

Birthdays:

Residents-
Herbert Breeden 4/2
Phil Brown 4/2 101st!
Ruth Stevens 4/3
Helen Herndon 4/16
Glynn Coleman 4/19
Thelma Oliver 4/21
Dick Butterworth 4/25

Staff-

Heather Jenkins 4/9
Linda Tyler 4/12
Melissa Seale 4/14
Michelle Litton 4/20
Wanda Stover 4/28

Special Events and Outings

Events and Music:

4/2 Phil's 101st Birthday Party-
Wear your Dalmatian shirt or
black and white **CR**
4/4 Ronnie Williams and the
Carter Family Sound **CR**
4/9 Davis Bradley Music **CR**
4/11 Guitarist Billy Caldwell
"New to Senior Living" **CR**
4/13 Denim and Lace **CR**
4/17 Kevin Sings the Classics **CR**
4/19 Folk Music with Alex Caton **CR**
4/19 Flat Run Ramblers **CR**
4/21 Hymn Music with Mrs. Holley
Goodwin **ML**

4/22 Adventures in Nature
Presentation by Julie Connelly **CR**
4/23 Spring Luncheon **AR**
4/25 Jim Lilly and Sunnyside **CR**
4/26 Grymes Grand Friend Visit **CR**

Outings:

4/1 Spicer's Mill Childcare
4/3 Dollar Tree
4/8 Let's Ride
4/9 Library of Congress Movie & Lunch
4/10 Yoder's Market
4/17 Rose's Department Store
4/26 Co-op Plant purchasing
4/27 Senior Prom- Fiesta
4/29 Let's Ride

New Activities for April

Volunteer Gift Making- Come make a gift to be given out to our volunteers during the Appreciation Luncheon April 10th.

Bunny Pins, Lollipop Bunnies, Easter Egg Rice Dying, Washcloth Bunnies, Easter Egg Bag Decorating and Egg Stuffing- All of these activities are fun, creative spring craft projects to celebrate the upcoming Easter Holiday.

Cheese and cracker tasting- come indulge some different varieties of cheeses and vote on your favorite!

Left Right Center Competition- Simple and fun game. Anyone can play!

Round 1- Family Feud- Fun game! If you like trivia you will probably enjoy this!

Mod Mixed Medium Trees- Moderate creative craft project using different forms of paper.

Finish the Sayings and Nursery Rhymes- Come test your knowledge of old sayings and rhymes. Let's see what you remember!

Protecting Your Brain Health- Tips from Rehab Services

Good overall health may help to maintain healthy brain function.

These tips may help you stay active and healthy, physically and mentally.

- Eat or drink less sugar, salt, and solid fat
- Eat more fruits, vegetables, and whole grains
- Choose lean meats, fish, or poultry
- Control portion sizes
- Choose low- or non-fat dairy
- Drink adequate fluids

- Make physical activity a part of your routine
- Seek exercise guidance from your therapy team
- Join in activity programs that are exercise related
- Volunteer
- Socialize with your friends or attend a group activity
- Get 7-8 hours of sleep every night

If you think you are in need of therapy services please talk with your nurse!



Notable Quotable

"Love all, trust a few, do wrong to none."

~ William Shakespeare, playwright and poet



Dogwood Dispatch

April 2019
Issue: 91



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

Celebrating April

Global Astronomy Month

Jazz Appreciation Month

Golden Rule Week
April 1-7

No Housework Day
April 7

Barbershop Quartet Day
April 11

Scrabble Day
April 13

Easter
April 21

Hug an Australian Day
April 26

In and Around Senior Living...

Activities:

- Remember to sign-up for facility outing by telling an activity staff member in advance.

Resident Services/ Admissions:

- If you would like a copy of the Orange County Guide please see the Admissions Department.

Dining Services:

- Coffee and Conversation will be held April 8th and 22nd. The topic this month during these meetings will be the spring menu. Your input is valuable, please join us.

Environmental Services:

- If you spill something on your carpet please report it to a staff member immediately.

Health Services:

- Spring has sprung and so have seasonal allergies. If you are having trouble and are not feeling well please contact Health Service staff.

Maintenance:

- The Maintenance Department will be servicing air conditioning units April 2nd and 3rd in resident rooms.



Annual Easter Sunday Luncheon

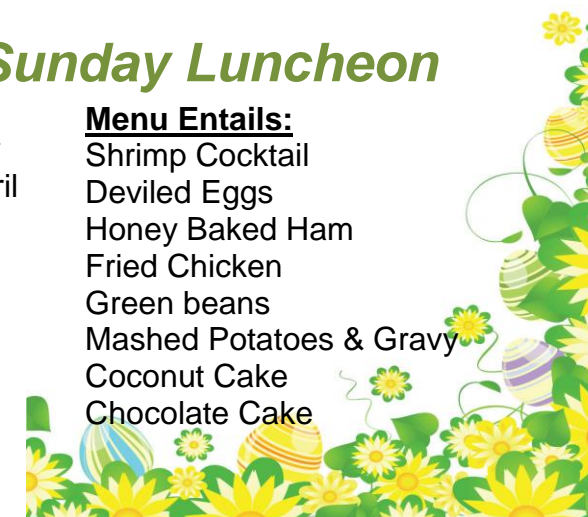
Easter Lunch will be hosted in the Senior Living Community Room for resident's family and friends on April 21st at 11:15am or 12:15pm.

Please let the receptionist at the front desk know how many guests and which seating you would like.

Guest meals will cost \$15.00 per adult and \$7.00 for children 6 and over.

Menu Entails:

- Shrimp Cocktail
- Deviled Eggs
- Honey Baked Ham
- Fried Chicken
- Green beans
- Mashed Potatoes & Gravy
- Coconut Cake
- Chocolate Cake



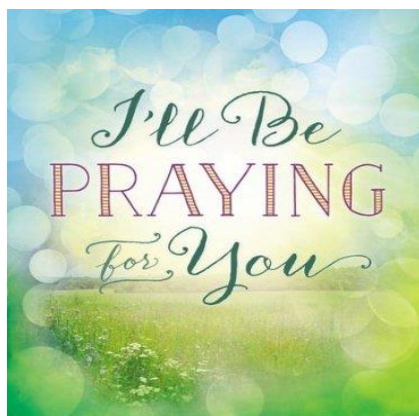
Successful Event For A Great Cause

A special thank you to everyone who participated in the Quilt Raffle and Bake Sale that was held in the Senior Living Main Lobby on March 8th to benefit the Orange Downtown Alliance Playground Fund in Memory of our resident Betty Glascock's Granddaughter, Anna Schmeltz.

With both the quilt raffle and bake sale \$881.75 was raised towards this wonderful cause.

Christine Bodendorf, daughter of Betty Glascock is overwhelmed with the success of the event and would like to thank the residents and volunteers for making the desserts for the bake sale and the Dolly Madison Quilter's Guild for donating the quilt.

Kim Deloriea in the Physical Therapy Department was the proud winner of the quilt!



1st Floor:

- Peggy Butterworth- Health
- Herbert Breeden- Health
- Doris Washburn- Son's Health

2nd Floor:

- Barbara Hutchinson- Health of Niece
- Barbara Grasty- Health of Granddaughter
- Retta Noto- Health
- Family of Marian Durden- Grief
- Jean Good- Health
- June Simms- Transition

3rd Floor:

- Helen Stewart- Health
- Betty Glascock- Health

Meet Your New Neighbor



Mary Lou Baker

Hearing Test

Dr. Kristen Koch from Evolution Hearing will be here to conduct hearing tests on April 16th from 10am-4pm. If you are interested in an appointment please sign-up with Resident Service Coordinator, Annette Putman, ext. 8009. Remember it is important to have your hearing checked annually! Why go out when Dr. Koch can come to you?

Prayer Request

3rd Floor Continued:

- Mary Lou Baker- Transition
- Irmgard Sames- Health

Staff:

- Sherrell Carter- Nurse Health of Mother-In-Law
- Doris Mcleman- Housekeeping Health of husband
- Angie Tyler- Health Services- Mother's Health
- Barbara Ezell- Dining Services- Health
- Telley Nibblins- Dining Services- Mother's Health
- Hope Donaghy- Dining Services- Safe Travels

Volunteer Spotlight

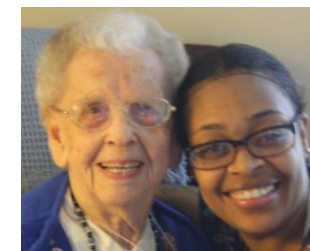
Dogwood Village would like to recognize Peggy Woodward for her contributions to the facility. Peggy was born in Rappahannock County and moved to Orange with her parents when she was seven years old. She graduated from Orange County High School and married her sweetheart Ed Woodward a few years later. Peggy and Ed worked for local banks and purchased a home in the town of Orange. The couple attended Orange Baptist Church and also supported Little Zion Baptist Church where they had many friends. Peggy has always enjoyed floral crafts and assists the Activity Department staff in Senior Living with decorating for holidays. Peggy also enjoys visiting residents in the facility who were her friends and neighbors in the community. Peggy moved to Dogwood Village last year after her husband passed away.



Peggy Woodward is pictured with resident Alice Lumsden who is a great friend.

Resident Spotlight: Phillipa Brown

Phillipa Mae Faudree Brown was born in Grassland, VA. Her mother and father ran a country store and post office along with raising their brood of 8 children. Mrs. Brown grew up alongside her 3 brothers and 4 sisters of which she was the second to oldest. At the age of 19 Phil moved from Grassland to Hampton, VA where she met and married her husband Kenneth Brown while working as a payroll clerk at Roses. Kenneth had served in the United States Air Force and later took a job working in Procurement for the United States Federal Government. Phil later began a job at NASA at Langley where she worked as a math technician. For the next 25 years Phil helped advance her country by assisting with sending man into outer space. When the time for retirement came upon them Phil and her husband chose to retire on the same day and began spending their golden years traveling all over the United States. Phil and her husband spent 48 wonderful years together before his passing. After her husband's passing Phil bought her families homeplace and spent the next 30 years there. In 101 years of life Phil is most proud of living a good, long, healthy life.



Staff Spotlight: Tonika Payne

Tonika Payne was born and raised on Orange, New Jersey. After graduating from Montclair High School Tonika attended Ultrasound Diagnostic Technical School earning her Medical Assisting Certification, but later decided it was not the right career path for her. Later on, she had her two sons, Shahmad, 23, and Sycarr, 13. Her boys are her world and every decision she's ever made has had the betterment of her sons in mind. Tonika's oldest son is currently enrolled at North Carolina A&T pursuing a degree in Business Administration and her youngest son also excels in the classroom though he's only in middle school. For years Tonika's mother had been trying to persuade her to move from New Jersey to Virginia and finally she did. For the last three and a half years she has worked as a member of the Dining Services team and finds the relationships rewarding. When she's not working, she can be found spending time with family, shopping, and going to see the latest movies. If there was one message Tonika could give to new staff joining the Dogwood Family it would be to "try your best, and remember you're here for the residents."