

Birthdays and Special Events

Events:

- 4/6 Guitar and Banjo Music with Michael Milstead (CR)
- 4/7 Birthday/ Meet Your New Neighbors Party (CR)
- 4/11 Lucky Bill Music (CR)
- 4/12 RapidAnn Garden Club Flower Arranging
- 4/12 Music with James Curry (CR)
- 4/13 Easter Egg Hunt with Child Care (HG/CR)
- 4/14 Healthcare Decision Day (CR)
- 4/18 Afternoon Social with Music by Sandi Bingler (ML)
- 4/20 Ice Cream Sundae Social (CR)

- 4/24 Blue Bird Presentation by the Master Naturalists (CR)
- 4/25 Piano Music with Julie Jackson (ML)
- 4/25 Drum Circle with Connie Ralston (CR)
- 4/26 Meeting with the Administrator (DR)
- 4/27 Country Music with Gina Romano (CR)

Outings:

- 3/5 Hamilton's Med Spa
- 3/10 Bus Ride
- 3/19 Bus Ride
- 4/21 Dollar Tree
- 4/28 Darnell's Garden Patch

New Activities for April!

Yahtzee : A fun game of luck and strategy! The object of the game is to score the most points by creating certain combinations using 5 dice.

Card Group: An opportunity to play different card games and socialize with other residents. Learn to play Rummy, Bridge, Kings Corner, Poker, and more!

Putting Competition: Show off your golfing skills with a friendly putting competition. Winner will receive a prize!

Darnell's Garden Patch: We will be taking a trip to purchase flowers and vegetables to grow in our resident garden. Any one is welcome to come, regardless if you have a garden.

Safety First: Tips to Protect Yourself from Scammers

- Never buy anything over the phone.
- Don't give out your personal information over the phone unless YOU made the call.
- Don't pay anything up front.
- Don't make a "spur-of-the-moment" decision. If a salesperson says that an opportunity will be missed if you don't make a decision, it is likely a scam.
- Be aware of questionable salespeople. Ask them to provide written information about themselves and their company.
- Beware of "get rich quick" schemes.
- Add yourself to the National 'Do Not Call' Registry. Call 1-888-382-1222 or visit www.donotcall.gov to help limit phone calls from telemarketers.
- Don't pay for a prize.
- Government agencies DO NOT call or e-mail you.
- Never say "YES" when talking to a potential scammer. They can take a recording of you saying yes and apply it to anything.
- Shred any document with your personal information on it. DON'T throw it away.
- If your grandchildren call you and ask for money, tell them you will call them back.

Birthdays:

- 4/2 Phil Brown
- 4/3 Ruth Stevens
- 4/16 Donald Clark
- 4/19 Glen Coleman
- 4/21 Thelma Oliver



"In every walk with nature one receives far more than he seeks."

- John Muir, naturalist

10 Most Common Scams for Older Adults:

1. Grandparent's Scam
2. Investment Schemes
3. Healthcare Insurance
4. Sweepstakes & Lottery
5. Homeowner/ Reverse Mortgage
6. Charity Scams
7. Fraudulent Anti-Aging Products
8. Funeral & Cemetery Scams
9. Internet Fraud
10. Counterfeit Prescription Drugs



Dogwood Dispatch

April 2017
Issue: 67



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

Celebrating April

All Fool's Day
April 1

Palm Sunday
April 9

First Day of
Passover
April 10

Good Friday
April 14

Easter Sunday
April 16

Earth Day
April 22

National
Volunteer Week
April 23-29

Arbor Day
April 28

International
Jazz Day
April 30

In and Around Senior Living...

- 🌸 **Activities:** If you would like to reserve a spot in our resident garden please let an Activity staff member know before April 21st.
- 🌸 **Admissions/ Resident Services:** Please let Annette know if there are any changes in your families' contact information.
- 🌸 **Dining Services:** Residents are strongly encouraged to eat all meals in the main dining room of Senior Living. This allows for good conversation and building relationships with other residents.
- 🌸 **Therapy:** The monthly Therapy Chat will not be held in April.
- 🌸 **Maintenance:** Please let any staff member know if you need assistance changing your thermostat.

A Message from Health Services: "Snacks: Not Necessarily Junk Food"

Snacking can be part of a balanced diet. Eating small portions between meals may help decrease overeating at mealtime. Before you snack, be sure you are hydrated as thirst can sometimes be mistaken for hunger.

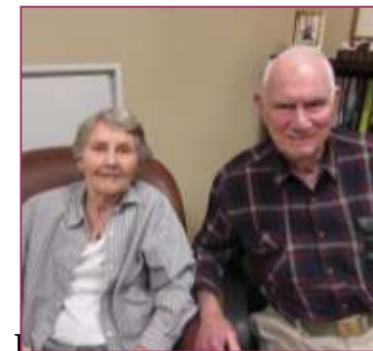
Healthy and Filling Snacks include:

- ❖ Fruit: fresh, frozen, or dried
- ❖ Raw vegetables
- ❖ Celery filled with peanut butter
- ❖ Whole wheat English muffin with a cup of herbal tea
- ❖ Whole grain crackers topped with peanut butter
- ❖ One slice of Colby cheese

Snack only when you are hungry!

New Neighbors!

Please help welcome our new neighbors at Dogwood Village Senior Living!

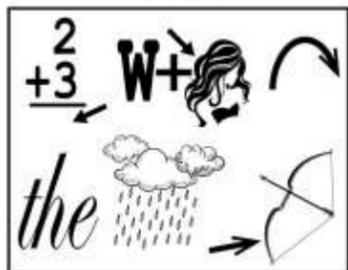


Bob and Lynn Coleman



Marlene Peacock

10 Ways to Love Your Brain!



Be the first to solve the brain teaser and bring the answer to an Activity staff member for a small prize!



Easter Sunday Dinner

- Honey Glazed Ham
- Prime Rib au jus
- Deviled Eggs
- Seasoned Green Beans
- Mashed Potatoes & Gravy
- Spiced Shrimp
- Dinner Roll
- Assorted Cakes



- **Break a sweat**
Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- **Follow your heart**
Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
- **Fuel up Right**
Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
- **Catch Some ZZZ's**
Not getting enough sleep may result in problems with memory and thinking.
- **Take Care of Your Mental Health**
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety, or excess stress.

Prayer Requests

1st Floor

- Family of Mary White- Grief
- Gabe Twyman- Grief
- Alice Jacobs- Transition to H&R
- John Ellis- Health

2nd Floor

- Patricia Faulconer- Husband's Health
- Barbara Grasty- Granddaughter's Health
- Arlene Kube- Transition to H&R
- Phil Brown- Nephew's Health

- **Buddy Up**
Staying socially engaged may support brain health. Find ways to be part of your local community or participate in activities with friends and family.
- **Hit the Books**
Formal or informal education will help reduce risk of cognitive decline and dementia. Read a book!
- **Stump Yourself**
Challenge your mind! Play games of strategy like cards, sudoku, crossword puzzles, etc.
- **Heads Up!**
Brain injury can raise risk of cognitive decline and dementia. Use the necessary steps to minimize your risk of falls.
- **Butt Out**
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have never smoked.



3rd Floor

- Annie Bell- Health
- Howard Stevens- Health
- Fred Wease- Health
- Bud Kidwell- Health

Staff and Volunteers

- Angela CNA/RMA- Health

Volunteer Spotlight: Trent Carr



Trent is pictured with resident Helen Stewart.

Dogwood Village would like to recognize Trent Carr for his service to the facility. Trent is the son of Kim and Troy Carr of Rhoadesville. Trent is a senior at Orange County High School and enjoys hunting, wrestling, golf and fishing. He works part-time at Meadows Farm Golf Course. Trent would eventually like to work in landscape architecture

and plans to go to college after graduating from OCHS. Trent assists with activities and enjoys visiting residents in his free time.



Resident Spotlight: Emmett Wright

Emmett Wright Jr. was born in Atlanta, Georgia in 1926. He attended North Fulton High School and upon graduation, enlisted in the United States Naval Air Force where he worked in communications for two years. Following his service, he attended Furman University in Greenville, SC to study History. While at Furman he met his future wife, Betty Wilson. Together they had two sons, James and Robert who played basketball for their dad years later. After graduation, Emmett continued his education at Emory University where he earned a Masters Degree in History. He began his teaching career at West Fulton High School as a history teacher and men's basketball coach. Following West Fulton, Emmett taught and coached at Westminster Schools in Georgia until he was hired to teach high school history at Woodberry Forest School. Soon thereafter, he left to become the Headmaster at Metairie Park where he served for four years. In 1974, Emmett returned to Woodberry Forest School as the Headmaster, where he would remain until his retirement in 1991. Today, Emmett

enjoys quail hunting, golfing, and smoking cigars. His biggest accomplishments in life are coaching basketball (led his team to a state championship in 1967), and being named Head Master at Woodberry Forest School.

