

Birthdays:

Residents-

Mary McBride 5/3
Frances Purcell 5/4
Mildred Ransom 5/18
Barbara Hutchinson 5/24

Staff-

Tiana Lewis 5/1
Telly Nibblins 5/3
Annette Putman 5/10

Notable Quotable

"I'm the straw that stirs the drink."

~ Reggie Jackson, "Mr. October" and baseball Hall-of-Famer



Visiting Tips for Inside, Outside & Out of Towners

Tips for Successful Inside Visits

- No children under the age of 14 are permitted to visit inside
- No more than 2 visitors per resident (this is based on the number of visitors we can have in the building at one time.)
- Remember to clean each area after the visit concludes
- No pets inside the building
- Hospice Nurses are permitted to visit – only wearing a mask and need to provide vaccination status and negative test results at the same rate we are testing.
- Visitors are to stay in the designated visiting area and not visit with staff/other residents
- They may bring food for the resident to eat later (after the visit), but we ask that they do not remove their mask or the residents' mask during the visit.

Tips for Successful outside visits:

- Children under the age of 14 are permitted to visit
- There can be more than 2 visitors per resident if social distancing is practiced no more than 6.
- Pets must be on a leash or contained and any excrement tended to by the owner of the pet, as well as be current and up to date on vaccines.
- Masks must be worn
- They may bring food for the resident to eat later (after the visit), but we ask that they do not remove their mask or the residents' mask during the visit.

Out of Town Visitors:

- If you are traveling a distance to see your family member, please coordinate this with the receptionist and accommodations can be made for your visits.

New Activities for the month of May!!!

Yard Yahtzee- Easy Dice Game that will be played in the Healing Garden.

Pamper Mom Spa Day Party- Ladies come be pampered to celebrate Mother's Day!

Sugar Scrub and Goody Bags for Nursing Staff- Come help us make a gift for our wonderful Nurses for National Nurses Week!

Roll-A-Garden- Dice Game to celebrate spring!

Do not get stuck with the Dandelion Game- Matching Game similar to old maids.

Afternoon Social and Emergency

Prep Info- Loretta will be giving a presentation about emergency preparedness while we enjoy in wine and cheese.

Golf Ball Pigs- Easy Craft Project to put in the garden!

Wheelchair/Walker Car Wash and Lemonade- Come get your ride washed by Activity Staff while you enjoy some fresh lemonade!

Crazy Daisy Craft Project- You will create a beautiful flower out of scrapbook paper.

Pretty "Penmanship Pens"- Easy Craft making colorful ink pens!

Dogwood Dispatch

May 2021
Issue: 115

Dogwood Village of Orange County
Senior Living
120 Dogwood Lane
Orange, VA 22960
(540)-672-1830



In and Around Senior Living...

Activities-

- ✿ Gardening will begin May 11th. Please let the Activity Staff know if you would like a space in the raised garden bed to plant flowers or vegetables.

Resident Services-

- ✿ Please Welcome John Nixon and Boots Lenn to the facility.

Dining Services-

- ✿ Mother's Day Meal will consist of:
 - Prime Rib
 - Mashed Potato
 - Broccoli
 - Roll
- ✿ Alternate
 - Baked Flounder
 - Vegetable Blend
 - Garden Rice
- ✿ Dessert:
 - Carrot Cake

Health Services-

- ✿ If you are going to be outside for any length of time, please ask the Health Services Staff to apply sunscreen that is kept in the Health Services Office.

Maintenance-

- ✿ If you need help changing your thermostat from heat to air. Please ask a staff member.



National Nurses Week

National Nurses Week- begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday.

"**Nurse:** just another word to describe a person strong enough to tolerate anything and soft enough to understand anyone."

Please thank our incredible Nursing Staff when you see them!

Loretta Holt, RN- Director of Nursing

Sherrell Carter, LPN- Day Shift
Margaret Schrock, LPN- Day Shift

Beth Haynes, LPN- Evening Shift
Sheri Teaford, LPN- Evening Shift

Tiana Lewis, LPN- Night Shift
Wanda Stover, LPN- Night Shift

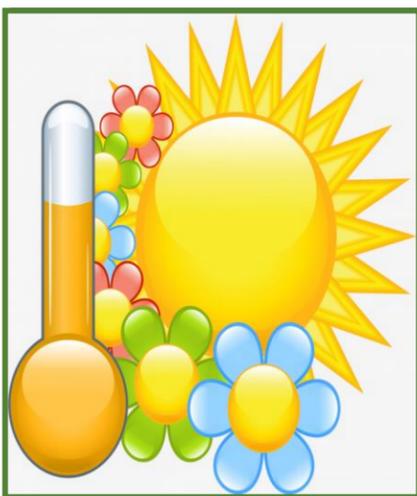
Linda Grimes, RN- PRN

Safety Corner- Assisting Residents



Regulations prohibit residents from pushing other residents in wheelchairs. Please request assistance from a staff member. If a staff member observes you pushing another resident in a wheelchair, he/she will take over for you. This is for your safety and the safety of other residents. You can always ask staff for help or if a staff member is not around, push your pendant. In instance of emergency or evacuation it is important to worry about yourself and allow staff members to help other residents.

Warm Weather Tips



Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body cannot compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- ☀️ **High humidity.** When the humidity is high, sweat will not evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- ☀️ **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.
- ☀️ Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- ☀️ Avoid extreme temperature changes.
- ☀️ Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- ☀️ Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- ☀️ Postpone outdoor games and activities.
- ☀️ Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.



Prayer Request

1st Floor:

Thelma Oliver- Health
Boots Lenn- Transition
John Nixon- Transition
Frances Reamy- Health
Don Detwiler- Health
Peggy Woodward- Health
Al Duncan- Health
Martha Curry- Transition

2nd Floor:

Transition of 2nd Floor to 1st and 3rd Floors

3rd Floor:

Family of Helen Herndon- Grief
Elizabeth Holley-Goodwin- Health
Barbara Hutchinson-
3 Siblings- Health

Staff:

Pam Doshier- Executive Director- Grief of Husband
Alicia Foster- Activities- Health of Grandmother

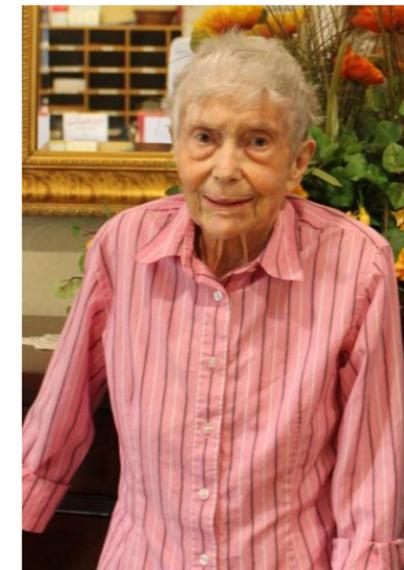
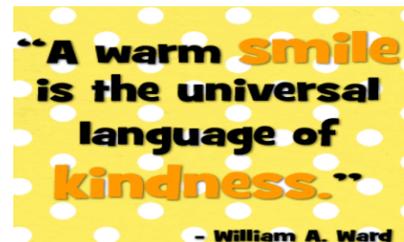
Resident Spotlight



Peggy Fitch was born and raised in Orange County, Virginia. In fact, she has lived here in Orange her entire life! She grew up with two sisters and one brother. While attending Orange County High School, Peggy met the love of her life, Billy Fitch. Peggy married her high school sweetheart, Billy, in 1954. Billy worked as an engineer for the government and Peggy was a bank teller.

Together they raised four children named Charles, William, Kathleen, and James.

Peggy is the grandmother to seven, and a great grandmother to several. She says she did not have much time for hobbies as she was raising four kids, but she loves to play Bridge. She belongs to Orange Presbyterian Church. Peggy says her greatest accomplishment in life is raising four beautiful children whom she is proud of.



Staff Spotlight

Kourtney Monroe was born in Charlottesville and raised in Orange, Virginia.

She graduated from Orange County High School. After high school she went to Germanna Community College, and then transferred to George Mason where she received her BS in Criminology and minored in intelligence analysis. She has worked at Dogwood as receptionist since being in high school, which makes her an employee of ten years!

Her favorite thing about working at Dogwood is talking with residents and hearing all their great stories. When she is not working, Kourtney enjoys crafting, watching movies, and spending time with her friends, family, and her two dogs named Chance and Wise.

She is a board member of The Pink Carpet Event, which is a nonprofit that benefits breast cancer survivors. She is also a member of the Northwest DC chapter of Federally Employed Women and the GMU Black Alumni Association.

Her advice to new employees is to always be willing to work as a team, accept advice from experienced employees with open arms, and always keep a warm smile on your face.

