

Birthdays, Special Events, & Outings

Birthdays:

Residents-

Alice Wells 1/1
Cora Smith 1/3
Elizabeth Holley-
Goodwin 1/3
Catherine Kimbrough 1/9
Mary Lou
Baker 1/21

Staff -

Kelly Sims 1/1
Ashley Gore 1/2
Brittany Sullivan 1/4

Jenny Graves 1/7
Miranda Keck 1/12
Dennet McFarlane 1/21
Katherine Miller 1/22

Special Events-

1/7 Whispering Tunes
with Kim Markulis **CR**
1/14 January's Birthday
Celebration **CR**
1/17 Music with Fritz **CR**
1/20 Nashville Standard
with Adam Melia **CR**
1/21 Folk Music with Alex
Caton **CR**

Outings:

1/5 Leisure Ride
1/12 Leisure Ride
1/13 Lunch at
Forked on Main
1/19 Leisure Ride
1/26 Leisure Ride

***Activities and
outings are
subject to change
based on the
weather in the
winter ***

New Activities for January!

Snowman Tealight Craft- Easy Craft made from a battery powered light!

Winter Bird Feeder- Easy project to feed the birds for the winter. Made from cheerios

Law Enforcement Appreciation Day Gift Making- Simple gift bags to give to the Orange County Sheriff's Office and Town Police.

Snowball Toss- Game using artificial snowballs that feel like real snow

Watercolor Snowflakes- Easy craft project made from coffee filters to decorate the activity room

Snowflake Cork Craft- Cute and easy magnet craft decorated like a snowman!

Roll-A-Snowman- Easy Dice Game where you create a snowman.

Group Puzzle Time- Come help our group put together a puzzle for national puzzle day!

Safety Corner- Alcohol & Medications

The National Institute on Alcohol Abuse and Alcoholism recommends that adults 65 and older drink no more than one alcoholic drink a day. It is stated that women should drink less because their body chemistry makes alcohol more toxic.

Older adults are more likely to have health problems that can be made worse by alcohol. Some of these health problems include stroke, high blood pressure, memory loss and mood disorders

Many prescriptions, over-the-counter medicines, and herbal remedies can be dangerous or even deadly when mixed with alcohol. Always ask your doctor or health services staff if you can safely drink alcohol. Read the labels on all your medicines. Some labels say, "Do not use with alcohol."

HAPPY JANUARY BIRTHDAY



Notable Quotables

"The time is always right, to do what is right."

"Darkness cannot drive out darkness only light can do that..."

"Faith is taking the first step even if you do not see the staircase."

Martin Luther King Jr.



Dogwood Dispatch

January 2022

Issue:123

Dogwood Village of Orange County

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



Celebrating January

International Creativity Month

Mentoring Month

New Year's Day January 1

Bird Day January 5

Make Your Dream Come True Day January 13

Use Your Gift Card Day January 15

Martin Luther King Jr. Day January 17

World Snow Sculpting Championship January 18-23

Activity Professionals Day January 28

In and Around Senior Living...

Activities-

❖ Activity Professional Week is January 23rd-January 29th.

Admissions/ Resident Services-

❖ If you need a 2022 wall calendar, there is a stack in the sitting room on the 1st floor on the piano. If you need greeting cards for any occasion, they are also in the sitting room by the mirror in the first drawer of the cabinet.

Dining Services-

❖ Dining Discussion Meetings January 10th and 24th.
❖ Special Luncheon on New Year's Day for residents.

Health Services-

❖ Family and Friends- You still should only be visiting with your mask on in the resident room. Currently, we are not having guest during meals or in group activities.
❖ All residents must still wear their mask in the social areas, hallways, and group activities.

Maintenance-

❖ Please do not hang anything on your door that is not metal or Fire Resistant.



New Year's Wishes!

My kids and myself stay well and healthy. – Mary Lou Baker

I want the world to slow down!
- Wendy Weakley, Nursing

I wish to keep my sanity! -Sibyl Johnson

My wish is for happiness and health -Alicia Foster, Activities

I want to make 2022 better than 2021. – Glynn Coleman

I wish everyone peace and happiness! – Betty Coleman

I hope to have a vacation that is peaceful and relaxing during the New Year! – Mo Ferguson, Dining

I wish for a Happy 98th Birthday! I am a New Year's Baby! -Alice Wells

Good Luck to all – Thelma Oliver

I wish for Covid to go away-
Barbara Garr



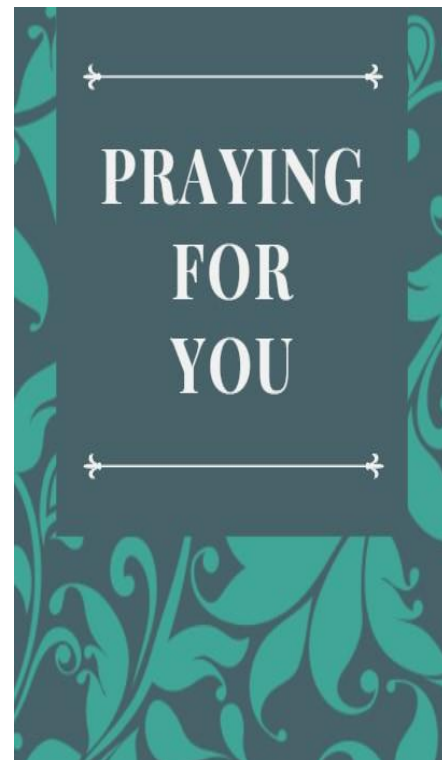
Crazy Socks Day

Activity Professional Week is January 23rd- January 29th. In support of the Activities Department and all they do for the staff and residents, Thursday, January 24th we will be having a Snowman Sundaes and Friday, January 25th wear your craziest socks in support of the Activity staff at Dogwood Village! Thank you to Alicia Foster, Ashley Gore and Dennet McFarlane for all you do!



A Huge Thank You!

Thank you to all the families, staff, and community members for making our resident's Christmas awesome! Our residents of Dogwood Village enjoyed opening all of their sweet gifts on Christmas morning and it would not have been possible without the love and generosity of each donation! Thank you again for being the light that our world needs!



Prayer Request

1st Floor:
Don Detwiler- Health
Family of Doris
Washburn- Grief
Dot Hill- Health
Dick Butterworth- Health

3rd Floor
Jeanne Davis- Health
Barbara Hutchinson-
3 Siblings- Health
David Clark- Health
Matt Graves- Health

Janice Crockett- Health
Family of Phil Brown- Grief

Staff and Volunteers:
Pat Davis- Volunteer-
Alicia Foster- Activities
Assistant- Health of
Grandmother
Sherrell Carter- Health
Services- Grief of Mother
and Uncle
Pam Doshier- Executive
Director- Grief of Father



Resident Spotlight

Our neighbor, Mrs. Mary McBride was born and raised in Holderness, New Hampshire where she grew up with her parents, 2 brothers and 3 sisters. Her father worked in the logging business and the family moved often to follow his work. After graduating from the University of New Hampshire with a bachelor's degree in biology Mary left the New England region and headed towards the mid-Atlantic taking a job in Maryland as a Personnel Officer for the Social Security Administration. While working for the Social Security Administration of Baltimore, Mary met and fell in love with her husband, Don Sr who served as the Bureau Director for the Field Organization until his retirement. The couple raised two boys together, Kuno and Donald Jr. during a loving 37-year marriage before Don Sr.'s passing. Prior to delving into retired life here at Dogwood Village Senior Living, Mary could be found busying her time gardening, advocating for environmental protection and loving on her beloved dog "LD' Little Dog. Mary expressed her greatest accomplishment in life is that she is proud of the service she has dedicated to bettering the lives of others and the environment.

Staff Spotlight

Mariane "M" Cesario was born in the Philippines and was raised by her grandmother for 5 years. Mariane moved to the United States when she was 8 years old. Her dad is an Intelligence Analyst, and Her mom has her own business baking, cooking foods and making jewelry. She has 3 younger siblings, 1 brother and two sisters Pierre, Carol, and Isabella. Mariane's father was in the Army and her family moved around the United States. She attended several different schools but graduated from Orange County High School. She recently lost her cat of 10 years Benjamin, but her family has adopted another, and his name is Smokey. Mariane describes herself as friendly, kind, and sweet. Her current position at Dogwood Village Senior Living is Health Services Flyer and she holds her Certified Nursing Assistant Certification. She has been a team member at Dogwood for 2 months. Mariane adores the residents at Dogwood Village. She enjoys learning new things. Mariane stated "I cannot forget about the amazing team and teamwork at Dogwood Village, everyone is so kind and works together to ensure the residents get the best care." Her advice to a new employee is to "Always be kind and keep smiling because it doesn't cost anything. Your residents appreciate the amazing care you are giving."