Cameron, and the cherished memory of her middle son Darius. In the past two years of her journey as a member of the Dogwood family Charity has built strong relationships with the residents and she enjoys being here and caring for them. When she isn't working Charity can be found shopping or spending time at sporting events, particularly football. Charity lives by the motto "Don't let other's negativity impact your work ethic".

