

Birthdays:

Residents-
Jeanne Davis 2/15
Al Duncan- 2/27

Staff-
Tabitha Harris 2/11
Jessica Robinson 2/15
Hope Donaghy 2/16
John Mollan 2/17



Notable Quotable

"[Venice] is the city of mirrors, the city of mirages, at once solid and liquid, at once air and stone."

~ Erica Jong, novelist



New Activities for February

Resident and Staff Valentine's Photobooth- Come take a picture with a staff member with our heart back drop!

Edible Groundhog Snack- In celebration of Groundhog Day! Will we have 6 more weeks of winter?

String Heart Art- Easy craft project involving wood and string!

Valentine's Service Project- We will be making a small pillow to give away to a local nursing facility that has been fighting Covid-19.

Lincoln Penny Bookmark- Easy craft project to celebrate President's Day!

Senior Winter Olympics- Come play some easy Olympic games with Dennett!

Safety Question- Protect your Heart!

What are some important lifestyle changes to help prevent Heart Disease?

- ♥ Quitting smoking.
- ♥ Maintaining or losing weight.
- ♥ Tracking your daily fluid intake.
- ♥ Avoiding or limit alcohol.
- ♥ Avoiding or limit caffeine.
- ♥ Eating a heart-healthy diet.
- ♥ Being physically active.
- ♥ Manage stress.

National **Wear Red Day**® is celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death for Americans. Wear Red Friday, February 5th!



Corona Virus and Vaccine Updates!

As the Orange County positivity rate is above 10%, we will continue to have to test twice a week. Once the positivity rate moves under 10%, we can go back to weekly testing. If the positivity rate drops to below 5%, we will not have to test but one time a month unless we get a positive case with employees or staff then that would require, we go back to weekly testing.

Dogwood Village is currently 1 of 27 facilities in Virginia that have not had any resident cases of the virus!

The 2nd dose of the Covid-19 vaccine will be given on February 2nd in the Community Room for Senior Living Residents only. Time will be announced when known.

Residents will wait 15 minutes to ensure no reaction.

If you have not taken the vaccine and you would like to take the 1st dose, you may also do so on Feb 2nd. CVS will return on another day late February to give the 2nd dose.

Dogwood Dispatch

February 2021

Issue: 112

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

Celebrating February

Black History Month

Bird Feeding Month

Mend a Broken Heart Month

Women's Heart Week

February 1-7

Groundhog Day

February 2

Canadian Maple Syrup Day

February 6

Chinese New Year:

Year of the Ox
February 12

Valentine's Day
February 14

Mardi Gras
February 16

International Toast Day
February 25



♥ In and Around Senior Living... ♥

Activities-

- ♥ If you are interested in setting up a facetime, duo or zoom visit with your loved one please let an activity staff member know.

Resident Services-

- ♥ Window Visits can be booked through the receptionist.

Dining Discussion-

- ♥ Dining Discussion will be held on February 8th and 22nd!

Maintenance-

- ♥ Friendly Reminder that things in your room must be 18in from your ceiling due to our fire safety rules. Mandated by the

Fire Marshall. This includes the inside of your closets also. If you need assistance, please let a staff member know.

Health Services-

- ♥ We thank each an everyone of you for your patience and understanding while we are in our rooms. Your safety is our priority. Please continue to perform good hand hygiene, drink plenty of fluids and report to the staff if you are feeling under the weather.



♥ Fundraiser ♥

With February being Presidents Day and National Heart Month! We will be collecting Pennies for the entire month of February.

Each Floor will be competing against each other! The winning floor will receive a special price!

Staff and Resident participation is encouraged!

If you work on a certain floor, please contribute to your floor!

All donations will go to the Corona Relief Fund!

Please have fun and find it in your heart to make a small donation to this cause that has effect each of us!

Every Penny Counts!!!

Things to do to keep busy while in your room.



The Friendship Line is a 24/7, toll-free phone line for people aged 60 years and up. Offered by the Institute on Aging (IOA), the phone line offers a friendly chat with trained volunteers who specialize in conversations with seniors. The number for this service is:

1-800-971-0016

Are you in need of Activity Supplies? The Activity Department can provide you with-

- ♥ Books
- ♥ Magazines
- ♥ Coloring Materials
- ♥ Word Search Puzzles
- ♥ Jigsaw puzzles
- ♥ Cards
- ♥ Greeting Cards
- ♥ Games
- ♥ Easy Craft Projects

Current Prayer Request

1st Floor:

Frances Reamy- Health
Don Detwiler- Friend's Health
Eliner Clark- Health
Len Deeds- Health

2nd Floor:

Barbara Hutchinson- 3 Siblings- Health
Phil Brown- Health
Zeke Tomlinson-Health

Simple Seated Exercises while in your room from Kristen in Physical Therapy:

- ♥ Ankle pumps
- ♥ Ankle Circles
- ♥ March in Place
- ♥ Gentle Kicks

If anything hurts, please do not continue to do these, and let your nurse know!

If you feel like you have lost some of your endurance, talk to the nurse about getting an order from your doctor for therapy services.

If you would like to take a walk while in your room, you can let an activity staff member know and we can schedule a walk through the building during chilly days or outside in the healing garden during warmer days.



3rd Floor:

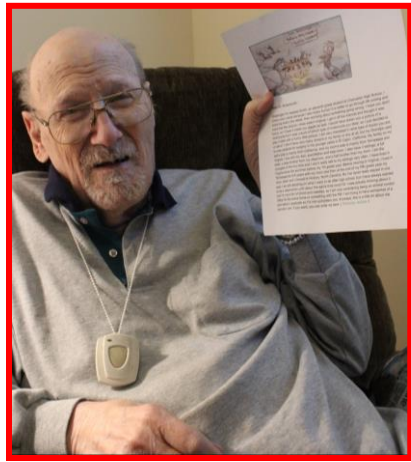
Helen Herndon- Health
Erba Burton- Health

Staff:

Pat Davis- Receptionist- Health of Daughter
Dennett McFarlane- Activities- Health

Other:

People that have been affected by the Covid-19 Virus



REQUEST PRAYER
How may we *pray* with you?



Resident Spotlight



Newest resident, Barbara Garr grew up in Louisa County on a farm with her parents, two brothers and sister. Barbara drove a school bus by morning and afternoon and worked as a teller at Louisa National Bank in between. She then went to work at the C&P Telephone Company as an operator and there is where, she met her husband John of 50 years. John was a repair man for C&P and served in the United States Air Force. Barbara and John later moved to Culpeper. She is an active member of Culpeper Baptist Church and was part of the Culpeper Hospital Auxiliary for over twenty-five years. Barbara has 3 children- Sammy, Dorothy, and Danny, 4 grandchildren- Hailey, Patrick, Samara, and Molly and 1 great grandson due in April. During Barbara's spare time she enjoys knitting, crocheting, quilting, coloring and word search puzzles. She is most proud of her children, Danny who owns his own trucking company, Dorothy who was a nurse and Sammy retired from the federal government.

Staff Spotlight

Jessica Kelley Robinson was born and raised with her brother Parker in Orange County to Robert and Karen Kelley. Jessica obtained her CNA and graduated from Orange County High School. She pursued getting her associates degree from Germanna Community College in General Studies and General Education. Jessica married the love of her life Chris Robinson who is a Bulk Manager for Dominion Market Research and together they have a precious 7-month-old, Jeremiah, who is the light of Jessica's life. She also absolutely loves her two cats Buddy and Dreamsicle. Jessica is a CNA/RMA and has worked at Dogwood Village for 8 years. Her co-workers describe her as organized, enthusiastic and an overall a great person. Jessica is very family oriented and when not at work she can be found playing with her son or crafting with her mom. Her advice to new employees is to treat the residents as if you are caring for your parents or grandparents. Give your best, the residents deserve it!