November 2019

Culpepper Garden III

4439 N. Pershing Drive, Arlington, Virginia 22203 * PH: 703-528-0162 * FAX: 703-524-3671

Management Staff:

Mary Van Wie
Administrator

Elizabeth Edwards
Assistant Director of Nursing

Laura Orihuela
Activities Director

Azeb Yohannes
Supervisor – 2nd Shift

Rezan Girma
Supervisor Night Shift

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 3rd 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 as 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.

Jukebox Heroes

The day before you gather around the turkey for Thanksgiving, gather around the jukebox for Jukebox Day! After all, both are American pastimes, and both offer perfect reasons to gather together and have a party.

The very first jukebox was installed by Louis Glass in San Francisco's Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass's own invention, a coin slot. The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-slot phonograph machine earned over $1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. Before long, other inventors got in on the game, creating coin-operated music players of their own.

In 1918, Hobart Niblack created a device that could automatically change records. This led to the invention of the first machine that could play a wide selection of music from different records, by the Automated Musical Instrument Company in 1927. Then in 1928, Justus Seeberg combined a loudspeaker with a coin-operated player that allowed for multiple records. The modern jukebox was born, and the 1930s became the jukebox's golden era.

So why was the device named the "jukebox"? The term *juke* comes from the Elizabethan English word *jouk*, meaning "to dance or act wildly." Before the jukebox, there were juke bands that played in juke joints. These were rowdy establishments filled with heavy drinking and good times. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to the far cheaper jukeboxes, which suddenly appeared in every juke joint in America.

Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower,* looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

WELCOME LAURA!

Hello everyone! My name is Laura Orihuela and I am the new Activities Director here at Culpepper Garden. I am excited to share this new journey with everyone and eager to explore new activities. A little bit about myself: I graduated from George Washington University this past summer, I have a passion for all things medicine and animals! I have been living in the metropolitan area my entire life, but have a Colombian/Bolivian background.

Fun Facts about Me:

- I served in the Military and am now an Army Reserve Mortuary Affairs Specialist
- I have two dogs, a 9 year old westie mix and just rescued a 9 month old Lab Mix
- I have been working with seniors and in the geriatrics field for more 5 years.
- I like to travel all across the world, I've been all over the US, Canada, and South America. I'll be aiming for Europe this next coming year!
- I speak English and Spanish,and a little French!
- In high school I used to cheerlead, row on my crew team and play soccer!

November Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpios are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

Burt Lancaster (actor) – November 2, 1913
Art Garfunkel (singer) – November 5, 1941
Alfre Woodard (actress) – November 8, 1952
Carl Sagan (scientist) – November 9, 1934
Whoopi Goldberg (comedian) – Nov. 13, 1955
Georgia O'Keeffe (painter) – November 15, 1887
Alan Shepard (astronaut) – November 18, 1923
George Eliot (author) – November 22, 1819
Charles Schulz (cartoonist) – November 26, 1922
Mark Twain (writer) – November 30, 1835

November Birthdays

Angela Altamirano – Nov. 8th
Bonnie Trudeau – Nov. 10th
Jean McCorkle – Nov. 15th
Raffaela Lucarelli – Nov. 18th
Annie Garnett – Nov. 24th
Charles Lippmann – Nov. 24th

Resident Council

We are still interested in starting up a Resident Council, but need volunteers to lead. If interested in the three postitions: President, Vice President, or Secretary, please see Mary Van Wie. Until we can set up a new council, Mary Van Wie, our administrator, will hold a quarterly meeting.

Thanksgiving

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

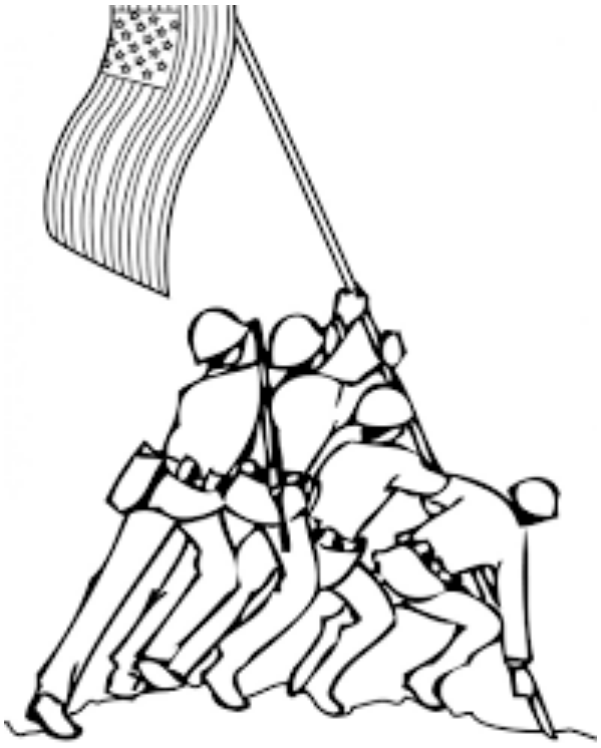
NOVEMBER
HAM
POTATOES
THANKFUL
DINNER
FEAST
TURKEY
PUMPKINPIE
PECANPIE
MAYFLOWER
FAMILY
PARADE
STUFFING
CRANBERRIES
PILGRIMS
CORN
FOOTBALL

Veterans Day Facts

Veterans Day originated as “Armistice Day” on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime.

When Is Veterans Day?

- Veterans Day occurs on November 11 every year in the United States in honor of the “eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.
- In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day.
- Veterans Day commemorates veterans of all wars.
- Every Veteran’s Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. The cemetery is home to the graves of over 400,000 people, most of whom served in the military.



THANK YOU VETERANS FOR YOUR TIME AND DEDICATION TO OUR COUNTRY!