

November 2022

# Dogwood Dispatch

Dogwood Village of Orange County Senior Living 120 Dogwood Lane Orange, VA 22950

## Celebrating November

**American Indian Heritage Month**

**Inspirational Role Models Month**

**Adoption Month**

**Men Make Dinner Day**  
*November 3*

**Veterans Day (U.S.)**  
*November 11*

**World Kindness Week**  
*November 13–19*

**Apple Cider Day**  
*November 18*

**International Men's Day**  
*November 19*

**Game & Puzzle Week**  
*November 20–26*

**World Television Day**  
*November 21*

**Thanksgiving Day (U.S.)**  
*November 24*

**Giving Tuesday**  
*November 29*

## In and Around Senior Living



**Activities-Head on up to the activity kitchen on 11/21/22 for the Chili Bar with all the toppings. This is for residents and staff from 11:00AM-1:00PM. There will be a signup sheet for staff located on board at time clock if you wish to participate.**

**Holiday Bake Sale- Let us help with your Thanksgiving desserts. The residents will be hosting a bake sale in the lobby from 9:00 AM to 1:00 PM on 11/23/22. If you wish to donate a goody, please sign up on the sheet located at time clock.**



**National Pickle Day is 11/14/22. Activities will be making Homemade pickle chips ,it's going to be yummy.**

**National Happy Hour Day is 11/12/22. We will be partying in the activity room with wine coolers & nachos.**

**11/15/22 Asian lunch with Pang at 12 noon in activity room. Sign up required by 11/4/22.**



**Activities Department is still in need of donations for the monthly peanut auction. If you have questions or donations see any activity team member. Thanks!!**



## **Happy Veteran's Day**

**In honor of our Veteran's, we wish to honor the following:**

**Doris Smith-Navy Medic  
Robert Vasquez- US Army Corporal  
Terrell Baskerville-US Army**

**A special thanks to Chili's in Culpeper who will be providing them with a special lunch in their honor.**



## Cran-tastic



Cranberries are largely forgotten until Thanksgiving, when they grace the table as a jelly, relish, sauce, or chutney to go with the Thanksgiving turkey. On November 23, Eat a Cranberry a Day, consider all the other ways to enjoy this tasty and healthy berry.

Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections (UTIs). While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried.

The Native Americans living around Cape Cod of southeastern Massachusetts had harvested cranberries, known as sasumuneash, for 12,000 years before the Europeans arrived. The colonists found that the sasumuneash of New England resembled the *cranberries* of their native England, so called because the flowers resembled the head of a sandhill crane.

Cranberries grow in wetlands commonly called *bogs*, which require a special set of conditions to yield a harvest. Soils at the bottom of a bog must be acidic and made of peat; the bogs must have access to plenty of fresh water; and the growing season has to last from April to November, providing a cool period of dormancy. Luckily, the famous bogs of Cape Cod provide just the right conditions and climate. But cranberry bogs are not limited to just Cape Cod. They are found in Maine, Rhode Island, New Jersey, Delaware, Wisconsin, Michigan, and Oregon, as well as in Canada and Chile.

Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.

## STAFF SPOTLIGHT

Welcome Lisa Shifflett. Lisa is from Louisa, Virginia. She is married to her husband Wayne. They have 2 grown daughters and one granddaughter. Lisa has been a CNA since 1991. She got her certificate to be medication aide in 2011. She shares the best thing about Dogwood Senior Living is the friendly and helpful staff. She enjoys country music and playing with her pug dog. She describes herself as kind, caring and having a huge heart.



## RESIDENT SPOTLIGHT



Robert Vasquez was born and raised in West Virginia. He made his home in Orange, VA for the last 25 years. He has 3 children who are his biggest fan. He is very proud of his career as a teacher at Woodberry Forest School. He graduated from Marshall University in West Virginia. In his spare time, he loves to watch college football, go out to eat, read, and make some of his famous soups. He served in the US Army. He also volunteered locally at the Orange food pantry and free clinic. Let's all give Mr. Vasquez a huge welcome to Dogwood Village.



Charles Gill "Charlie" has lived in Orange, VA the last 80 years. He has two children and several grandchildren. He graduated from Orange County High School. After working in the family business *Gill Hardware* he began working for the government as a design engineer until his retirement. He enjoys football, fishing, and hunting. He volunteered at the Orange food pantry. He expresses his greatest accomplishment in life was getting married. He was married for 53 years. Let's give a warm welcome!





## Upcoming Events & Outings



11/2 Blue Birds of Happiness  
11/2 Fall Drive Graves MTN  
11/3 Music W/ Charlie  
11/4 Music W/Guitar Billy  
11/7 Cooking Class  
11/9 Fall Drive  
11/15 Asian Lunch W/Pang  
11/16 Blue Birds of Happiness  
11/16 Lunch: Tim's on Lake  
11/21 Chili Bar  
11/22 Davis & Bradley  
11/26 Monthly Birthday Party  
11/27 Nails W/ Heather (sign up)  
11/29 Denim & Lace  
11/30 Peanut Auction  
11/30 Fall Drive



### November Birthdays

11/1 Susan Hensley  
11/4 Charles Gill  
11/19 Sibyl Johnson  
11/20 Genevieve Starkey  
11/21 Evelyn Boggs



Thanks to Mr. Henry Purcell for the gracious donation. This beautiful piece of artwork is displayed by our community room!! Please come and look.



Thanks again to our wonderful dietary staff. National Healthcare Food Service Week was October 2<sup>nd</sup>-October 8<sup>th</sup>. We enjoyed recognizing our team!



