

Birthdays:

Residents-

Alice Wells 1/1
Cora Smith 1/3
Liz Holley-
Goodwin 1/3
Catherine
Kimbrough 1/9
Mary Lou
Baker 1/21

Staff-

Kelley Sims 1/1
Ashley Gore 1/2
Jasmine Hoffman 1/3
Brittany Sullivan 1/4
Margaret Schrock 1/9
Miranda Keck 1/12
Maria Miller 1/22
Pricilla Campos 1/28

**Notable
Quotable**

“It is, I believe,
the greatest
generation any
society has ever
produced.”

~ Tom Brokaw,
journalist, and
author



New Activities for January

Snowman Craft- Easy Craft
Project made from tiny clay pots.

Poke Cake with Whipped Cream-
This is to celebrate National
Whipped Cream Day! We will be
having strawberry banana flavor!

State of the Month- Instead of
countries this year we will be
traveling to states! This month we
will be going to New York.

Snowball Punch and Cookies-
Recipe with Ice Cream!

Virtual Music with Nashville
Standard- Since we can not have
Adam Melia in person come
watch his show on the big screen!

I Have A Dream Project- In honor
of Martin Luther King Jr. Day we
will be making a video!

Large Yahtzee- Easy game with
dice!

Knakal’s Carrot Cake vs.
Coconut- Which is the best?

Safety Question-

Why is it important to stay hydrated?

Drinking enough water each day
is crucial for many reasons: to
regulate body
temperature, keep joints
lubricated, prevent infections,
deliver nutrients to cells,
and keep organs functioning
properly. Being well-hydrated also
improves sleep quality, cognition,
and mood.

What happens if you do not stay
hydrated?
Dehydration shows up

on your face in the form of dry,
ashy skin that seems less radiant,
plump, and elastic. Fatigue. If you
are not replenishing your fluid
intake, your energy levels could
plummet, and you could
experience fatigue and brain fog.

Ways to keep hydrated-
Always keep water with you!

When you are thirsty push your
button for the staff to bring you
something to drink!

Did you know? Snowflake Edition!

Wilson Bentley was a young
farmer in Vermont when he
snapped the first photograph
of a snowflake on January 15,
1885. He was not a scientist
or photographer, but after his
parents gave him a microscope
at age 15, he became fascinated
with the natural world. Taking
photographs of snowflakes was
not easy. After all, their crystals
melt at the slightest hint of
warmth. Bentley had to invent his
own equipment, rigging together
a microscope and camera, to
capture his ephemeral subjects.

He would stand in the cold for
hours, waiting for the perfect
flake and then transfer it under
the lens using a feather as a tool.
Until his death in 1931, Bentley
photographed 5,000 different
snowflakes and was the first to
argue that no two snowflakes
were alike. Scientists attempted
to replicate Bentley’s work to no
avail. They even accused him of
fraud. But Bentley’s images were
more than scientific research;
they were artistic masterpieces,
secret glimpses into nature’s
wonderful geometry.

Dogwood Dispatch

January 2021
Issue:111

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



**Celebrating
January**

**Get Organized
Month**

**International
Creativity Month**

**Volunteer Blood
Donor Month**

**First Foot Day
January 1**

**Trivia Day
January 4**

**Bobblehead Day
January 7**

**Make Your
Dream Come
True Day
January 13**

**Martin Luther
King Jr. Day
January 18**

**Compliment Day
January 24**

**Kazoo Day
January 28**

**Inspire Your
Heart
with Art Day
January 31**

In and Around Senior Living...

Activities-

- Please welcome Dennet McFarlane to the Activities Team
- National Activity Professional Week is January 24th-30th. If you see an activity person during this time, please tell them thank you 😊!

Resident Services-

- Please make sure we have the correct address, phone number and email for your responsible party.

Dining Service-

- Dining Discussion Meetings will be held January 11th & 25th in the Main Dining Room.

Maintenance-

- Just a reminder nothing can hang on your door unless it is metal or deemed as fire-resistant.

Nursing-

- As we continue through the pandemic please continue to remember the 3W's- Wear your mask, wash your hands, and watch your physical distance to ensure you are



Wishes for the New Year

I wish for a beautiful healthy year for my family and myself!
-Barbara Garr, Resident

I pray everyone continues to stay happy and healthy.
-Kelley Sims, Health Services

I hope everyone gets well and stays well so we can get back to doing fun things in the New Year!
-Fred Wease, Resident

I want to see 103!!!
-Phil Brown, Resident

Let us be COVID-19-Free Nationwide!
-Sydnee Jenkins, Health Services

I wish for personal growth!
-Johnny Hayden, IT

I wish for togetherness and healing from the virus!
-Barbara Hutchinson, Resident



Visitation Options for your family and friends!



We continue to have several different ways you can visit your family and friends during this difficult time.

Window visits:

- ❄️ Offered Monday-Friday
- ❄️ They are 30-minute visits
- ❄️ Families can book a visit with the receptionist by calling 540-672-1830.
- ❄️ Times offered are the following: 9am-10:30a.m. and 1:30pm-3:30pm.
- ❄️ Visits are in room 108.
- ❄️ There is a telephone in the room with the phone number on the outside of the room for your loved one to call.
- ❄️ PLEASE DO NOT OPEN THE WINDOW IN THE ROOM! This is to continue to keep everyone safe from the virus!

Facetime Visits:

- ❄️ This is for Apple device users
- ❄️ The Activity Department sets the visits up when convenient for the visitor and department.
- ❄️ If you would like a Facetime visit you can call 540-672-1830 ext. 8030 or 8031 or email agore@dogwoodvillageocva.org

Duo Visits:

- ❄️ This is for Android device users
- ❄️ You can set the visits up the same way we do facetime.
- ❄️ See above phone number and email!

Zoom Calls:

- ❄️ Please set this up 2 to 3 days in advance with Activities to ensure there is not another call already scheduled.



Praying for you!

1st Floor:

Frances Reamy- Health
Don Detwiler- Friend's Health

2nd Floor:

Barbara Hutchinson- 3 Siblings- Health
Family of Pat Faulconer- Grief
Phil Brown- Health
Family of Rod Knighton- Grief

3rd Floor:

Cora Smith- Health

Staff:

Pat Davis- Receptionist- Health of Daughter

Other:

People that have been affected by the Covid-19 Virus, Our Country and New President.

Resident Spotlight



Our friend, Mrs. Sibyl Johnson was born and raised in Fluvanna County, VA with her two brothers and three sisters.

Living in a rural it was no surprise that Sibyl found the love of her life early on. While attending Fluvanna County High School Sibyl was set up on a blind date at a ball game where she met her future husband Gordon "GI" Johnson who had been serving overseas in Germany for the United States Army. Shortly after she graduated high school Sibyl and "GI" got married and started a family.

The couple had 2 sons, Mike and Ricky and 5 years later were blessed with a daughter whom they named Teresa. Over the years their family expanded, and the couple had 9 grandchildren along with 14 great-grandchildren and still counting.

Sibyl worked for what is now known as Bank of America for roughly 25 years before retiring.

After leaving the service, GI later went to work in law enforcement as a Virginia State Trooper and later as Sherriff of Orange County. Sibyl has been a long-time member of Orange Baptist Church as well as the Dolly Madison Garden Club.

Along with her wonderful marriage of over 60 years to GI, Sibyl is most proud of raising her 3 children and ensuring each of them graduated college.

Staff Spotlight

Alicia Foster was born and raised in Orange County to her parents Earl and Tammy Blankenbaker. She has 3 sisters who she is extremely close with.

Alicia graduated from Orange County High School and has had a variety of positions since she graduated but her favorite so far, she says is Dogwood Village Senior Living!

Alicia married the love of her life Daniel Foster in 2017 and they share one son, who just turned a year old.

When Alicia is not working, she loves spending time with her family especially her son and two nephews Karter and Kameron. She also enjoys helping her father with his plumbing business during her spare time. Alicia is an avid reader, baker and likes to watch TV when time allows.

Alicia has assisted with caring for her grandmother and grandfather and loves working with the elderly population.

Her mother-in-law Michaele Embrey who worked in Activities thought she would be a great fit with knowing how she cares for her grandparents!

She loves working at Dogwood because it gives her a sense of purpose that she is helping and making a difference in the lives of the residents.

