

THE CLARION

September 2016



4435 North Pershing Drive, Arlington, VA 22203

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SEPTEMBER BIRTHDAYS

<u>RESIDENT</u>	<u>DATE</u>	<u>APT#</u>
Eileen White	1	803
Rose Wolford	5	404
Gloria Higginbotham	7	226
Luz Valdivieso	10	617
Blanca Montiel-Gomez	13	727
Leslie Van Huben	15	810
Rosanna Palmer	19	330
Samson Rahman	20	710
Carolyn Bowie	21	418
Edith Hertz	22	402
James Makoetla	24	514
Pat Sorby	26	606
Chuck Ratley	29	333
Susan Spencer	30	704

WELCOME TO NEW RESIDENTS

Elsie Ergueta	Apt. 814
Violeta Murillo	Apt. 212
Vaclav Novy	Apt. 619

From the Senior Operations Director

Dear Residents, Families, Staff, and Friends of Culpepper Garden!

Welcome to September and the last days of Summer. Here's hoping you had a good one and a chance to relax and enjoy a little time away from the heat. Although August is sometimes a slower month, we did enjoy celebrating National Seniors Day with residents and motorcycle riders, who visited us as part of a "Respect Your Elders" ride through Northern Virginia. We also had a great "Blue Plate Special" night and Birthday Celebration. Several residents enjoyed watching and/or contributing to the fun during Employee Appreciation Week, as well.

Now we are looking ahead to cooler weather and some fun activities in September. This will include a "cook out" dining special both before and on Labor Day. We will also be celebrating National Eat an Apple Day on the 16th, and (at the request of several residents) the "Blue Plate Special" this month will be a celebration of breakfast at dinner time. We need your help to keep all these meal-related programs working smoothly so, if you borrowed some of our china and flatware, please return them, as we are running low at meal times.

Culpepper Garden is working with the Career Center again this fall on internships in housekeeping, dining and administrative areas. We plan on welcoming many students. Thanks in advance for treating them so well, and making them feel welcome and appreciated. Speaking of students, we would all like to say congratulations and good luck to all of you with children or grandchildren starting back up at schools and universities.

September will also see the start-up of the Residents' Association meetings. This is a good way of catching up on changes that occurred this summer, and for sharing your thoughts. As always, if you have other ideas about how we can make Culpepper Garden a better place to live, please feel free to share them with me. We remain committed to providing the best environment we can, and want to thank you again for making Culpepper Garden your home.

Sincerely,

Hunter Moore

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SUGGESTION BOX Please place any comments in the Suggestion Box located by the Front Desk.</p> <p>4 10:45 St. Thomas More Holy Communion 8thF AL 2:00 Protestant Church Service 8th FL AL 11:30 Kissable Canines L</p>	<p>AL- ASSISTED LIVING DR - DINING ROOM CR - CONFERENCE RM SC - SENIOR CENTER L - LIBRARY C - CLINIC SOL - SOLARIUM</p> <p>5 6:30 Current Events Discussion CR Labor Day</p>	<p>Exercise is offered in the Dining Room Monday-Friday at 10:00am. Activities are subject to change.</p> <p>6 10-12N Health Ctr. C SENIOR LOOP 10:30 Fuerza Contra Alzheimer's SC 1:30 Bible Study 6thF AL 2:00 Rosary 8thF AL 6:00 Piano Music SOL 7:00 Game Night DR</p>	<p>Variety Shop Is OPEN Monday, Wednesday & Friday from 4:00 - 6:00pm</p> <p>7 9:00 Dermatologist C 11a Library Bookmobile L 2:30 Dr. Baig C 7:00 Movie CR</p>	<p>1 SENIOR LOOP 7:00 Bible Study CR</p> <p>8 SENIOR LOOP 1:30pm Remembering the 40s & 50s SC 7:00 Bible Study CR</p>	<p>2 10-12N Health Ctr. C 12:30 AFAC Food Day L 7:00 Movie DR</p> <p>9 10-12N Health Ctr. C 7:00 Movie DR</p> <p>16 10-12N Health Ctr. C 12:30 AFAC Food Day L 7:00 Movie DR</p> <p>23 10-12N Health Ctr. C 7:00 Movie DR</p> <p>30 10-12N Health Ctr. C 12:30 AFAC Food Day L 7:00 Movie DR</p>	<p>3 1:30 Int'l Bible Baptist Service 8th F AL 7:00 Movie DR</p> <p>10 7:00 Movie DR</p> <p>17 1:30 Int'l Bible Baptist Service 8th F AL 7:00 Movie DR</p> <p>24 7:00 Movie CR</p>
<p>11 10:45 St. Thomas More Holy Communion 8thF AL 2:00 Protestant Church Service 8th FL AL</p> <p>18 10:45 St. Thomas More Holy Communion 8thF AL 2:00 Protestant Church Service 8th FL AL 11:30 Kissable Canines L</p>	<p>12 11am SENIOR LOOP Target & Safeway 6:30 Current Events Discussion CR</p> <p>19 2pm Podiatrist C 6:30 Current Events Discussion CR</p> <p>26 6:30 Current Events Discussion CR</p>	<p>13 10-12N Health Ctr. C SENIOR LOOP 1:30 Bible Study 6thF AL 6:00 Piano Music SOL Eid al-Adha</p> <p>20 10-12N Health Ctr. C SENIOR LOOP 1:00 Food Forum DR 1:30 Evergreens Sing-a-Long SOL 1:30 Bible Study 6thF AL 6:00 Piano Music SOL</p> <p>27 10am Tech & Hearing Loss SC 10-12N Health Ctr. C SENIOR LOOP 1:30 Bible Study 6thF AL 6:00 Piano Music SOL</p>	<p>14 2:00 Karaoke Social Hour L 2:30 Dr. Baig C 7:00 Movie CR</p> <p>21 9:45 Legal Svcs CR 1:00 Residents' Assn. Mtg. SC 2:30 Dr. Baig C 4:00 Birthday Dinner DR 7:00 Movie CR</p> <p>28 2:30 Dr. Baig C 7:00 Movie CR</p>	<p>15 SENIOR LOOP 7:00 Bible Study CR</p> <p>22 SENIOR LOOP 1pm Low Vision Assistance SC 2:00 Catholic Mass 8thF AL 7:00 Bible Study CR <i>1st Day of Autumn</i></p>	<p>15 10-12N Health Ctr. C 7:00 Movie DR</p> <p>22 10-12N Health Ctr. C 7:00 Movie DR</p>	<p>18 10:45 St. Thomas More Holy Communion 8thF AL 2:00 Protestant Church Service 8th FL AL</p>

RECERTIFICATION UPDATE



Climbing from the Heights of the 2016 Annual Recertification Cycle to Reach the Goals and Targets for 2017.

I sincerely appreciate your continuing efforts throughout the year to prepare for, and actively participate in, the annual Recertification process required for residents of Culpepper Garden.

Working Together – We Win!

September marks the launch of Annual Recertification Interviews for 2017.

Our practice of announcing, rather than scheduling, annual Recertification appointments continues to permit us to conduct individual Recertification interviews more efficiently with the direct involvement of family members and sponsors, and to send and receive more than 6,000 verification documents annually, accurately, and on time.

We ask that you continue to make every possible effort to:

- Keep your announced Recertification appointment, as scheduled,
- Complete all 4 forms we send to you in advance of your interview, and
- Bring all relevant supporting documents to your Recertification interview.



The Social Security Administration's national toll-free number (1-800-772-1213) is available 24 hours per day, 7 days per week, and can serve many clients at once.

Calls to request Proof of Income Letters through the automated telephone system last less than 10 minutes.

Proof of Income Letters are typically received within 2 weeks at the address currently on file with the Social Security Administration.

Greg Rehkopf
Marketing & Admissions Manager

CULPEPPER GARDEN SERVICES

CULPEPPER GARDEN SENIOR CENTER

The Senior Center is located on the lower level of the building. Center hours are **Monday through Friday 9:00 AM to 3:00 PM**. For more information, call the Senior Center. The phone number for the Center is (703) 228-4403.

SENIOR LOOP

This service provides free wheelchair-accessible transportation for grocery shopping and **the Library (if specifically requested, in advance)**. The Loop picks up at Culpepper Garden every **Tuesday and Thursday (except for holidays)**. You must be registered to ride, so fill out an application at the Front Desk. Marvin, Teema, Sherian, or Subhash will fax your application to their office. You must call the day before the trip to reserve a seat on the van. The phone number for the Senior Loop is **703-892-8747**.

SENIOR LOOP—Target & Safeway

This run will leave Culpepper Garden the **second Monday of each month** at 11:00 AM, and will pick up at Safeway and Target at 1:00 PM for the return trip. You **DO NEED** to **make reservations** for the trip **no later than 4:00 PM the Friday before the pick-up date**. The phone number is **703-892-8747** (same as the regular Loop). ***If you have not made a reservation, you will not be allowed on the bus. No exceptions.***

DERMATOLOGIST

Monthly Visits on the 1st Wednesday

The Dermatologist will be at our Health Center on **Wednesday, Sept. 7th ONLY**. Sign up at the Front Desk, and On-Site Dermatology will call you with the arrangements.

PODIATRISTS

Monthly Visits on the 3rd Monday

Dr. Breiner will be at the Culpepper Garden Clinic on **Monday, September 19th ONLY**. Appointments are made in order of request at the Front Desk.

MEDICAL DOCTOR

Weekly Visits on every Wednesday

Dr. Baig will be at the Culpepper Garden Clinic **every Wednesday afternoon starting at 2:30 pm**. Appointments are made in order of request at the Front Desk.

LEGAL SERVICES of NORTHERN VA.

Bob Wolfson will be at Culpepper

Garden on September 21st. This agency provides free legal advice to residents. The attorney meets with residents from **9:30AM to 12 Noon** in the Conference Room. Please call **703-778-6800** to schedule an appointment. Appointments are made in the order of request. If you are **not a U.S. citizen**, you must have proof of your immigration status, or he cannot meet with you.

LANGUAGE SERVICES

Culpepper Garden will make reasonable efforts to provide or **arrange free language assistance** for all its clients with Limited English Proficiency (LEP). This service is available for all LEP clients, including applicants, recipients, and/or persons eligible for housing or employment at Culpepper Garden.

SERVICE COORDINATOR CORNER

“TECHNOLOGY AND HEARING LOSS”

Hearing assistive technology can help in various listening situations. Often, a hearing aid or implant is not enough. In such cases, there are technologies designed specifically to help people with hearing loss to enhance telephone communication, TV reception, ensure an effective smoke alarm warning, and listening in various kinds of public venues. Hearing assistive technologies can help overcome listening difficulties caused by distance, noise, or reverberation. Learn more about assistive technologies to help you with hearing loss on **Tuesday, September 27, at 10:00 am in the Senior Center.**

“LOW VISION ASSISTANCE”

Many visually-impaired people experience difficulty performing the activities of daily living, such as cooking, shopping, managing finances, watching television, reading, and taking care of their personal needs. Others may also feel a sense of depression. Some coping mechanisms include; using contrasting colors, making it bigger, keeping it clean, using the buddy system, being patient and, finally practice. Learn how to make life’s tasks easier with some helpful tips on **Thursday, September 22, at 1:00 – 2:00 pm in the Senior Center.**

**Culpepper Garden Service Coordinator:
Barbara Thode**

FREE ENTERTAINMENT OUTINGS

With the coordination help of our volunteers, you may have noticed new offerings over the summer for **FREE, first-come, first-served** opportunities being offered via **The Fenwick Foundation** to “get out of the house” and attend sports events, local theater performances, and other entertainment activities. To date, residents have gone to several NATS games (even winning ones!), the UniverSoul Circus, and the symphony and ballet at Wolf Trap. Upcoming events in September include Opera NOVA to see highlights from a folk opera by Scott Joplin, the “Man of La Mancha” by The Arlington Players, “Amadeus” by the Providence Players of Fairfax, a one-man act entitled “Satchmo at the Waldorf” at the Mosaic Theater in DC, and Nicolas Real’s performance of “Latin America by Flute” at the Rosslyn Spectrum in honor of National Hispanic Heritage Month (Sept. 15-Oct. 15). **Check the bulletin boards & TV monitors early and often for notices of available opportunities and sign-up at the Front Desk as soon as possible.** These “*freebies*” are made possible by the Fenwick Foundation to serve low-income elderly members of the community and we compete with many other organizations to get the limited tickets!

SENIOR CINEMA MORNINGS

Senior Wednesday Mornings at the Cinema

Take advantage of this opportunity to see new movie releases when **discounts (\$5.50/ticket) are offered to Seniors** at the Cinema Arts Theater in Fairfax.

Coordinated movie outings are generally scheduled twice a month by a CG volunteer. **Watch the bulletin boards** for announcements. **Sign-in sheets are available at the Front Desk.**

ENGLISH CLASSES

English classes are held every
Monday at 2 p.m.
on the 2nd Floor Lobby.

If you're interested in attending,
please call
Agnes Sequeira
at (703) 527-2759.

BED BUG DOG INSPECTIONS

Bed Bug dog inspections are scheduled to be performed every Tuesday in all resident apartments and common areas at least twice per year.

Apartment inspections are announced well in advance, and also posted on the closed circuit television (CCTV) monitors on all floors.

These **inspections are NOT optional, and residents CANNOT refuse the inspections by the dogs. This is a health & safety issue!**

If you have any questions or concerns, please contact Mike Shotwell or Hunter Moore prior to the inspection date. Thank you.

RESIDENT FIRE PLAN

IMPORTANT REMINDER !!

What to do in case of fire:

1. In case of fire in your apartment, go into the hallway, **close your door** behind you, pull the fire alarm downward, and proceed down the hallway, or nearest stairwell, to a safe area.
2. When you are in your apartment and the fire alarm rings, please:
 - a. Stay in your apartment, keep the door closed, and put a wet towel at the bottom of the door to keep the smoke out.
 - b. Or, if you wish, and are able to do so, you may proceed down the nearest stairway and leave the building.
3. **DO NOT USE THE ELEVATORS.**

Please place any written suggestions or comments in the Suggestion Box located by the Front Desk.



CULPEPPER GARDEN SENIOR CENTER ACTIVITIES

(703) 228-4403

“FUERZA CONTRA ALZHEIMER’S”

Tuesday, September 6 10:30 am – 11:30 am

Alzheimer’s disease knows no language barriers. Join Carmen Pastor-Melendez, president of Fuerza Contra Alzheimer’s, for an informative discussion on the fight against Alzheimer’s disease. Call 703-228-4403 to attend.

“REMEMBERING THE 40’s AND 50’s”

Thursday, September 8 1:30 pm – 3:00 pm

Take a trip down memory lane with Judy Leuthold from Virginia Healthcare Services, as she discusses the styles, fashions, cost of living and more from the 1940’s to the 50’s. Share stories from the good ol’ days. Call 703-228-4403 to attend.

“LOW VISION ASSISTANCE”

Thursday, September 22 1:00 pm – 2:00 pm

Alexander Castillo, rehabilitation instructor with the Virginia Department for the Blind and Vision Impaired, will discuss tips on how to make life’s tasks easier when dealing with low vision. Call 703-228-4403 to attend.

“TECHNOLOGY AND HEARING LOSS”

Tuesday, September 27 10:00 am – 11:00 am

Timothy Drake, HearUSA representative, will discuss the value of good, clear hearing and symptoms of hearing loss. He will also discuss hearing aid technology. Hearing screening tests will be provided for all attendees, if interested. Call 703-228-4403 to attend.

RESIDENT SPOTLIGHT - Tesfaye Yemane



Tesfaye Yemane moved to Culpepper Garden in 2012 and works as a salesman at Koons Arlington Toyota. As a participant in the Koons’ Fit & Healthy Challenge employee program, Tesfaye walked 1.04 million steps in 90 days earlier this year. Although the competition is over, Tesfaye continues to wake at 5:30 am most mornings and walks 10,000 steps traversing the hallway on the lower level of Culpepper Garden. “Exercise is now a part of my life,” Tesfaye said. “It’s a matter of commitment; anyone can do it.” He has diabetes, but the health benefits of walking include losing 14 pounds, lower blood pressure, and lower blood sugar.

Tesfaye was born in 1936 in Ethiopia, educated in law and later went to the University of Geneva on a scholarship from the Swiss government. He moved to Northern Virginia from New York in 1999 and was an entrepreneur and small business owner. He became a US citizen in 2006. He enjoys working and says that Jimmy Koons shares his wealth with employees and workers. He enjoys Culpepper Garden, where rent is much more affordable.

CULPEPPER GARDEN ACTIVITIES

“GAME NIGHT” in the Dining Room

Tuesday, September 6 7:00 pm - 9:00 pm

Come down and join in the fun! The Cherrydale Women’s Small Group will offer free board games, fresh fruit, desserts, and more!

“PUBLIC LIBRARY BOOKMOBILE” in the Lobby

Wednesday, September 7 11:00 am

“VOTER PHOTO ID REGISTRATION” in the Solarium

Friday, September 9 1:00 pm - 3:00 pm

If you wish to vote in the November Presidential Election, you will need a Photo ID. You can register and get your Photo ID quickly and easily in the Solarium on Sept. 9th.

“VOTER REGISTRATION” in the Solarium

Saturday, September 10 1:00 pm - 3:00 pm

If you wish to vote in the November Presidential Election here at Culpepper Garden , you will need register to vote. You can register to vote quickly and easily in the Solarium on Sept. 10th.

“KARAOKE SOCIAL HOUR” in the Lobby

Wednesday, September 14 2:00 pm - 3:00 pm

Come down and join in the fun! Music, dancing, light snacks, specialty drinks, and more!

“FOOD FORUM with Chef Ray” in the Dining Room

Tuesday, September 20 1:00 pm

All Residents are encouraged to share questions or concerns about our dining services with Chef Ray Riddle.

“EVERGREENS MUSICAL SING-A-LONG” in the Solarium

Tuesday, September 20 1:30 pm - 3:00 pm

Come and enjoy this Sing-a-Long with this Piano-Violin duo, who will perform well known songs from the golden age of American songwriting. Lyric sheets are provided, so you’ll have the words at your fingertips.

“RESIDENTS’ ASSOCIATION MEETING”

in the Senior Center Auditorium

Wednesday, September 21 1:00 pm

All Residents are encouraged to attend and learn more about Culpepper Garden, and ask any questions they may have. All residents are members of the Residents’ Association.

“MERRY MAKERS” in the Solarium

Tuesday, September 27 1:30 pm - 3:00 pm

Join in fun and song with the Merry Makers and stay for the Social after the show.