

JANUARY 2020 Culpepper Garden

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.

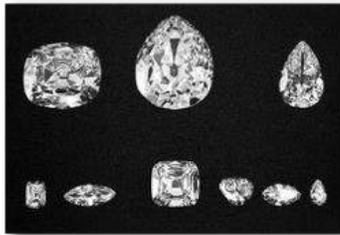


Fire Drills

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.



The Cullinan Diamond



On January 26, 1905, Frederick Wells, the surface manager of the Premier Mine in Transvaal, now South Africa, made one of the world's most stunning discoveries. Just 29 feet below the surface, he found a massive, blue-white diamond, which he cut from the rock with his pocketknife. He immediately took it to his office to be weighed and inspected. At 3,106 carats, it was the largest diamond the world had ever seen. Newspapers called it the "Cullinan diamond," after Sir Thomas Cullinan, owner of the mine. It was such a fantastic discovery that it was put on public display at the Standard Bank in Johannesburg, where visitors could catch a glimpse of the world's largest diamond.

In April of that year, the Cullinan diamond was destined for London. A team of detectives guarded its transport on a steamboat, where it was locked securely inside the captain's safe... or so people thought. This, in fact, was a diversion. The real diamond was shipped to England in an unmarked box via regular post. Upon its safe arrival in England, it went to Buckingham Palace, where it was admired by King Edward VII. The Transvaal government had purchased the diamond and in 1907 presented it as a gift to His Majesty the King, who accepted it and declared that it would become part of the Crown Jewels.

Splitting and cutting the diamond into various workable pieces took eight months, with three people working 14 hours a day. It is said that Dutch diamond cutter Joseph Asscher had a doctor and nurse on hand while he was cleaving the massive diamond. Thank goodness, for he fainted after successfully dividing the gem. The two largest stones remain part of the Crown Jewels, set in the Sovereign's Sceptre with Cross and the Imperial State Crown, respectively. The seven remaining large stones and 95 smaller brilliant gems were set in various pieces of jewelry for the royal family.

January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people."

J.R.R. Tolkien (author) – January 3, 1892
Joan of Arc (heroine) – January 6, 1412
Zora Neale Hurston (writer) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
Rod Stewart (musician) – January 10, 1945
Martin Luther King Jr. (activist) – Jan. 15, 1929
Muhammad Ali (boxer) – January 17, 1942
George Burns (comedian) – January 20, 1896
Virginia Woolf (writer) – January 25, 1882
Nolan Ryan (ballplayer) – January 31, 1947

JANUARY BIRTHDAYS



Elvilia Pardillo-January 16

Lucy Winston-January 17

BRAIN GAMES



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

The Last Shall Be First

New Year's Day is also Z Day, a day when those who are always last on alphabetical lists are finally allowed to be first. The holiday was created by Tom Zager, who decided that alphabetical order should be reversed so that all those with "Z" names might finally enjoy the pleasure of being first. This begs a larger question, though: Why is our alphabet in ABC order? To answer these questions, we must go all the way back to the Phoenicians, who inhabited Egypt 4,000 years ago. While Egyptian writing was based on hieroglyphics, the Phoenicians developed a set of symbols to represent the sounds of their language. Their first alphabet evolved from hieroglyphics and consisted of 22 simple symbols, an alphabet that was used by maritime merchants sailing around modern Lebanon, Syria, and Israel. Over the millennia, this alphabet slowly transformed into Greek, Latin, Old English, Middle English, and then Modern English. Despite these transformations, the letter order has largely stayed the same.

The Sound of Silence



The first week of January brings Silent Record Week. Why on earth would someone go through the trouble of putting a silent record on the turntable? In 1952, experimental composer John Cage wrote his piece 4'33", which "consisted" of four minutes and 33 seconds of silence. During the silence, any environmental sounds were supposed to be considered music. In 1959, a jukebox at the University of Detroit won fame for including three silent records. Anyone who wanted a bit of silence could buy it for the price of a song. Rumor has it that the silent records were so popular that they developed noisy scratches and had to be repeatedly replaced. Many would argue that silence is valuable. Cage agreed. It was after his study of Zen Buddhism and the religion's emphasis on silence and stillness of the mind that he composed his silent masterpiece.



DECEMBER BIRTHDAYS



Kathleen White- December 7th



Sydney Glazer- December 10th



Bertha Zimmerman- December



Sally Evans- December 31st



Irene Navazelskis- December 13th



Marie Mudd- December 20th



Golde Rhodes- December 26th



Styron Douthit- December 23rd

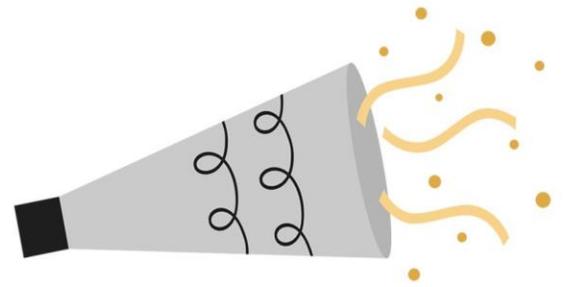
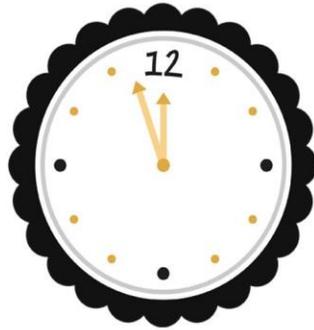
Sylvia Gardner- December 10th

Ethel Starks- December 11th

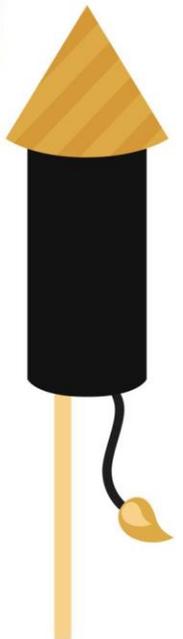
Bringing in the New Year with Santa



HAPPY NEW YEAR!



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



Countdown
 Confetti
 Midnight
 Balloons

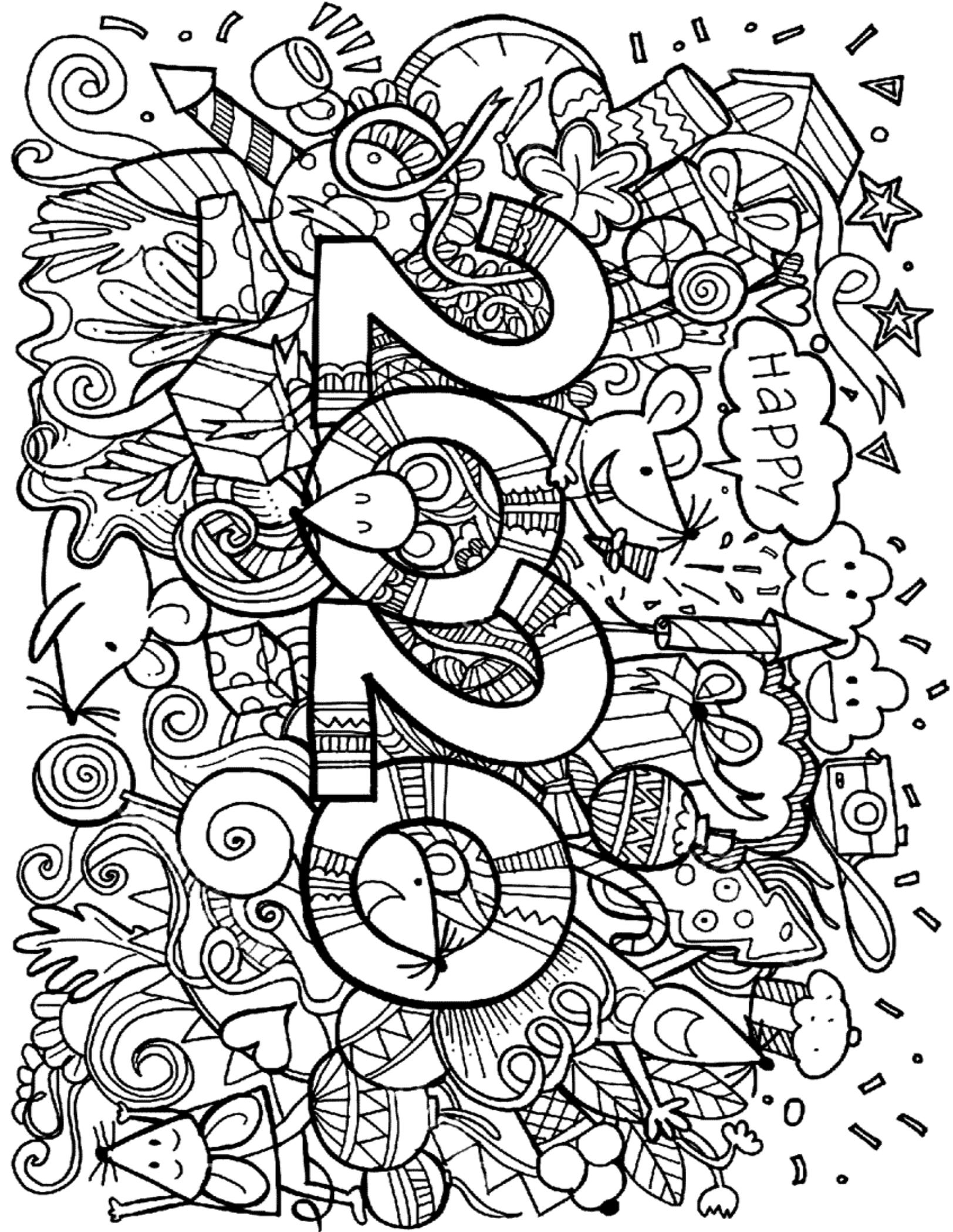
Celebration
 Fireworks
 January
 Happy



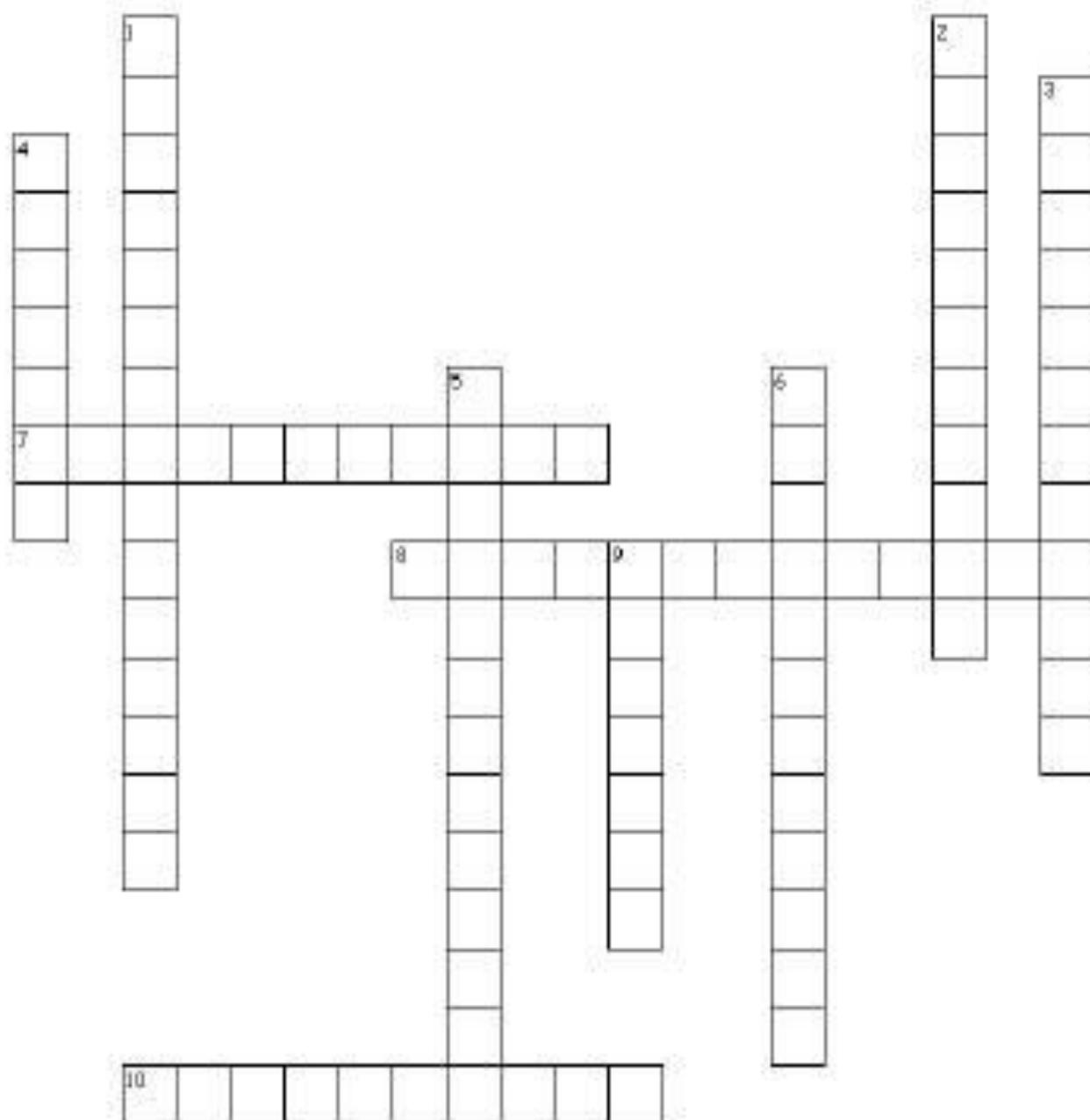
New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers





Crossword Puzzle: Dr. Martin Luther King, Jr.



Across

7. Famous speech made at the March on Washington in 1963
8. Assassinated here on April 4, 1968
10. Led a bus boycott in this Alabama city in 1955

Down

1. Won this prestigious award in 1964
2. What Dr. King fought for
3. Dr. King's assassin
4. Died in this Tennessee city
5. Famous anti-war speech of 1967
6. Dr. King's wife
9. Georgia city where Dr. King was born