

**Birthdays:**

*Residents-*  
Elizabeth Holley-Goodwin 1/3  
Dorothy Burke 1/6  
Catherine Kimbrough 1/9  
Alyson Sparks 1/18  
Betty Glascock 1/22

*Staff-*  
Kelley Sims- 1/1  
Ashley Gore- 1/2  
Brittany Sullivan 1/4  
Margaret Schrock 1/9  
Miranda Keck 1/12  
Kathe Warren 1/13  
Maria Miller 1/22

**Notable Quotable**

“An optimist stays up until midnight to see the New Year. A pessimist stays up to make sure the old year leaves.”

~ Bill Vaughn, columnist



**Special Events and Outings**

Events:	1/22 Kenwood Players Fun Band CR
1/1 Afternoon Jackpot Bingo CR	1/25 Fiddle Music with Alex CR
1/2 Piano Music by Daniel Grotz ML	1/29 Iceland Presentation by Pat
1/4 Birthday Party CR	Temples- Master Naturalist CR
1/5 Chair Massage with Cindy WR	1/30 Meeting with Administration DR
1/10 Afternoon Tea AR	
1/12 Denim and Lace CR	Outings:
1/15 Dr. Koch Hearing Aid Checks and Ear Cleaning (No Appointment Needed) <b>CR</b>	1/3 Let's Ride
1/15 Afternoon Social CR	1/7 Let's Ride
1/17 Karpalla Music CR	1/9 Goodwill Shopping Trip
1/18 Gryme's Grand Friend Visit CR	1/14 Dollar Tree
	1/18 Med Spa Trip
	1/25 Country Cookin' Lunch Trip

**New Activities and fun days for January**

January 1 <sup>st</sup> - Afternoon Game Day	hats to wear on National Hat Day!
January 15 <sup>th</sup> - National Hat Day	Don't Bust My Bubble- Easy game where you try not to get your number called!
January 19 <sup>th</sup> - Popcorn Day	Popcorn Mix- Easy non-cook snack to make and celebrate Popcorn Day!
Month of January- National Pizza Month	Let's Make- Flakey Biscuit Pizza- Easy cooking activity
New Year's Resolution- Come Decorate our Activity Room with goals for the New Year!	Snowy Day Tissue Paper Art- We will be making our own snow if we do not have any on the ground!
Winter Snowman Canvas- Easy art activity for the winter!	
Decorate-A-Hat- We will be decorating	

**Arthritis Pain Relief Tips for Dealing with the Cold Winter Weather**

Dress Warmly- Wear layers and if you plan on going outside make sure you wear a coat, hat and gloves.

Hydrate- Continue to drink. Water is best for your body but if you do not care for water, drink what you prefer.

Exercise Inside- Keep active, if you cannot get outside to walk come up with an indoor walking routine. If you are interested in using the Nu Step please contact Health Services so the Therapy Department can be contacted.

Let Warm Water Comfort You

Get Vitamin D- Open your blinds and get some sunshine. Remember to drink milk as this helps with Vitamin D levels which will help your achy joints.

Stay Safe- Do not go out if there is bad weather. Slipping and falling only increases your risk for injury and pain.

Get a Massage- Cindy Colvin will be in Senior Living the 1<sup>st</sup> Saturday in January. Massage can help your achy joints and muscles. She can focus on your back, shoulders, neck, and hands. If you are interested please sign-up with the Activities Department.

**The charge for a massage is \$10.00 for 20 minutes.**

*Dogwood Dispatch*

January 2019  
Issue: 88



**Celebrating January**

**Braille Literacy Month**

**Soup Month**

**Fruitcake Toss Day**  
January 3

**Cuddle Up Day**  
January 6

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

**Popcorn Day**  
January 19

**Martin Luther King Jr. Day**  
January 21

**Australia Day**  
January 28  
(observed)

**Puzzle Day**  
January 29



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

**In and Around Senior Living...**

**Activities:**

- \* January 16<sup>th</sup> the Activities Department will be doing an introduction meeting to the Activity Survey we will be handing out in the beginning of February. We would like everyone's feedback with what you would like to see and do during the upcoming new year in Activities.
- \* Activity Professionals Week is January 20<sup>th</sup>-26<sup>th</sup>!

**Dining Services:**

- \* Quick reminder of meal times: breakfast is served from 7:15-8:45am, lunch is served at 11:15am- 12:45pm and dinner is 5:15- 6:45pm. You may come at any time during these set times. Also, as a reminder

there are no assigned seats in the main dining room.

**Health Services:**

- \* If you are feeling under the weather please tell a Health Services member immediately.

**Maintenance:**

- \* If your vehicle is parked in the Senior Living Parking Lot don't forget to start it on occasion so the battery does not die.



**Goals, Aspirations & Resolutions for the New Year**

*Residents:*

Phil Brown- I look forward to celebrating my 101<sup>st</sup> Birthday!

Irmgard Sames- I want to enjoy every day!

Fred Wease- Stay healthy and put together more puzzles.

Virginia Serroka- I am going to walk!

Alice Lumsden- I do not want to gain any weight in the New Year.

Erba Burton- Continue to be happy and health.

*Staff:*

Chelsey Partlow- Health Services: Organize and budget better.

Pat Davis- Receptionist: Not to go on a diet!

Miranda Keck- Health Services: Spend more time with my almost 1year old son Treyson

Alexis Fountain- Activities: Travel more!

Angela Humes- Health Services: Work on my time management.





Foundation Board Members include: George Yancey, Thomas Graves, Lee Frame, Patty Talley, Jim White, Tom Czelusta



Senior Living Board Members include: Philip Frazer, George Yancey, Thomas Graves, Jim White, Tom Czelusta

### Dogwood Foundation

Dogwood Village is about people taking care of people and offering resources to improve or maintain the quality of life of each resident. One of the most valuable resources that we offer is a stimulating and safe environment that allows residents to enjoy the comforts of home with the reassurance and assistance of staff.

In order to support the efforts of Dogwood Village, a foundation was formed in hopes of enriching the quality of life and health of our seniors, serve the community and recognize the contributions of the staff and volunteers. As a result, many projects have been supported by the foundation to include: the facility bus, transport van, raised flower beds, patio renovations, spas and staff bonuses.

If you are interested in donating to the foundation, please contact Patty Talley

### Guiding Light

#### The New Year

Dear Lord, as this new year is born  
I give it to Thy hand,  
Content to walk by faith what paths  
I cannot understand.  
Whatever coming days may bring  
Of bitter loss, or gain,  
Or every crown of happiness;  
Should sorrow come, or pain,  
Or, Lord, if all unknown to me  
Thine angel hovers near  
To bear me to that farther shore  
Before another year,  
It matters not — my hand in Thine,  
Thy light upon my face,  
Thy boundless strength when I am weak,  
Thy love and saving grace!  
I only ask, loose not my hand,  
Grip fast my soul, and be  
My guiding light upon the path  
Till, blind no more, I see!  
--Martha Snell Nicholson

### Huge Thank you!

A big thank you to the Orange County High School's SCA Program for donating gifts for our Giving Tree that were given out Christmas morning! If you are interested in sending a thank you card please see the Activity Department

### Prayer Request

**1<sup>st</sup> Floor:**  
Dorothy Garnett- Health

**2<sup>nd</sup> Floor:**  
Barbara Hutchinson- Health of Niece  
Dorothy Burke- Health  
Barbara Grasty- Health of Granddaughter  
Retta Noto- Health  
Betty Downs- Health

**3<sup>rd</sup> Floor:**  
Carlene Saxton- Health of Granddaughter

**Staff:**  
Rob Sorrell- Maintenance Technician: Grief of Grandmother  
Ashley Gore- Director of Activities: Grief of Grandfather

**Happy New Year from Dogwood Village!**



### Volunteer Spotlight: Kyle Johnson

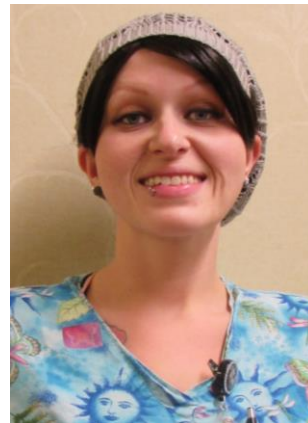
Dogwood Village would like to recognize Kyle Johnson for his contributions to the facility. Kyle lives in Orange with his parents Rita and Doug Johnson and has a brother and sister who are attending college at this time. He is a sophomore at Orange County High School and enjoys playing baseball. Kyle is an excellent student and enjoys math and science classes. He hopes to attend college at Virginia Tech and play baseball. Future plans could possibly include professional baseball or the military.



Kyle is pictured with Health and Rehab Resident William Davis

### Resident Spotlight: Joe Taylor

Our neighbor, Mr. Joseph "Joe" Taylor is originally from York, Nebraska, a small county in which he grew up along with his two younger sisters. Joe always had a close relationship with his mother and grandparents; especially his grandfather whom he credits with teaching him some of the most important lessons and values in life. After graduating high school in Ohio, Joe was fortunate enough to earn a full scholarship to North Eastern University where he earned a degree in Mechanical Engineering. After settling in York County, Va in order to be closer to his mother and sisters Joe met his wife Kit while attending church. While tending to their growing family, two daughters and later a son, Joe worked as a Mechanical Engineer and Kit held a job working for NASA at Langley. Over the years their children in turn gave the Taylor's 9 grandchildren and 2 great-grandchildren. Out of all the things that come to mind when we hear the name Joe Taylor the three most important to him are: Father, Grandfather and Churchman.



### Staff Spotlight: Michelle Litton

Ms. Michelle Litton is one of the many smiling faces that can be found milling through Dogwood Village Senior Living. Michelle was born in Richmond, Virginia but spent the majority of her childhood in Stafford. After a few years of being out of school Michelle decided to take up a trade and attended Divinely Inspired Trade School earning her RMA certification. Michelle has two sons whom she adores, Jayden age 10, and Jacob age 4. Being a mother is what fills her heart with joy and a sense of accomplishment because the bond she shares with her sons is strong and unconditional. Over the last two years working for Dogwood Michelle has built strong relationships with her co-workers and feels the level of comradery found here at Senior Living is unparalleled and we firmly believe in taking care of each other. The simple things in life have always been more meaningful to Michelle and there's nothing she enjoys more than spending time at home binge watching good shows on Netflix.