

Birthdays and Special Events

Birthdays

Residents

Mary Stephen 5/9
Dolly Jones 5/17
Mildred Ransom 5/18
Emmett Wright 5/24
Eliner Clark 5/29

Staff

Annette Putman 5/10

Events:

5/1 Gardening with Master Naturalists begins
5/2 Nashville Standard with Adam Melia
5/4 Me and Martha
5/5 Cinco de Mayo/Birthday Celebration
5/11 Lucky Bill Guitar Music
5/14 Mother's Day Tea
5/16 Afternoon Social with Music by Bob Williamson
5/17 Music with Aaron Karpalla
5/19 Last Grymes Memorial School visit for the year
5/20 Denim and Lace

5/29 Memorial Day Garden Party
5/30 Sarah's Special Quiche and Hash Browns
5/30 Music Performance by Orange Elementary School Chorus

Outings:

5/3 Yoder's Market
5/5 Orange County Airport
5/10 Bus Ride to get Smoothies
5/16 Bus Ride
5/19 Roses
5/26 Lunch at El Vaquero Mexican Restaurant
5/31 Bus Ride

New Activities for May!

Baby Talk: Come to the Sitting Room every Wednesday at 12:45 PM and enjoy laughter and baby talk with the babies from child care.

Walk & Roll Club: Whether you're walking or rolling, join us every other Thursday for some exercise! We will meet in the Main Lobby at 10:30 AM and choose our path. This will be an outdoor activity; weather permitted.

Gardening: Gardening with the Master Naturalists will begin Monday, May 1 but will be held every following Thursday at 9:15 AM.

Flower Pens: Come make easy flower pens using artificial flowers and floral tape. Take some home with you or pass them out to staff and guests.

Dirt Cake: Everyone will get to make their own delicious dessert containing Oreos, pudding, cream cheese, milk, and sugar!

The Power of Meditation: This program is about the ways meditation can benefit us physically, mentally, and emotionally. We will explore some of the different types of meditation, separate facts from myths, and try a simple meditation exercise.

Prayer Requests

1st Floor:

Judson Gardner- Health
John Ellis- Health

2nd Floor:

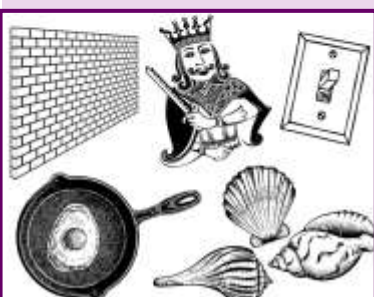
Phil Brown- Grief of Brother Mr. & Mrs. Jenkins- Transition
Family of Arlene Kube-Grief
Barbara Grasty: Granddaughter's Health

3rd Floor:

Fred Wease- Health
Bud Kidwell- Health
Family of Annie Bell- Grief
Patricia Faulconer- Husband's Health

Staff and Volunteers:

Pat Davis (evening receptionist)-
Hip Replacement Recovery



Be the first person to complete this brain teaser and bring the answer to an Activity Staff member for a small prize!

Dogwood Dispatch

May 2017
Issue: 68



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

Celebrating May

Teacher Day
May 2

Cinco de Mayo
May 5

Astronaut Day
May 5

National Nurses
Week
May 6-12

International
Nurses Day
May 12

Mother's Day
May 14

Endangered
Species Day
May 19

World Lindy
Hop Day
May 26

Memorial Day
(U.S.)
May 29

In and Around Senior Living...

Activities: Please let an Activity staff member know as soon as possible if you would like to go on an outing. First come, first served!

Admissions/ Resident Services: Please ensure that the decorations on your door are fireproof or made of metal.

Dining Services: If you have any concerns regarding your dining experience, please attend the bimonthly "Coffee and Conversation" meetings or let any staff member know.

Therapy: The monthly Therapy Chat will be held May 30th. The topic is *Better Hearing and Speech*.

Maintenance: Please welcome our new groundskeeper, Mike Zaleski!

Health Services: Summer is approaching quickly and with the usual central Virginia heat and humidity, hyperthermia becomes a risk for everyone; especially the very young and very old. Prevention includes drinking plenty of fluids such as water and fruit/ vegetable juices; avoiding caffeine and alcohol; staying inside in the air conditioning; knowing your medications; and dressing appropriately for the weather if you do go outside.

Laughter is the Best Medicine!

Laughter is like a breath of fresh air that we desperately need. This seemingly simple act affects most of your body systems. It improves your heart rate and circulation by boosting the oxygen supply to your brain. Laughter controls pain by decreasing muscle tension, distracting attention, and increasing the production of endorphins, natural pain killers.

Laughter is like giving yourself an internal massage as it stimulates and soothes. It truly is medicine for the heart.

Here are some ways to bring more humor and laughter into your life:

Smile: It's contagious! When you look at someone or see something even mildly pleasing, practice smiling!

Count your blessings: Make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter!

When you hear laughter, move toward it: Like a smile, laughter is contagious!

Spend time with fun people: These are people who laugh easily, both at themselves and at life's absurdities and who routinely find humor in everyday events.

Laugh at yourself: Life is too short not to!

Keep things in perspective: Many things are beyond our control, so make the best of life find the positives in each situation.

Happy Mother's Day!

A Mother's Love

A Mother's love is something that no one can explain,
It is made of deep devotion and sacrifice and pain,
It is endless and unselfish and enduring come what may,
For nothing can destroy it or take that love away.
It is patient and forgiving when all others are forsaking,
And it never fails or falters even though the heart is breaking.
It believes beyond believing
When the world around condemns.
And it glows with all the beauty of the rarest, brightest gems.
It is far beyond defining, it defies all explanation,
And it still remains a secret like the mysteries of creation. A many splendoured miracle, man cannot understand. And another wondrous evidence of God's tender guiding hand.
-Helen Rice

Top "Momisms"

1. Because I said so, that's why!
2. If you make that face for too long, it will stay like that.
3. Life isn't fair, get over it.
4. Go ask your Dad.
5. When I was your age...
6. I'll give you something to cry about.
7. What part of NO don't you understand?
8. A little "birdy" told me!
9. I'm your mother, not your maid!
10. I hope you have 10 kids just like you!
11. Don't make me pull this car over!
12. I don't care what the other kids' parents said, I said no.
13. This room isn't going to clean itself!
14. Do you think money grows on trees?
15. You will always be my baby.
16. Am I talking to a brick wall?!
17. Close the door! You don't live in a barn!
18. You're the oldest. You should know better.
19. There's no use crying over spilt milk
20. When you have your own house then you can make the rules!

Farewell to Vernon

Please join us for a Farewell Reception for our Administrator, Vernon Baker. He has been with Dogwood Village for 14 ½ years and has embodied the "Tradition of Excellence" for the residents, staff, and the community of Orange County. He has truly made this the "Best Place to Live and the Best Place to Work"!



May 12th
2:00p-5:00p
Community Room



Mother's Day Lunch

- Prime Rib
- Baked Ham
- Spiced Shrimp
- Savory Mini Baked Potatoes
- Country Style Green Beans
- Honey Glazed Baby Carrots
- Lemon Layer Cake



If you would like to attend our Mother's Day Lunch, please RSVP to the receptionist as soon as possible.



Volunteer Spotlight: Grymes Memorial School



Dogwood Village would like to recognize students from Grymes Memorial School for their contributions to the facility. For more than 20 years there has been a partnership between Dogwood Village and Grymes School; whereby, students have connected with our residents developing special relationships. These friendships often extend to visits with the students and their family members. Typically second and third grade students are transported to the facility monthly to work on art projects, entertain and share seasonal songs with the adopt a grand friend program. This volunteer effort is greatly appreciated by residents, family members and Dogwood Village staff. Pictured is resident Sarah Crigler with Samantha Goff.

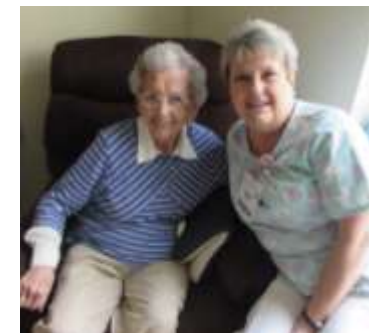
Resident Spotlight: Philippa Brown



Philippa Brown (AKA Phil) was born and raised in Grassland, VA along with seven siblings. After graduating from Unionville High School in 1937, she moved to Hampton, Virginia to live with her family. Phil was 19 years old and working at a department store when she met the love of her life, Kenneth. Kenneth worked for NASA and shortly after they married, so did Phil. She landed a job as a mathematical technician, where she remained until her retirement. In 1983, shortly after her husband passed, Phil moved back to Unionville to buy her family's house where she would remain until moving to Dogwood Village. Today, Phil enjoys playing bridge, arts/crafts, baking, and socializing with other residents. She is a member of the Unionville Christian Church and still enjoys volunteering. Her greatest accomplishment in life is that she has traveled to every state in the United States and she worked for the Mathematical Division Chief at NASA.

Advice from Phil:
"Try to love your neighbor as you love yourself"

Staff Spotlight: Pam Rothgeb



Pam Rothgeb, has been a CNA (Certified Nursing Assistant) and RMA (Registered Medication Aide) at Dogwood Village Senior Living for 9 ½ years. She was born and raised in Louisa, Virginia and attended Louisa County High School. After graduation, she and her late husband traveled all over the world together. When her grandmother, who raised her, moved into a nursing facility, Pam spent a lot of time with her. She saw the compassion and care that the staff provided which made a big difference in her grandmother's wellbeing. Inspired by the loving staff that cared for her Grandmother, Pam decided to make a difference as well, and became a CNA. For Pam, the best part about working at Dogwood Village is having the opportunity to meet new people and make a difference in their lives. Pam would describe herself as determined, energetic and compassionate. Pam's fiancé, Bill is a Carpenter; the two of them have been together for 2 ½ years, and are planning to tie the knot soon. In her spare time, she enjoys reading and spending time with her 5 year old Yorkie, Rocky. During the summer months, Pam can be found at the Gordonsville Pool every Sunday with a good book. We are honored to have her on our staff!

Pam is pictured with resident, Phil Brown.