

JULY 2018

# Culpepper Garden III

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## Management Staff:

*Mary Van Wie*  
Administrator

*Elizabeth Edwards*  
Assistant Director of  
Nursing

*Melissa Ferdock*  
Activities Director

*Azeb Yohannes*  
Supervisor – 2<sup>nd</sup> shift

*Rezan Girma*  
Supervisor Night shift



## Are You a Believer?



July 2 is World UFO Day. Whether you celebrate by watching reruns of *Star Trek* or hosting a sky-watching party in hopes of identifying an unidentified flying object, be sure to keep an open mind when considering that humans might not be alone in the universe.

There have been many recorded observations of strange flying objects throughout history, but it wasn't until 1947 that a UFO sighting captured the public imagination. Businessman Kenneth Arnold was flying a small plane near Mount Rainier in Washington when he spied nine objects flying together. He described them as looking "flat like a pie pan" and "saucer like." From his experience, the term *flying saucer* was born.

Did Arnold actually see an alien spaceship? The United States Air Force determined that Arnold saw a mirage. Yet in mid-1947, UFOs again captured the public's attention when a mysterious craft crash-landed at a ranch near Roswell, New Mexico. Representatives from the Roswell Army Air Field reported that the object was a high-altitude weather balloon, but the government has been accused of covering up an alien encounter ever since.

Is it just coincidence that the U.S. government began Project Sign in 1948? This project, conducted by the Air Force, was an investigation into UFO encounters in order to determine their veracity and whether or not any UFO was a threat to national security. The program lasted for 20 years and concluded that an alien UFO had never been observed. It seems that the public had to wait until 2017 before a Navy pilot, Retired Commander David Fravor, came forward with his firsthand account of what he believes was an alien UFO. Fravor was on a routine training mission off the coast of California in November of 2004 when a 40-foot-long wingless object, like a giant Tic Tac, sped past him. When asked to recall his experience, Fravor said, "I think it was not from this world."

## Give a Little, Get a Lot

Most people live with a certain amount of clutter in their lives. July 15, Give Something Away Day, is the perfect opportunity to repurpose some of your clutter by giving it away to those in need. Philosophers and holy people have long contended that giving is beneficial not just to the receiver of gifts but also to the giver. Scientists now have proof. Scans of the brain show that acting charitably toward others stimulates our brain's reward system. This shows that humans are biologically hard-wired to give to others rather than to act selfishly, perhaps due to our highly social natures. After all, our large society requires cooperation and mutual aid. Better yet, other studies show that when helping others, the helpers heal both emotionally and physically. Somehow, giving not only makes us feel good but actually makes our lives healthier. St. Francis of Assisi was right when he said, "For it is in giving that we receive."

## Fried, but Not French



July 13 is French Fries Day, but are these delicious fried potatoes actually French? Potatoes did not originate in Europe, but in South America. Spanish explorers brought them back to Europe, where they became beloved for their versatility, especially in France. Fried potatoes became a common street food in Paris—sold not as long fries but in chunks. It is said that Thomas Jefferson grew so fond of the food while acting as ambassador to France that he introduced fries to America via his kitchen in Monticello. It is in Belgium, however, that the history of *frites* began a century before France's fried potatoes. Frites (pronounced *FREETS*) are so dear a food to Belgium that in 2014 the country petitioned UNESCO to make the frite the official symbol of its cultural heritage. So when did Belgian frites become French fries? The story goes that American soldiers marching through French-speaking Belgium during World War I discovered the fried potatoes. In the Americans' confusion, they dubbed the newfound food *French fries*.

## Aging with Humor

- “My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.”
- “I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.”
- “Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.”
- An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.



As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Moral: Old men can still think fast.

## July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis (Olympian) – July 1, 1961  
Ann Landers (advice columnist) – July 4, 1918  
Ed Ames (singer) – July 9, 1927  
E. B. White (author) – July 11, 1899  
Woody Guthrie (folk singer) – July 14, 1912  
Ginger Rogers (actress) – July 16, 1911  
John Glenn (astronaut) – July 18, 1921  
Ernest Hemingway (writer) – July 21, 1899  
Don Drysdale (ballplayer) – July 23, 1936  
Mick Jagger (singer) – July 26, 1943  
Beatrix Potter (author) – July 28, 1866  
J. K. Rowling (author) – July 31, 1965

## July Birthdays

Yvonne Tucker – July 22<sup>nd</sup>  
Evelyn Wackerle – July 30<sup>th</sup>



## From the Office

**If you have medications,** prescriptions and/or over-the-counter such as Tylenol, aspirin, stool softeners, etc.. **in your apartment,** they must be in a secured place and not out on the counter, table or night stand.

### PLEASE LOCK YOUR DOOR

We need to know all meds that you bring into your apartment. Please do not carry medications around in wheeled walkers (NO PRESCRIPTIONS OR OTC'S)



Bedtime and between meal snacks are available for all residents desiring them, or in accordance with their physicians or other Prescribers orders. The snacks will be offered on the 3<sup>rd</sup> floor.

## RESIDENT FIRE PLAN & WHAT YOU NEED TO KNOW

1. In case of fire in your apartment, go into the hall and pull the fire alarm downward.
2. When you are in your apartment and the fire alarm rings,
  - Stay in your apartment, keep the door closed, put a wet towel at the bottom of the door to keep the smoke out.
  - If you wish, and are able to do so, you, may proceed to the exit door by the laundry room, and exit into the independent living wing.

*We ask that Assisted Living residents stay in their apartments and staff will assist if needed.*

**Note:** - Do not use the elevator.

- Do not use the emergency cord.



## Fire Drills

Fire drills are mandatory per state regulations and must be done on a monthly basis during the day and /or night. If there is a real fire, staff will alert you. Follow the instructions on the back of your door and be sure to stay in your apartment with windows and doors closed.



## **RECERTIFICATION UPDATE**

### **Watch Your Mail Carefully for Completed Verification Requests Issued by Culpepper Garden**

I want to thank you for your individual and collective efforts to respond to the evolving changes in the Recertification process, particularly with the introduction of applications for Tenant Protection Vouchers and the Low Income Housing Tax Credit Program in Culpepper Garden I.

**The Privacy Act of 1974, as amended by 5 United States Code (U.S.C.) 552a, and the Health Insurance Portability and Accountability Act of 1996 (HIPAA) have prompted Federal Government agencies, and many public and private companies, to amend the way in which they respond to verification requests from HUD-subsidized properties, including Culpepper Garden.**

**Federal Government agencies, public and private companies, as well as health and life insurance companies, responding to verification requests, will often send the requested information directly to you, asking you to share the information with Culpepper Garden.**

**If you recently participated in an Annual Recertification Interview or an Interview for a Tenant Protection Voucher or the Low Income Housing Tax Credit Program, please watch your mail carefully for any completed verification requests sent to you by:**



**Please bring any completed verification requests to me, as soon as you receive them, so that our team may complete your Annual Recertification, or application for a Tenant Protection Voucher or the Low Income Housing Tax Credit Program as quickly as possible.**



**Together, we will continue to make improvements in the Recertification process that will benefit you and Culpepper Garden. We appreciate your continued contributions to these joint efforts.**

***Greg Rehkopf***  
**Marketing and Admissions Manager**  
**Compliance Officer**

# Celebrate a SAFE & HAPPY JULY 4TH!



# Word Search

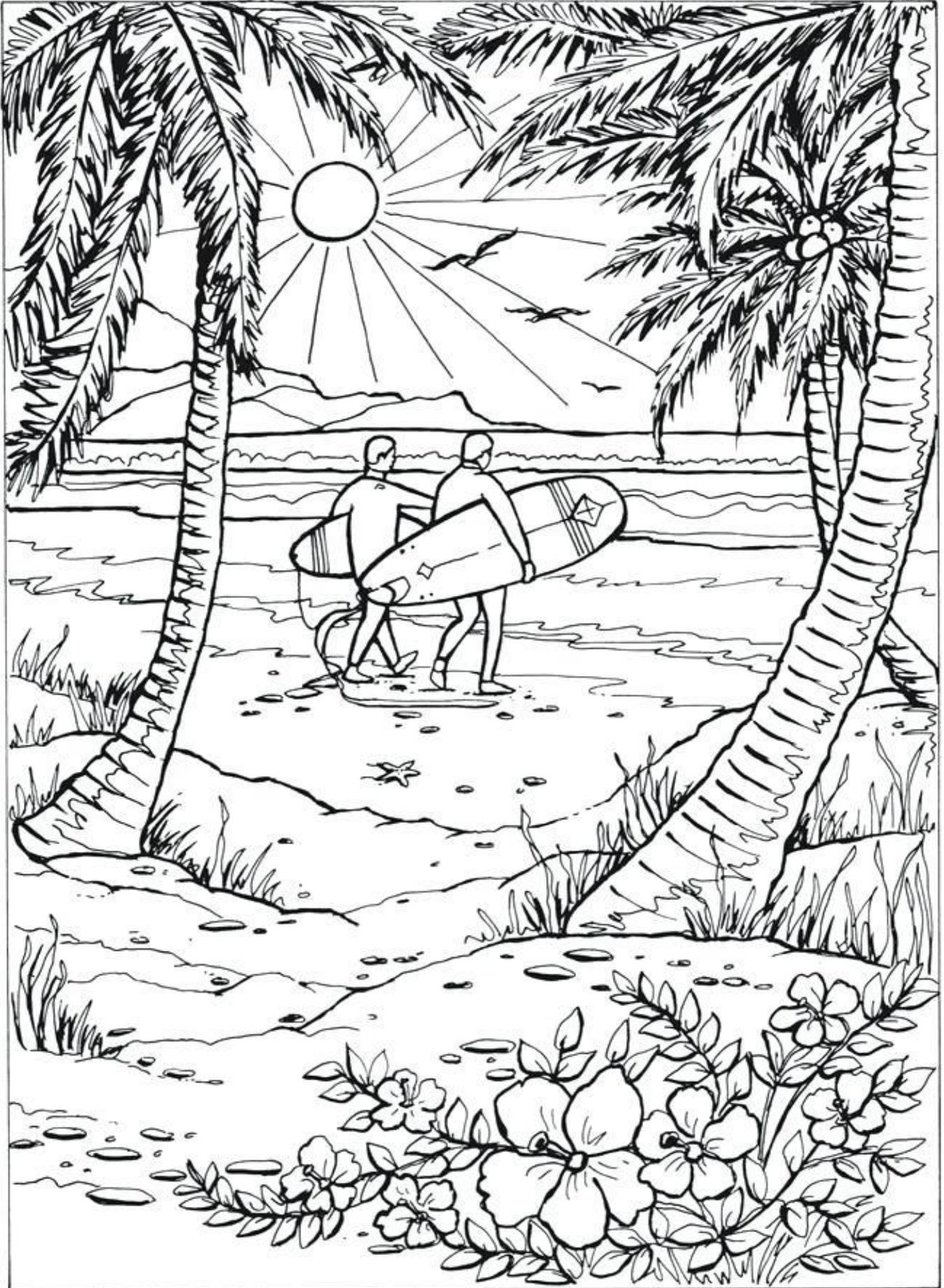


See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindland  
Grand Forks Herald 2012

- |            |              |                 |                  |
|------------|--------------|-----------------|------------------|
| 1. FOURTH  | 5. DAY       | 9. CELEBRATION  | 13. INDEPENDENCE |
| 2. JULY    | 6. PICNICS   | 10. PARADES     | 14. AMERICA      |
| 3. HOLIDAY | 7. FIREWORKS | 11. FAMILY      | 15. PATRIOTIC    |
| 4. FLAG    | 8. SAFETY    | 12. DECLARATION | 16. FREEDOM      |

☀ Summer Coloring Page ☀





# June Birthdays



**Anne Windom – June 8<sup>th</sup>**



**Theresa Berry – June 10<sup>th</sup>**



**Shirley Miller – June 19<sup>th</sup>**



**Ruth Edquist – June 14<sup>th</sup>**



**Annie Mae Van – June 28<sup>th</sup>**



**Ralph Ostrich – June 28<sup>th</sup>**



**Ruth Hegland – June 21<sup>st</sup>**



**Ann Gavin – June 30<sup>th</sup>**

# Rock Garden

