

THE CLARION

November 2025



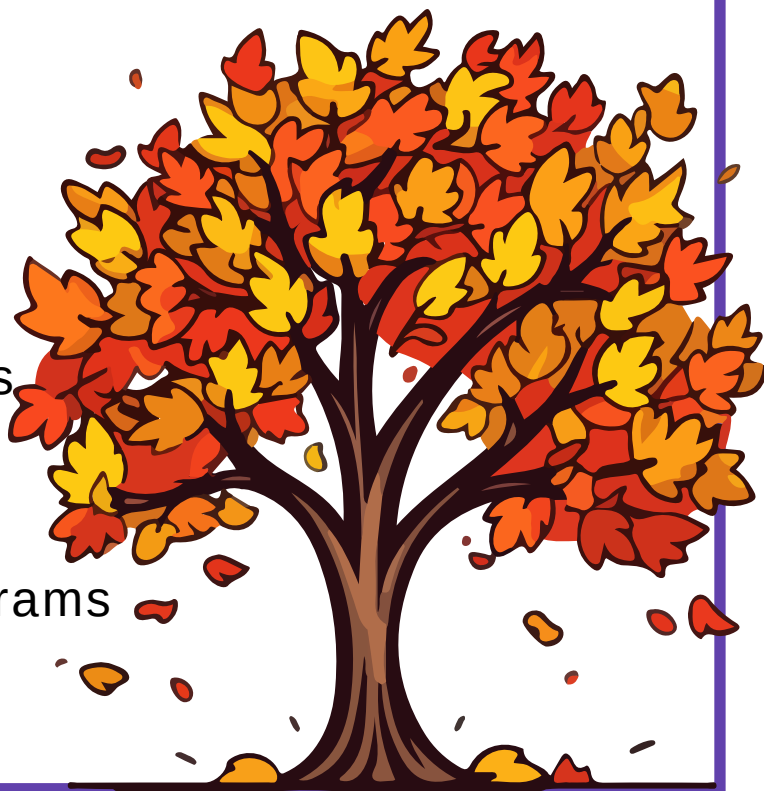
4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

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**IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY
PLEASE EMAIL RESIDENTSERVICES@CULPEPPERGARDEN.ORG**

Our communities do not discriminate on the basis of race, color, religion, national origin, sex, elderliness, familial status, disability, source of funds, sexual orientation, gender identity and veteran status in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the communities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2025

10:15AM:Catholic Communion - Spiritual (MPR A)
1PM: Piano Recital (L)
2PM: Protestant Service Spiritual (AL 8TH FL)
 Daylight Saving Time Ends

10:15AM:Catholic Communion - Spiritual (MPR A)
2PM: Protestant Service Spiritual (AL 8TH FL)
4PM: Music with LuAnn (L)

10AM: Hearing Clinic (Appointments Only)
10:30AM: Ladies Club (MPR C)
1PM: Medicare Monday: Medicare Basics (MPR)
6:30PM: OA Meeting (MPR C)

1PM: Medicare Monday: Medicare Basics (MPR)
6:30PM: OA Meeting (MPR C)

8:30AM: Coffee Talk w/ Mai (3rd FL) IL
10:30AM: Tech Help w/ John (CL)
1PM: Exercise Fun w/ Gail (MPR C)
2PM: Rosary (AL 8th Fl)
6PM: "The Chosen" (Al 6th Fl)
****VOTING DAY****

8:30AM: Coffee Talk w/ Mai (3rd FL) IL
10:30AM: Tech Help w/ John (CL)
1PM: Exercise Fun w/ Gail (MPR C)
2PM: Rosary (MPR A)
6PM: "The Chosen" (Al 6th Fl)
 Veterans Day
 Remembrance Day (Canada)

8:30AM: Coffee Talk w/ Mai (3rd FL) IL
10:30AM: Tech Help w/ John (CL)
1PM: Exercise Fun w/ Gail (MPR C)
2PM: Rosary (MPR A)
6:15PM: Children's Chorus (DINING)
6PM: "The Chosen" (Al 6th Fl)

10:30AM: Ladies Club (MPR C)
1PM: Medicare Monday: Medicare Basics (MPR)
6:30PM: OA Meeting (MPR C)

Dermatology Clinic (By Appointments)
1PM: Medicare Monday: Medicare and Medicaid Updates (MPR)
6:30PM: OA Meeting (MPR C)

8:30AM: Coffee Talk w/ Mai (3rd FL) IL
10AM: Transportation Engagement (L)
10:30AM: Tech Help w/ John (CL)
1PM: Exercise Fun w/ Gail (MPR C)
2PM: Rosary (MPR A)
6PM: "The Chosen" (Al 6th Fl)

10:15AM:Catholic Communion - Spiritual (MPR A)
2PM: Protestant Service Spiritual (AL 8TH FL)

10AM: Veterans Day 7
Color Guard (DINING)
11:30AM: Full AFAC (MPR)
2PM: Support System w/ Louise (MPR B)

11:30AM: Partial AFAC (MPR)
1:30PM: Current Events w/ Bart (MPR C)
2PM: Bingo w/ Kellie & Chrissy (MPR B)
2PM: Blood Pressure (Clinic Rm)

11:30AM: Full AFAC (MPR)
2PM: Glam Girls Discussion Group (AL 6TH FL)

11:30AM: Partial AFAC
Pick Up (MPR)

Thanksgiving Day (U.S.)

8AM: Lubber Run Farmers Market (OFFSITE)
11AM: Video Exercise w/ Gail (MPR C)
1:30PM: Jazz Music w/ Ed (MPR B)

11AM: Video Exercise w/ Gail (MPR C)
1:30PM: Jazz Music w/ Ed

11AM: Video Exercise w/ Gail (MPR C)
1:30PM: Jazz Music w/ Ed (MPR B)
2:30PM: Youth Music Concert (Lobby)
6PM: Movie Night (MPR B)

11AM: Video Exercise w/ Gail (MPR C)
1:30PM: Jazz Music w/ Ed (MPR B)

11AM: Video Exercise w/ Gail (MPR C)
1:30PM: Jazz Music w/ Ed (MPR B)

Programs are subject to change.



HAPPY BIRTHDAY



Happy November Birthdays:

11.03 - Suraya P.

11.11 - Kevin S.

11.11 - Corina H.

11.15 - Ngoc V.

11.16 - Maria S.

11.18 - Rafael O.

11.18 - Sharon B.

11.19 - Leo M.

11.19 - Maria B.

11.20 - Leslie W.



11.21 - Zelmira A.

11.22 - Kris W.

11.22 - Iara R.

11.25 - Muhjuba R.

11.27 - Angela C.

11.28 - Delia R.

11.29 - Adefris K.

11.30 - Shelly Q.

11.30 - Judy O.



RESIDENT ASSOCIATION

All Resident Association Events are CANCELLED until further notice.

Due to a lack of interest, and a lack of volunteers, the Resident Association has suspended all operations.

There will be no meetings, ice cream socials, or other Association events until a full board is in place.

If you are interested in serving on the board, please see Paul, or a member of Resident Services, to express interest in volunteering.

The Resident Association cannot function without a full board.

• President • Vice President • Secretary • Treasurer • Assistant Treasurer • Volunteer Coordinator

Fall has rushed in with its cool days, and cold nights. Time to check our winter coats, hats, and gloves that have been hibernating all summer. While there has been a lack of rain lately, slippery weather is on the way. Please take time to check your boots and shoes for good grip to avoid any slips and falls. Check the weather forecasts and walk and drive safely on wet leaves and in the darker days and nights. If you are a driver, have your car tires inspected to ensure good handling in the Fall/Winter weather. The last flowers are still at bloom in the garden, enjoy a brisk walk in the fresh Fall air to take in the last colors of the season. Onward to the holidays!

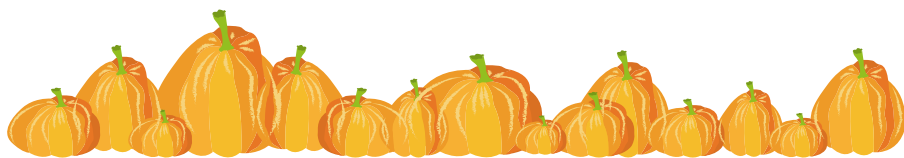
Management Report:

- The window replacement project is 95% complete in CG III. CG II windows will start early in November!
- Smoking policy reminder and changes:
 - As colder weather arrives, some of our residents who smoke make a dangerous choice to smoke in their apartments. This is a major lease and fire safety violation, not to mention being rude and inconsiderate to your neighbors by subjecting them to secondhand smoke. Any resident caught smoking inside will be subject to severe consequences up to and including lease termination.
 - Smoking is permitted in two designated areas outside. 1) The benches in the resident garden area with the ash cans. 2) The area under the CG III building near the garden. NOTE: The former smoking area outside the main entrance is closed.
 - Smoking is a health hazard. If you need help stopping this bad habit, please contact your medical provider or Resident Services for support.
 - Smoking marijuana is not permitted anywhere on campus.
- Towing enforcement in the parking lot will begin December 1st. ANY car parked in violation of posted signs, parked in a fire lane, or parked in a "resident" space without a valid resident parking pass may be towed without notice. Please alert your visitors.

It's harvest season on the farm. The fruits, grains, and nuts of the growing season are being gathered and sent to market. In many homes, soups and stews are showing up on the menu after a summer of BBQ and light summer fare. Children and adults grow excited with the approach of the holidays. November brings preparation, reflection, and thanks to be given. Thanks for our community supporting each other. Thanks for resolving our differences with open accepting communication. Thanks for you, our residents.

- *Paul Tinypare*

Director of Property Operations

**Coffee Chat With Paul:**

Thursday, November 6

9AM - 10AM

(Dining Room)

**Paul's Prose:**

Dancing in the windswept corners,
The swirling dervish of the season.
They fall, in service no more,
Green tranquility forgotten.
Celebrate thy leaves, smitten by time.

PLAY A GAME WITH THE EXECUTIVE DIRECTOR

Searching for November

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

I	Y	Y	S	Z	F	M	D	F	G	I	A	A	E	D
S	O	A	A	I	E	B	G	R	N	O	G	I	A	L
Z	N	P	T	B	A	F	J	I	I	J	N	Y	E	E
A	O	A	S	W	S	S	N	D	V	V	L	A	Z	C
T	O	F	R	A	T	A	C	A	I	I	V	I	D	S
D	Y	A	P	E	G	X	S	Y	G	E	A	E	F	M
C	B	L	Z	E	T	I	U	H	S	M	W	U	T	U
O	S	E	L	O	X	E	T	I	K	Y	Y	Y	O	M
S	C	F	A	I	A	Q	V	T	N	I	H	O	K	X
X	V	R	W	V	H	C	G	R	A	T	E	F	U	L
D	I	P	Y	C	E	C	O	I	H	R	G	L	F	N
A	U	T	U	M	N	R	C	R	T	E	I	J	N	S
E	A	S	C	O	R	P	I	O	N	I	D	U	N	W
E	C	A	L	P	E	R	I	F	U	S	M	B	S	K
E	C	N	A	R	B	M	E	M	E	R	Y	W	R	Q



ACORNS

AUTUMN

(Black) FRIDAY

BEAVER (Moon)

CHILLY

DAYLIGHT (Saving)

FEAST

FIREPLACE

GRATEFUL

LEAVES

MAIZE

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCORPIO

THANKSGIVING (Day)

TOPAZ

VETERANS (Day)

Angela Burton

Administrative Team**Angela Burton:** Executive Director**Paul Timpane:** Director of Property Operations**Liberty Efford:** Business Office Manager**Ray Reyes:** Director of Plant Operations**Niveen Laa:** Director of Compliance**Charles Robinson:** Recertification Specialist**Judi Velasco:** Staff Accountant**Samantha Herbel:** Leasing Coordinator**Jimmy Yowell:** Director of Dining Services**Jonathan Bernel:** Assistant Director of Dining**Marta Hill Gray:** President of Culpepper Garden**Jasmin Witcher:** VP, Development**Independent Living****Kiarra Clark:** Director of Resident Services**Jade Gant:** Service Coordinator**Assisted Living****Seniorita Ngosong:** Director of Nursing**Renita Payne:** Service Coordinator**Colleen Boltri:** Life Enrichment Director**CONTACT US****703-528-0162****Welcome New Staff**

Magdalene Bangura- LPN Supervisor

Rosa Parihuaman- Housekeeper

Shariel Fernandez- Receptionist

Jade Gant - Service Coordinator

Staff Birthdays

Martha Asfaw- 11/1

Mariflor Gonzalez- 11/9

Charles Robinson- 11/15

Nelly Naupari -11/19

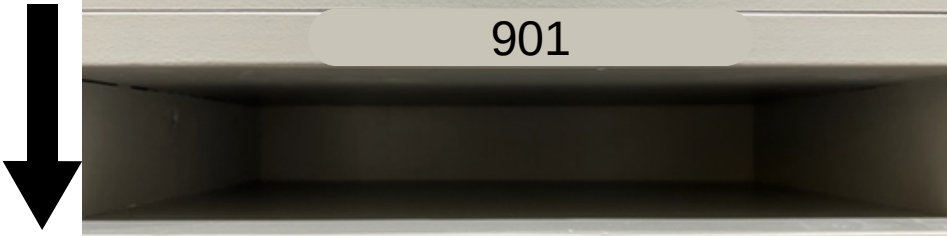
Fely Tran- 11/19

**Employee of the Month recommendation forms
are located at the front desk.****Please submit your recommendations to Liberty
in the Business Office.****Thank you!!****FRONT DESK REMINDERS****Please be advised that the Front Desk will now be
closed during the following hours for staff breaks:**

- **12:00 PM – 12:30 PM**
- **7:00 PM – 7:30 PM**
- **3:00 AM – 3:30 AM**

**We appreciate your understanding and cooperation
during these brief closures.****For urgent matters during these times, please leave a
message at the front desk.****Thank you for your patience and support!****— Liberty Efford**

CHECK YOUR FLYER BOX FOR UPDATES AND NOTICES
YOUR FLYER BOX IS BELOW YOUR APARTMENT
NUMBER



Contents in flyer boxes will be recycled on the last day of every month.

If you want to carry a drink around with you, please remember that all mugs and cups used outside your apartment must have a lid.



Suggestion boxes are a way to ADVOCATE!

Please make use of all suggestion boxes located on the property:

- Dining Services: In the dining room
- Resident Association: Beside the Front Desk
- Resident Services: Garden Level, between the Resident Services Offices

Missing something? Make sure you check out the Lost and Found at the Front Desk. Unclaimed items are removed after a couple weeks!

Shopping Cart Policy

- All carts must be signed in and out from the front desk
- Please do not enter the administration area behind the desk
- Shopping carts are limited to 15 minute check out times



LANGUAGE SERVICES

**TRADUCCIÓN AL ESPAÑOL
CON DÚGLAS**

OJO! Residentes de Culpepper Garden
Traducción de idiomas - Español/Inglés
Para hacer una cita llama a Dúglas por tel:
703-615-7062

English speaking residents needing translation services from English to Spanish can call
Doug Schroeder for assistance: 703-615-7062

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 to all LEP clients, including applicants, recipients, and/or persons eligible for housing or employment at Culpepper Garden.



INDIVIDUAL MEAL TICKETS \$12

See a member of Resident Services to discuss joining a meal plan!

HALF PRICE MONDAYS!

INDIVIDUAL MEAL TICKETS WILL BE SOLD FOR \$6 ON MONDAYS (RESIDENTS ONLY)

MEAL SUBSIDY REMINDER

A meal subsidy of 25% or 50% is available through Arlington County. Subsidy applications can be submitted through Resident Services. Please reach out to Kiarra for more information, and to see if you are eligible!

MEAL PLANS

15 meals - \$140

30 meals - \$270

60 meals - \$485

90 meals - \$585

Director of Dining

Jimmy Yowell

jyowell@culpeppergarden.org



Assistant Director of Dining

Jonathan Bernal

dbernal@culpeppergarden.org

Dining Services Council Meeting

Nov. 12 at 1PM

(Dining Room)

Bring your suggestions and feedback on the second Wednesday of every month to the dining room!

Thanksgiving Luncheon: Saturday November 22

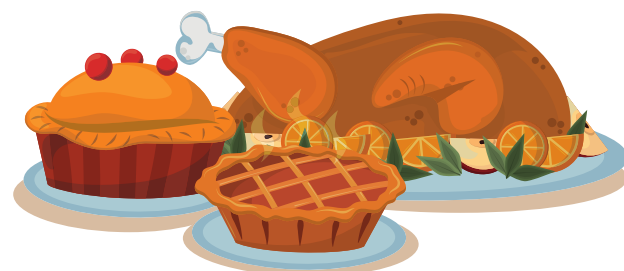
1st seating - 11:30AM | 2ND seating - 12:30AM

All guests must purchase a ticket - residents may use a meal ticket

Join Dining Services in a traditional Thanksgiving meal! Enjoy a menu of Thanksgiving foods, and desserts.

RSVPs are required. The front desk will be accepting reservations from November 1 - November 16 (8am-5pm)

Family and friends are welcome to come! The more the merrier!



NUTRITION

HELPING HANDS PANTRY

Thank you for participating in the Helping Hands Pantry at
Culpepper Garden.

Take what you need, give what you can.

Helping Hands Pantry Reminders

- Please only take what you need.
- Donations of non-refrigerated, non-expired foods are accepted. Please do **not** put clothing or other items on the pantry without prior approval from Resident Services.
- Food donations should be brought down to the Garden Level, and not be left on floors.

Food donations can be put directly on the pantry, or brought to Resident Services.

Thank you for your kindness and generosity!



CULPEPPER GARDEN AFAC DISTRIBUTION

EVERY FRIDAY 11:30AM - 1PM

MULTIPURPOSE ROOM

The line will open at 10:45AM on Fridays. There is no saving spots in line. The doors do not open until 11:30AM. There will be enough food for everyone who attends.

DON'T FORGET YOUR BAG!



**P
A
N
T
R
Y**

OPEN



Save the Date

Bus and Ice Cream Social

November 12th

2 :30PM - Dining Room



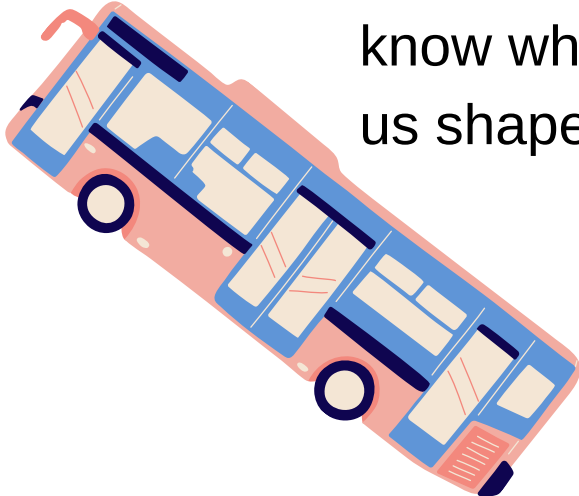
The countdown has begun!

Starting January 2026, Culpepper Garden is rolling out our **FREE bus service—just for you!**



We're kicking things off with a **Bus & Ice Cream Social**. Come enjoy a sweet treat while learning all about our new transportation partner, routes, schedules, and the exciting ways this new service can make getting around even easier.

Your feedback matters! Come out and let us know what you think, share your ideas, and help us shape a program that grows with you.



**Don't miss out—
put it on your calendar now!**

RESIDENT SERVICES



Come visit Resident Services on the Garden Level. We are here to help you navigate services at Culpepper Garden and Arlington County. We would love to see you!

Please stop by or make an appointment.

We look forward to helping you!

Best wishes, Your Resident Services Team

Support vulnerable populations by educating, empowering, advocating and connecting them with services that provide opportunities for inclusion and connection.

Kiarra Clark

Director of Resident Services

703-528-0162 Ext. 142

kclark@culpeppergarden.org



Jade Gant

Resident Services Coordinator

703-528-0162 Ext. 142

jgant@culpeppergarden.org

residentservices@culpeppergarden.org

Winter Apparel Drive

Items are available at first come, first serve basis. If you have coats to donate, we accept them! Come on down to Resident Services.



Following items available:

- Coats
- Gloves
- Scarfs
- Socks



RESIDENT SERVICES

Medicare Open Enrollment for 2025 is from October 15 to December 7, 2025. During this period, you can make changes to your coverage, such as switching between Original Medicare and a Medicare Advantage plan, or enrolling in a new Part D prescription drug plan. Changes made during this time will take effect on January 1, 2026.

VICAP (Virginia Insurance Counseling Assistance Program) counselors assist residents in Arlington County with Medicare Questions. Call for more information!

703-228-1725

MEDICARE MONDAY: INSURANCE SEMINARS

Medicare Basis 101
Nov. 3rd

Sponsored by:



Advantage vs.
Supplemental
Nov. 10th

Sponsored by:



Fraud and Scam
Awareness
Nov. 17th

Sponsored by:



Medicare and Medicaid
Changes
Nov. 24th

Sponsored by:



All seminars will be at 1PM in the multipurpose room!

CLINIC SPACE

On-Site Physical Therapy!

To schedule an appointment with Powerback Rehabilitation call:
703-940-3178

Blood Pressure Checks with Marymount Students

November 14th at 2PM

NO APPOINTMENT REQUIRED. SIMPLY WALK-IN!



Mental Health Counseling: All on-site counseling spots have been filled. Please contact

Resident Services to be put on the waitlist and/or call Arlington County for additional referrals.

703-228-5160

Health Clinics

****Sign up in the yellow clinic binder - located in the Lobby****

Hearing (Ear) Sponsored by: Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC)

- Quarterly: Dates TBD (Call Resident Services for more Information)

Podiatry (Feet) Sponsored by: Dr. Breiner and Associates

- Monthly: Third Monday (Insurance required)

Dermatology (Skin) Sponsored by: Onsite Derm

- Monthly: Fourth Monday (Insurance Required)
- Please schedule an appointment by calling: 877-345-5300

Dental (Teeth) Sponsored by: Fenwick Foundation

- Quarterly: Dates TBD (Call Resident Services for more Information)
- Participants must meet eligibility criteria



ARLINGTON COUNTY PROGRAMS



ARLINGTON COUNTY AGING AND DISABILITY

703-228-1700

Have a question? Reach out to Arlington County Aging and Disability to connect to resources, and learn about what is going on within Arlington

Transportation: Arlington Shoppers Loop

Call for a Reservation: 703-202-0030

The loop will pick up from Culpepper Garden on Tuesdays at 10:40AM or 11:50AM.

You must call to make a reservation.

The Loop will go to: Target, Harris Teeter, Giant, and Trader Joes!

If you have not registered for this new loop - please see Resident Services ASAP!

VOTING DAY

**Election Day is November 4th!
General Elections!**



Culpepper Garden is a voting site.
Doors open at 6AM and close at 7PM!

Need to see a sample ballot? Come to Resident Services!

ARLINGTON COUNTY PUBLIC LIBRARY

MOBILE LIBRARY

Wednesday November 5 at
1:30PM - 2:30PM CGI Dining Room
Miércoles 5 de Noviembre
a las 13:30 14:30 Comedor CGI

(Monthly - First Wednesday)

(Mensual - Primer miércoles)

No RSVP needed! Just show up!

¡No es necesario confirmar asistencia! ¡Solo tienes que aparecer!

**CHECK OUT THE LOBBY
BULLETIN BOARD FOR MORE
EVENTS AROUND ARLINGTON!**



RESIDENT LED PROGRAMMING

****Please fill out an event request form for any programs you would like to lead!****

Sign up to show a movie using the Movie Night Clipboard - located on the Lobby Table.

RESIDENT LED EXERCISE PROGRAMS

Fun Exercise with Gail

Every Tuesday

1PM - 2PM

Multipurpose Room C

Balance and Posture with Gail

Wednesday

2PM - 3 PM

Multipurpose Room C



Video Exercise with Gail

Saturdays

11AM - 12PM

Multipurpose Room C

Mindful Stretching with Barbara

Thursdays

1:30PM - 2:30PM

Multipurpose Room C

CONVERSATION

Coffee Talk

Every Tuesday at

8:30AM - 10AM

3rd Floor CGII Lobby

Sponsored by: Mai



GAMES

Rummikub

Every Wednesday

5PM - 6PM

5th Floor CGII Lobby

Sponsored by: Karyl and Barbara



SPIRITUAL PROGRAMMING

CHECK OUT THE SPIRITUAL BULLETIN BOARD BY MPR-C FOR UPDATES!

Culpepper Garden is a safe place for all religious practices and traditions.

Please let us know how we can best support you!

Rosary

Every Tuesday at 2PM (MPR-A)

Holy Communion

Every Sunday at 10:15AM (MPR-A)

Catholic Mass

The LAST Thursday of Each Month
2PM (MPR-A)



Protestant Church Service

Every Sunday at 2PM (AL - 8th Floor)

Bible Study

Monthly - See Assisted Living calendar for details

"The Chosen" TV Show

Every Tuesday starting at 5:30PM (AL - 6th Floor)

THANKSGIVING (NOVEMBER 27TH)

We can trace Thanksgivings origin back to 1621 when the Pilgrims, a group of English separatists, and the Wompanoag Native Americans came together for a three day feast. We often regarded this as the “first Thanksgiving”. However, the holiday we celebrate today did not emerge until centuries later. Abraham Lincoln officially proclaimed Thanksgiving a national holiday in 1863 during the Civil War.

He called for a day of “Thanksgiving” and praise to our beneficent father who dwelleth in the heavens.

This historical context is crucial in understanding that Thanksgiving was meant to be a time of unity, reflection, and gratitude during one of the most challenging periods in American history. At its core, Thanksgiving is about family and togetherness. It's a time to be with loved ones, share stories, and reconnect. Gathering around a table symbolizes the importance of relationships and the bonds that tie us together. It is a reminder to pause our busy lives and cherish the moments spent with family or friends, reinforcing the idea that gratitude begins with acknowledging the people who make our lives meaningful.

Thanksgiving is my favorite holiday. I plan to spend it in Florida this year with many family members. I so look forward to it and wish all of my Culpepper family the very best holiday ever, but don't eat too much!!! HAPPY THANKSGIVING!

THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: DIANE P.

INDIGENOUS PEOPLES MONTH

"Indigenous Peoples Month" can refer to different months depending on the country, but in the United States, it is officially National American Indian Heritage Month (also called Native American Heritage Month) observed in November. It is a time to celebrate and honor the history, culture, and contributions of Native and Indigenous peoples, and to raise awareness of their heritage.

Efforts to establish American Indian Day began in 1915, and President George H.W. Bush officially designated November as National American Indian Heritage Month in 1990.

“American Indians were the original inhabitants of the lands that now constitute the United States of America,” noted H.J. Res.



THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT SERVICES

VETERANS DAY (NOVEMBER 11TH)

Americans never forget. This is what Veterans Day is really about. We remember the brave and honorable men and women who have served in our Armed Forces since the founding of our nation. Ten years ago, a veteran received overdue but well-deserved recognition nearly a century after his brave and legendary service. William Shemin (pronounced shimmon) was posthumously awarded the Medal of Honor for his World War I heroism. While fighting in France as a member of the Army's 47th Infantry Regiment, Sergeant Shemin repeatedly left cover and exposed himself to enemy machine gun and rifle fire while rescuing wounded comrades over a three-day period. Even after being shot in the head, he refused to accept medical help until his platoon was safely withdrawn. His bravery inspired his fellow soldiers to recommend him for the nation's highest military award. Senior brass rejected the 2 request reportedly because Shemin was Jewish, and discrimination was far too common.

The request at the time was downgraded to a Distinguished Service Cross, the nation's second highest award for military valor. Shemin responded with the humility that epitomizes so many heroes, saying, Quote: "War is not about medals. I love my country. I love my men. That's all that counts." Unquote. While Medal of Honor recipients are an elite class among the special group of people that we call "veterans," Shemin's love for his country and his fellow soldiers is typical of the men and women we honor today. It is a brotherhood and a sisterhood. A bond cemented with blood. Just this summer, six soldiers risked their lives and gave aid to the wounded while subduing a shooter who opened fire at Fort Stewart, Georgia. The instant reaction of the 2nd Armored Brigade Combat Team was credited by law enforcement with preventing fatalities.

"The fast action of these soldiers under stress and under trauma and under fire absolutely saved lives," Army Secretary Dan Discroll said, before adding: "They are everything that is good about this nation." While not all veterans see combat, an expressed willingness to sacrifice one's life is a requirement. It has been part of the commitment for military service since George Washington commanded our first troops. And it is not the only commitment to service that our veterans make. Only about six percent of American adults today have served in the military. Yet it is this small and talented group that enables our communities to function. Chances are that if you surveyed your local police or fire departments, you would find that a disproportionately high percentage of their members are veterans. When an emergency hits, there is a good chance that it is a veteran who is first to respond.

Whether it's hurricane relief, defending our interests abroad, or search and rescue, America is fortunate to have such people willing to voluntarily risk their lives for us. When a veteran leaves the military, he or she is likely to be a key contributor to our communities. It may be as a schoolteacher, construction worker or first responder. They may be a business owner, real estate agent or medical professional. Regardless of occupation, veterans take their missions seriously. They vote in higher percentages than nonveterans. They are more likely to volunteer in their communities. And they are less likely to live in poverty. In short, veterans make our neighborhoods better. By virtue of your attendance here, you have shown an appreciation for veterans. The people here are veterans, friends of veterans, families of veterans, co-workers of veterans and neighbors of veterans.

It is up to us to ensure that every veteran feels that his or her service to this country is appreciated by their fellow Americans. For many veterans, our nation was important enough to endure long separations from their families, miss the births of their children, freeze in sub-zero temperatures, roast in faraway deserts, lose limbs, and, far too often, their lives. Their families serve and sacrifice as well. Military spouses have had to endure career interruptions, frequent changes of address, and a disproportionate share of parental responsibilities. The children often had to deal with changes in schools, separation from friends and, hardest of all, the uncertainty of whether or not Mom or Dad would live through their next combat tour. Warriors need advocates, and that is why The American Legion exists. We are here to serve veterans, their families and our communities. Veterans need each other, but, more importantly, our country needs our veterans. Thank you, God bless America and God bless our veterans.

THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: ANNE B.

We will be honoring our veterans
on Friday November 7th
10AM in Dining Room



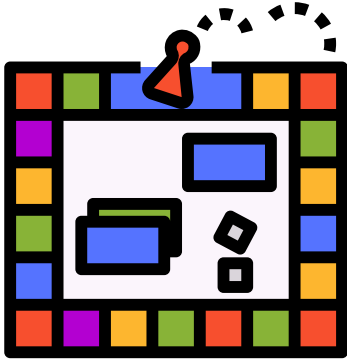
VOLUNTEER LED PROGRAMMING



Crafts with Tammy.

November 6th & 20th

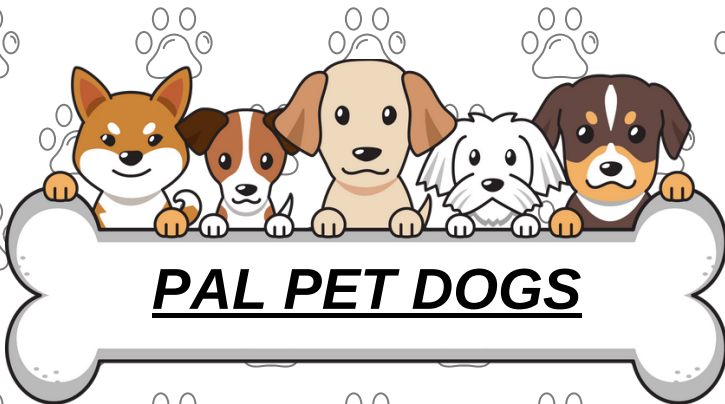
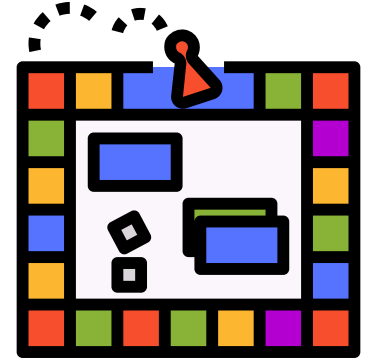
2PM (MPR B)



Games with Tammy.

November 13th & 27th

2PM (MPR B)



PAL PET DOGS

November 5th

11AM - 12PM

Lobby

MUSIC

Music with LuAnn

November 9th

4PM in Lobby

Jazz Piano with Ed

Every Saturday

1:30PM in the MPR B

Music with Val

Nov. 13th

3PM in Lobby

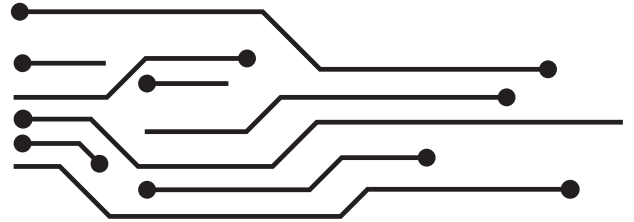
VOLUNTEER LED PROGRAMMING

Technology Assistance

Tech Help with John

10:30AM in the Lobby

Tuesdays and Thursdays



Learning A.I.

1PM in Private Dining

Every Wednesday



UPDATE

Current Events with Bart

November 14th

1:30PM MPR C



November 15th

6PM MPR B



With Kellie and Chrissy

Friday November 14th 2PM in MPR A

ASSISTED LIVING PROGRAMS

Root Beer Float Social!

Friday, November 7th at 2:30

AL 6th Floor

History

The root beer float was invented in August 1893 by Frank J. Wisner in Cripple Creek, Colorado. Inspired by the snow-capped Cow Mountain, Wisner combined vanilla ice cream with his Myers Avenue Red Root Beer and named it the "Black Cow Mountain". Local children later shortened the name to "Black Cow," which is still a common name for the treat today.

REQUEST A COPY OF THE ASSISTED LIVING NEWSLETTER!

Colleen Boltri, Life Enrichment Director

colleen.boltri@culpeppergarden.org (703-528-0162 ext. 135)



November 1st

10AM Dining Room



HOUSING
FAIR

An excellent opportunity
for residents seeking
information about various
care facilities based on
their needs!

Assisted Living Resident Services

Renita Payne

rpayne@culpeppergarden.org (703-528-0162 Ext. 111)

RESIDENT ASSOCIATION

*** Resident Association Meeting***

Wednesday, November 19th at 1 pm

Traducción al español disponible

Let's discuss:

- The results of the Distribution of Funds Vote.
- What type of entity do we want to represent the residents of CG?
- How can we make an entity that is simpler to manage so that residents will want to volunteer?

Starting Now or Coming Soon!!!

*****How should the Resident Association distribute funds when it closes*****

Make your choices known – VOTE!

You will receive a ballot to determine where you would like to spend the association funds when it ends. Ballots will be delivered to all residents in IL. You will receive additional information as you receive your ballot. Please vote!

Toys for Tots

Sponsored by the USMC Reserve &
locally by the Women Marines Assn.

Ends Friday, December 6th

Consider donating a new,
unwrapped toy for a child who
would not otherwise receive a
holiday gift.

Donation box is in the lobby.

Employee Bonus

Plan to include the hourly
employees of CG in your gift giving.
These workers keep our facility
clean & well maintained all year.

The Resident Association
distributes a Holiday Bonus to these
employees to show our
appreciation to them.

**Collection of funds will start after
Thanksgiving!**

Plan your budget now - details to follow.

In Memoriam

Paul Curtis

05.01.1947 - 10.05.2025

Culpepper Garden resident since 07.2023

Donald Brown

08.06.1949 - 10.2025

Culpepper Garden resident since 04.2014

Tom Jacomet

04.25.1942 - 10.2025

Culpepper Garden resident since 04.2014

Elizabeth Vu

01.10.1935 - 10.2025

Culpepper Garden resident since 04.2014

**“Those we love can never be more than a
thought away. For as long as there is a
memory they live in our hearts to stay”**