THE CLARION

June 2019

4435 North Pershing Drive, Arlington, VA 22203
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JUNE BIRTHDAYS

RESIDENT	DATE	APT#
Mary MacCarthy	2	524
Carrie A. Allen	2	715
Carmen G. Berrios	4	604
Lina Li	5	321
Barbara J. Harry	5	434
Carlos Ureta	7	331
Joan B. Whitmore	7	832
Jung Boon Kim	9	836
Myriam C. Bourdin	10	334
Charlotte Ann Byrd	10	515
Pelagia Nakis	10	409
Wendy DeMegret	11	532
Leigh C. Pugh	13	529
Martin Patton	13	733
Jorge Aponte	14	824.
Oscar L. Gregg	15	506
Carol S. Knutson	19	508
Luis A. Ayllon	22	729
Margaret A. Everhart	23	226
Betty Leverett	24	718
Ellen M. Rollet	24	313
Ruth Ann Bacome	27	220
Evelyn M. Jordan	29	336

From the Director of Property Operations

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

May flowers turned into thunderstorms! It has been a stormy start to the Spring Summer season. Fortunately, we have been spared any serious damage from the high winds and rain. Our friends and neighbors were not so fortunate as many were without power for days and others had damage from falling trees. If you have plans or appointments off property, please take care to check weather reports. Close your unit window if you will be away and stay inside in the event of any thunder and lightning. Remember the front door is a wind tunnel in storms!

Here's the property management and operations note for this month:

The Administration staff has two new additions:

Pasha Kelly. Pasha started in April as the Assistant to the Director and Human Resources Coordinator. She will be working on all aspects of building operations as well as all our human resources needs. She has hit the ground running and is working to expand and organize our staff training and operations schedules. Please welcome Pasha as you see her around the building.

Zachary Castro. Zachary started work in May as the new Director of Resident Services. He will be taking over for Marsha who will be leaving Culpepper Garden on June 7th. Fernanda Brito will continue as the Resident Services Coordinator and will be working closely with Zachary to continue bringing quality services to the Residents.

We look forward to working with Zachary and Pasha as we slowly emerge from renovation activities over the next year.

We are also saying goodbye to two staff members:

Greg Rehkopf. Greg has been a longtime member of the compliance and marketing team at CG. He will be leaving at the end of May to pursue other opportunities. We will miss his knowledge and organization. He will still be a frequent visitor to CG to see his mother and friends!

Marsha O'Donnell. Marsha has also been a longtime member of our community. She worked tirelessly to serve the residents in every way imaginable. Her passion and caring for every resident at CG were on display every single day through her actions. Marsha is also leaving to pursue other interests and to travel with her family.

We wish them both all the best in the future and thank them for their dedication and work for the entire Culpepper Garden community. Thank you, Marsha and Greg.

Thanks again for choosing to make Culpepper Garden a wonderful community.

See you around the building!

Sincerely,

Paul J. Timpane

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
KEYS	**KEYS**	**COFFEE TALK**	**SUGGESTION BOX**	**INSPECTIONS**	**VARIETY SHOP**	1:00 Knitting 7FL IL
AL - Assisted Living **C - Clinic/Health Ctr** **CR - Conference Rm** **DR - Dining Room** **L - Lobby**	**LAB - Res.Computer Rm** **LIB - Library** **SOL - Solarium** **3 FL -Third Floor Lobby IL** **5 FL - Fifth Floor Lobby IL**	**Tuesdays & Wednesdays** **9:00 - 10:30 am** **3rd floor lobby**	**Comments? Ideas** **Drop it on the Box** **at the Front Desk**	**ProTech Bug Inspections** **Every Monday** **ProTech DOG Inspections** **Every Tuesday**	Our wonderful variety shop is closed but if you want it open, offer your services! Volunteer!	**1:30 Spanish-Latin 5 FL Cultural Group** 7:00 Movie Night 3 FL
2	**3**	**4**	**5**	**6**	**7**	**8**
10:45 St. Thomas More Holy Communion 8Fl AL 2:00 Protestant Church Service 8Fl AL **2:00 Lounge & Listen w Val**	10:00 Exercise Class 3 FL 1:30 Creative Theatre 5FL 6:30 Current Events Disc. 8 AL	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C 10:30 Senior Loop L 1:00 Rosary Espanol 8Fl AL 5:00 Games & Crafts SOL 6:30 70's Music w/ Jim SOL	**9:00 Dermatologist C** 10:00 Exercise Class 3 FL **11:00 Library Bookmobile L** 1:00 Rosary-Espanol 8Fl AL 5:30 Computer Appts. LAB	10:00 Exercise Class 3 FL 10:30 Senior Loop L **10:30 Spanish Book Club 3 FL** **2:00 Farewell Party Marsha** 2:30 Dr. Baig-Doctor Visit C 7:00 Bible Study CR	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C **12:30 AFAC Food Delivery** 7:00 Movie Night 3 FL	1:00 Knitting 7FL IL **1:00 Int'l Bible Baptist Service 8Fl AL** 7:00 Movie Night 3 FL
9	**10**	**11**	**12**	**13**	**14**	**15**
10:45 St. Thomas More Holy Communion 8Fl AL **11:30 Kissable Canines LIB** 2:00 Protestant Church Service 8Fl AL	10:00 Exercise Class 3 FL 10:00 Dr. Rana Visit Clin 1:30 Creative Theatre 5FL **11:00 Senior Loop-Target or Safeway - Make reservations** 6:30 Current Events Disc. 8 AL	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C 10:30 Senior Loop L 1:00 Rosary-Espanol 8Fl AL 1:15 Computer Appts. LAB 5:00 Games & Crafts SOL 6:30 70's Music w/ Jim SOL	10:00 Exercise Class 3 FL 1:00 Rosary-Espanol 8Fl AL 5:30 Computer Appts. LAB	10:00 Exercise Class 3 FL 10:30 Senior Loop L **10:30 Spanish Book Club 3 FL** 2:30 Dr. Baig-Doctor Visit C **4:00 Blue Plate Special DR** 5:30 Computer Appts. LAB 7:00 Bible Study CR	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C **2:30 Benny on Keyboard SOL** 7:00 Movie Night 3 FL	1:00 Knitting 7FL IL 7:00 Movie Night 3 FL
16	**17**	**18**	**19**	**20**	**21**	**22**
10:45 St. Thomas More Holy Communion 8Fl AL 2:00 Protestant Church Service 8Fl AL **2:00 Lounge & Listen w Val**	10:00 Exercise Class 3 FL 1:30 Creative Theatre 5FL **2:00 Podiatrist Dr. Breiner C** 6:30 Current Events Disc. 8 AL	10:00 Health Ctr Nurse C 10:30 Senior Loop L 1:00 Rosary-Espanol 8Fl AL 1:15 Computer Appts. LAB 5:00 Games & Crafts SOL 6:30 70's Music w/ Jim SOL	10:00 Exercise Class 3 FL 10:30 DMV SERVICES 1:00 Rosary-Espanol 8Fl AL **1:30 Resident Assn. Mtg SOL** **4:00 Birthday Dinner DR** 5:30 Computer Appts. LAB	10:00 Exercise Class 3 FL 10:30 Senior Loop L 2:30 Dr. Baig-Doctor Visit C 5:30 Computer Appts. LAB 7:00 Bible Study CR	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C **12:30 AFAC Food Delivery** 7:00 Movie Night 3 FL	1:00 Knitting 7FL IL **1:00 Int'l Bible Baptist Service 8Fl AL** 6:00 St. Charles Ch 6FL AL 7:00 Movie Night 3 FL
23	**24**	**25**	**26**	**27**	**28**	**29**
10:45 St. Thomas More Holy Communion 8Fl AL **11:30 Kissable Canines LIB** 2:00 Protestant Church 8FL	10:00 Exercise Class 3 FL 10:00 Dr. Rana Visit Clin	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C 10:30 Senior Loop L 1:00 Rosary-Espanol 8Fl AL 1:15 Computer Appts. LAB	10:00 Exercise Class 3 FL 10:30 HEARING LOSS 5FL 1:00 Rosary-Espanol 8Fl AL	10:00 Exercise Class 3 FL 10:30 Senior Loop L 2:00 Catholic Mass 8FL 2:30 Dr. Baig-Doctor Visit C 5:30 Computer Appts. LAB	10:00 Exercise Class 3 FL 10:00 Health Ctr Nurse C	1:00 Knitting 7FL IL **1:30 Spanish-Latin 5 FL Cultural Group**
30						
10:45 St. Thomas More **2:00 Lounge & Listen w Val** 2:00 Protestant Church 8FL	6:30 Current Events Disc. 8 AL	5:00 Games & Crafts SOL 6:30 70's Music w/ Jim SOL	5:30 Computer Appts. LAB	7:00 Bible Study CR	7:00 Movie Night 3 FL	**2:30 Benny on Keyboard SOL** 7:00 Movie Night 3 FL

RECERTIFICATION UPDATE

Jan. — Dec.

When and How Should I Begin to Prepare for My Next Annual Recertification Interview?

The best answer is – "***Immediately following the conclusion of your current year's Recertification interview***."

As the old saying goes, ***"Proper planning prevents poor performance."*** No one likes to engage in any new or recurring activity without being fully prepared, and knowing what to expect. Taking a few simple steps now will ensure you are fully prepared to accurately complete the Financial Questionnaire, and actively participate in and contribute to your next Annual Recertification.

I. Routinely keep at least one year of monthly statements for each of your financial accounts

As part of the Recertification process, you will be required to provide:

6 monthly statements for every checking account and all other financial accounts on which you may write checks – and the most recent monthly statement for every savings account, brokerage, and investment account.

By saving the monthly statements for all of your financial accounts for an entire year, you will be ready for any request you may receive from any verification source, including county and state offices offering financial and other assistance

II. Establish a file or a series of files in which to keep copies of the medical bills, *not covered by insurance*, for which you make payments over the coming year.

Medical Records

The Financial Questionnaire asks for the full names and contact information for the doctors, dentists, optometrists, and other medical practitioners to whom you have paid money, beyond insurance, over the past year. Be sure to include the formal names of the practices your medical providers represent.

Maintain a current list of the account and policy numbers and monthly premiums you pay for Medicare supplemental insurance policies, Medicare prescription drug plans, dental plans, and life insurance policies.

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

CULPEPPER GARDEN SERVICES

VOLUNTEER DESK- Free Ticket Sign-Up Please remember to check the 1st floor bulletin board, CCTV monitors, and the Volunteer Desk (in the Administration Office) frequently for announcements of free tickets/opportunities for outside entertainment (e.g., plays, concerts, movies) and sports events. Sign-up at the Volunteer Desk to get first priority! See Volunteer Desk Staff, if you have questions, or call (571) 970-1203.

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)**. Please complete an application at the Front Desk only if you have not previously registered. Call the day before the trip to reserve a seat on the LOOP. The phone number for the Senior LOOP is **703-892-8747.**

SENIOR LOOP—Target - June 10 This run will leave Culpepper Garden the **second Monday of each month** at 11:00 am, and will pick up at 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—June 5 **Monthly Visits on the 1st Wednesday**

The Dermatologist will be in our Health Center on **Wednesday, June 1.** Sign-up at the Front Desk, and On-Site Dermatology will call you with the arrangements.

PODIATRISTS—June 17 **Monthly Visits on the 3rd Monday**

Dr. Breiner will be in Clinic on **Monday, June 17th.** Appointments are made in the order of request at the Front Desk.

MEDICAL DOCTOR **Weekly Visits**

Dr. Rana plans to be in the Clinic on Monday, June 10 and 24, after 10:30 am. Please call her office to make an appointment (703.998.0480). **Dr. Baig** plans to be in the Clinic every Thursday, after 2:30 pm. Please sign up at the Front Desk to see him.

LEGAL SERVICES of NORTHERN VA. **Matthew Whitfield will not be at Culpepper Garden in June, but will be available on July 9.** The agency provides free legal advice to residents. Matthew meets with residents from **9:30 am to 12:00 pm** 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.

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 ACTIVITIES

"DMV CONNECT"

Wednesday, 19, 10:30 am—Solarium"

DO YOU NEED TO RENEW YOUR DRIVER'S LICENSE, IDENTIFICATION CARD?
A DUPLICATE? OR, DO YOU NEED A VETERAN'S ID?
OR A DISABLED PLACARD?
GOOD NEWS!
THE DMV SERVICES WILL BE AT CULPEPPER GARDEN ON:

WEDNESDAY, JUNE 19
FROM 10:30 am TO 2:00 pm
SIGN-UP AT THE FRONT DESK.

"HEARING LOSS"

Wednesday, June 26, 10:30 am - 5th Floor

ARE YOU:

- **HEARING SOUNDS BUT NOT UNDERSTANDING THEM?**
- **ASKING PEOPLE TO REPEAT WHAT THEY SAY?**
- **TURNING THE TV OR RADIO LOUDER AND LOUDER?**
- **EXPERIENCING DIZZINESS OR PAIN IN YOUR EARS?**
- **EXPERIENCING RINGING OR BUZZING IN YOUR EARS?**
- **FEELING SOCIAL ISOLATED?**

BONNIE O'LEARY, FROM NVRC, WILL BE HERE TO SHARE THE NEW HEARING TECHNOLOGY THAT CAN IMPROVE YOUR HEARING, AND THE TYPES OF TREATMENTS AVAILABLE.

Culpepper Garden Service Coordinators:
Marsha O'Donnell and Fernanda Brito

FROM MARSHA:

Dear CG residents,
Most of you know that I will be leaving my position of Director of Resident Services at Culpepper Garden on June 7th.
I have been so fortunate to have had the opportunity to meet each of you. You have brought me inspiration with your examples of support, generosity and kindness.
If I am only half as good a person as those of you that I have met, then I will be living successfully and with character and integrity. I have always believed that each resident should know that they are valued and appreciated. I hope that I have been consistent in sharing that with each one of you.
Personally, I thank you for your trust in me and believe that I am a better person for having crossed paths with you.
Wishing you all the best…
Marsha

TO MARSHA: THANK YOU!!! AND...

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.**

INFORMATION ABOUT THE FARMER'S MARKET: APPLICATION PROCESS WILL START IN MID-JUNE

The Senior Farmer's Market program will officially begin on **July 1st**! The program provides coupons for older adults who meet financial eligibility to purchase fresh fruit and vegetables at participating Arlington farmers' markets. The County will start mailing applications to all previous recipients in mid-June.
Please contact Resident Services for eligibility qualifications for assistance with applying, after mid-June.

RESIDENT SPOTLIGHT – Mulyasari Sigwalt

Mulya has lived all over the world. Born in Jakarta, Indonesia, she has traveled to over 50 countries. She is the third of seven children. She visits her remaining two sisters and two brothers living in Indonesia every four months or so. She graduated from high school in Jakarta and studied law at the university for four years. She married at age 19, since girls were encouraged to marry young and have a family. She and her husband had one daughter and two sons. When the children were ages 6, 8, and 10, her husband contracted cancer and passed away. In addition to the sadness of her loss, she became the sole support of the family. She got a job as an assistant in a law office, typing cases and occasionally going to court.

Mulya met a man from France, a consultant to the Indonesian government. After a time, they decided to marry. His wife had died and he had a two-year-old son. Her children remained with her family while she lived with her husband and his son and, later, they had a son. In June 1981, her husband announced he had gotten a job at the World Bank and they were moving to Washington, DC. She brought her younger son with them, while her two older children stayed with family and visited the U.S. later. After she and her husband and three boys arrived in DC, her husband was sent to West Africa for a month while she cared for the children. She spoke little English, didn't drive, knew nothing about the city or customs and was quite homesick. Fortunately, the World Bank provided classes for international spouses to assist in adjusting to life in the U.S. While the children were in school, she studied English and became active in the World Bank women's group that was so helpful to her. It was during that time that she accompanied her husband while he traveled to several countries for the World Bank.

Mulya and her husband bought a home in Arlington, their sons attended school here and all three went to George Mason University. In 2007, Mulya and her husband divorced. She moved to a condo where she lived on her own and stayed active with the women's group. However, she didn't like living alone and, after three years, moved in with her son, his wife and two children in nearby Falls Church. She took care of the children while her son and his wife worked. Her son has a degree in computer science, an MBA from George Mason University, and now works at Microsoft as a contractor for the U.S. Department of Justice. He and his wife have a daughter, Isabel, now 18, and a son, Ryan, 15. Mulya's son learned about Culpepper Garden where she moved in May 2013. She is happy to serve as a host for the Coffee Club two mornings each week and often bakes cakes or other sweets for residents to enjoy with coffee. She does her own cooking and loves to bake. For exercise, she takes the Metro to Tyson's Corner where she walks around two floors of the mall, taking a couple hours, and may stop for a leisurely cup of coffee. Mulya looks forward to visiting her two children and siblings in Indonesia. Her daughter is a cardiac surgeon, married to a gastroenterologist. They have two daughters, ages 26 and 20, both studying to be medical doctors. Her son works for an electrical company in Jakarta; he and his wife have a daughter, 17, and a son, 11.

Mulya loves seeing her family but also enjoys returning to her friends at Culpepper Garden.

LIBRARY BOOKMOBILE—JUNE 5

The first Wednesday of every month, a staff member from the Main Library and several volunteers come to Culpepper Garden to bring a variety of books for you to check out.

You can enjoy books that are selected by the Library staff, or request certain books that might be of special interest to you, and the Library staff will bring them on their next visit, if available. The books may include large print books, when requested.

The visits are the first Wednesday of every month **in the Culpepper Garden Library** from 11 am – until the last resident has been served. Please take advantage of this wonderful benefit, and support the hard work of those who manage these visits perform on

Dermatologist Visit JUNE 5

This spot check could save your life!

Do you suffer from:

Rashes - Dry Skin - Growth Cysts - Psoriasis - Sun Damage - Skin Tags - Skin Cancer

Schedule an Appointment w/ OnSite Dermatology on **Wednesday, June 5 starting at 9:00 am**

The Dermatologist will be at Culpepper Garden the first Wednesday of every month. Please call **1-877-345-5300** or

Add your name to the Sign-Up sheet at the Front Desk.

Medicare/Medicaid Experts - JUNE 27

Medicare counselor John Glowacky, from VICAP (Virginia Insurance Counseling and Assistance Program) of Arlington County, can help you compare health and prescription drug plans. He can also assist you in filing for medical benefits and low-income subsidies. **John will be at CG on Thursday, June 27.** All meetings are free and confidential. **To schedule an appointment, please contact our Service Coordinators**:

Marsha: (703) 276-2315 or
Fernanda: (703) 276-2313

THE JUNE WORD SEARCH

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

BASEBALL
FISHING
JUMPROPE
SUMMER
BUTTERFLY

FLAG DAY
LADYBUG
SUNSHINE
COOKOUT
GRADUATION

MOSQUITO
WEDDING
FATHERS DAY
INSECT
PICNIC

CULPEPPER GARDEN ACTIVITIES

"FAREWELL PARTY FOR MARSHA" - Lobby

Thursday, June 6, at 1:00 pm

Come wish her well!

"KISSABLE CANINES" - Lobby

Sundays, June 9 and 23, at 11:30 am

Stop by to pet these adorable dogs.

"DMV CONNECT" - Solarium

Wednesday, June 19 - 10:00 am to 1:00 pm

The DMV representatives come to Culpepper Garden to help you with your DMV issues

"HEARING LOSS" - 5th Floor IL

Wednesday, June 26 at 10:30 am

Bonnie O'Leary, from NVRC, will be here to help us understand the new hearing technology that can improve our hearing, and the types of treatments we can have.

"RESIDENTS' ASSOCIATION MEETING" - Dining Room

Wednesday, June 26 at 1:30 pm

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

SHORT JOKES

A: What did the Tin Man say after being run over by a steamroller?

B: What?

A: "Curses! Foil again!"

A: Why do Calculus majors never throw house parties?

B: Don't know...

A: Because you should never drink and derive..

ARHC ACTIVITIES

"Creative Age Theatre" - 5th Floor
Mondays, June 3, 10, 17
1:30 — 2:30 pm
Read published plays to spur discussions and memories based around the themes of the script.

"Cherrydale Baptist Church Game Night"
Thursday, June 18 (check monitor for location)
7:00 pm

"Lounge & Listen" - Solarium
Sundays, June 2, 16 and 30
2:00 pm
Volunteer Valerie will be playing the piano

"Spanish-Latin Cultural Group" - 5th Floor
Saturdays, June 1 and 29
1:30 pm

"St. Charles Chorale"- Songs from Lerner & Lowe
Saturday, June 22—6th floor Assisted Living
6:00 pm