

May 2020

# 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 – 2<sup>nd</sup> 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 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.*

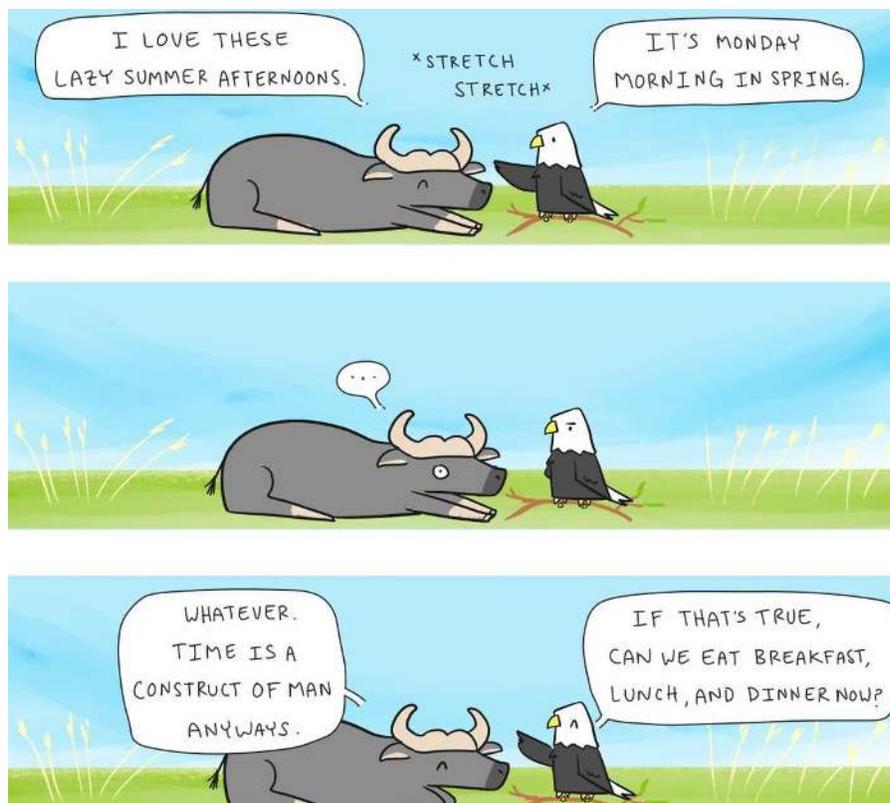


### Fire Drills

**Fire drills are mandatory per state regulations and must be done on 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.**



# SPRING COMICS ☺



## Let's Hear It for the Birds

International Migratory Bird Day, celebrated on the second Saturday in May, is a day to celebrate the 4,000 different species of birds that migrate around the globe. That's over 40% of all bird species. For these birds, migration means survival. As the seasons change, birds leave areas where resources are scarce and embark on journeys to areas with more resources, such as abundant food sources and protected nesting grounds where they can hatch and raise their young. For many birds, the scale of their migratory journeys is mind-boggling.



The Arctic tern has rightly earned worldwide fame for embarking on the longest migration in the animal world. Each year they fly round-trip from the Antarctic to the Arctic and back again, covering nearly 49,700 miles. Moving back and forth from the south pole to the north has its advantages. These birds enjoy the benefit of two summer seasons, rife with food and warm weather. Arctic terns have 30-year lifespans. Over such a lifetime, the miles add up quickly. One bird may fly the equivalent of three trips to the moon and back.

Not to be outdone is the bar-tailed godwit. This shorebird flies 7,000 miles from New Zealand on its nonstop migration to Alaska. It takes eight days of flying for the birds to reach the tidal flats of the Yellow Sea, which lies between China and the Korean peninsula. This is their only stopover before they continue their journey north. The flight back is just as grueling, a nonstop journey over the open ocean of the Pacific from Alaska back to New Zealand.

Before undertaking such awesome and taxing journeys, birds enter into a state known as *hyperphagia*, where they eat tremendous amounts of food in order to bulk up and store fat that can later be used as energy during their flight. Some birds have been known to double their body weights before migrating. One such bird is the tiny northern wheatear, which typically weighs less than an ounce. This bird swells up to two ounces before setting out on a three-month, 9,000-mile journey from Alaska to Eastern Africa.

## The Magical Mile

On May 6, 1954, the weather in Oxford, England, was not ideal for running. Roger Bannister, while working his shift at a local hospital as a medical student, even considered not running in a meet due to rain and strong winds. By the afternoon, however, the weather had cleared and Bannister decided to race. He had competed in the 1952 Helsinki Olympics, placing fourth in the 1500 meters, a disappointing finish both personally and for his country. After that bitter defeat, he resolved to do the hitherto unthinkable: run a mile in under four minutes. Many believed such a time to be humanly impossible. But as a medical student, Bannister believed he had the knowledge he needed to create a unique training regimen that would allow him to achieve University's Iffley Road Stadium, Bannister became the first human to run a sub-four-minute mile. His lurch across the finish line hit the front page of newspapers all over the globe. He became a symbol of perseverance and of pushing the limits of human endurance. He became a hero overnight.

## A Chomp Off the Old Block



That hungry, little yellow chomper known as *Pac-Man* made his debut on May 22, 1980, when the first *Pac-Man* machine was installed in a Japanese movie theater. The game was very different from the other popular games of the era. *Space Invaders* and *Asteroids* depended on shooting things in order to win. *Pac-Man's* creator, Toro Iwatani, wished to design something wholly different—a game that would be universally appealing. He was eating a slice of pizza when he noticed that the rest of the pie looked like a friendly character. He considered the word *eat* and determined that the notion of eating appealed to everybody. The game he would design not only starred the pizza but required eating in order to win. The name *Pac-Man* comes from the Japanese slang word *paku-paku*, which means “to chomp.”

## Celebrate Cinco de Mayo



Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is held on September 16. It commemorates the day in 1810 when a Catholic priest known as Father Hidalgo made a speech in the town of Dolores calling for independence from Spain. Hidalgo's speech has since been called the "Cry of Dolores," and the town is now known as Dolores Hidalgo. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon III ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

French General Charles Latrille de Lorencez soon marched his force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town under the command of General Ignacio Zaragoza. On May 5, 1862, Lorencez surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Zaragoza's victory at the Battle of Puebla was not a major one, but it was symbolic. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.

## Cycling Through History

The third week of May is Unicycle Week, with Ride a Unicycle Day falling on May 17. So who exactly thought it would be a good idea to create a one-wheeled cycle? No one really knows. The best guess that historians have is that the unicycle was inspired by the *penny-farthing*, those early bicycles invented by Frenchman Eugène Meyer of Paris with one massive wheel in front and the tiny wheel in back. Of course, the one major disadvantage of the penny-farthing was its instability and the likelihood of injury after a fall from atop its tall front wheel. Drivers of the penny-farthing were quick to notice how they could ride perfectly well atop the front wheel without the need for the rear. This is how we believe the unicycle was born. Soon, unicycles were popular all across Western Europe. Today, unicycles are most often seen at circuses or festivals where entertainers use them to wow a crowd. But, with improvements in unicycle design and durability, unicycles are now used on commutes to work, on mountain trails, to do tricks at parks, and even to play sports like unicycle hockey.

## Pages Out of Time



The oldest book ever printed in the world, China's *Diamond Sutra*, was published by a block printer on May 11, 868. How do we know when it was made? The book is dated and inscribed with the words, "Reverently made for universal free distribution by Wang Jie on behalf of his two parents." The *Diamond Sutra* was discovered in 1900 by a Chinese monk. The scroll was just one of 40,000 different documents hidden in the Cave of a Thousand Buddhas, a secret library that had been sealed up around the year 1000 in order to save the writings from invaders. The *Diamond Sutra* itself is very short, just 6,000 words, able to be chanted in 40 minutes. It is called the *Diamond* because its teachings are as sharp as a diamond blade, cutting through worldly illusions, a worthy message to stand the test of time.

# Coronavirus Update May 2020

As many of you know about the ongoing Coronavirus pandemic, Culpepper Garden is here to reassure you that we are taking great precaution in keeping everyone safe and healthy! Just a couple friendly reminders to keep in mind for the upcoming time.

**-Please practice social distancing, stay at least 6ft away from others.**

**-There is a limit of 5 people for our common area (living room) all, expected to keep a distance of at least 6ft from one another.**

**-NO VISITORS! This includes, family, outside healthworkers etc. This will allow us to be in a safer, and more controlled environment!**

**-Please have family drop off necessities, mail, etc. at the front desk. It will be delivered to you and brought onto CGIII by staff.**

**-Continue to wash your hands!**

**-If you are feeling sick, please notify the staff!**

**-If you need any supplies, books, movies, crosswords, coloring pages, etc. To keep you busy! Please contact me, Laura the Activities Director at 703-276-2305 or email at [lorihuela@culpeppergarden.org](mailto:lorihuela@culpeppergarden.org) I will do my very best to supply you with all you need to stay busy during this time!**

**-Facetime and skype videocalls are being done! Please contact me to schedule a call and we will make that happen! 😊**

## Race to the Top



On May 1, 1931, American President Herbert Hoover officially dedicated the opening of New York's Empire State Building, then the tallest building ever constructed in the world, by pressing a button in the White House that turned on the lights of the New York skyscraper. Hoover may have pushed the button in Washington, D.C., but someone else in New York was responsible for synchronizing the flip of the switch at the Empire State Building. Hoover's press of the button was largely symbolic, and so was the construction of the Empire State Building.

The dazzling commemoration of the Empire State Building was just what New York and the country needed during the depths of the Great Depression. Such a majestic feat of engineering gave New York City a deep sense of pride. Sure, the construction of the building had employed 3,400 workers each day, many of whom were paid excellent wages. But the building took just a little over a year to build, and it was constructed ahead of schedule and under budget. One year after the Empire State Building opened, only 25% of its offices had been rented. The economic turmoil of the Great Depression still held New York City in its clutches.

Who would want to build such a thing during such a desperate economic period? The idea of the Empire State Building was the result of a competition between two wealthy men. Walter Chrysler, executive of the Chrysler Corporation, and John Jakob Raskob of General Motors wanted to see who could build the taller building. Chrysler had already completed his Art-Deco masterpiece in midtown Manhattan 11 months earlier. And for those 11 months, at 1,046-feet tall, the Chrysler Building was the world's tallest. But Raskob would not be beaten. His design, it is said, was based on the look of a pencil. And it was builder-friendly. Each story was exactly the same, so extra stories could easily be added if it needed to grow taller to overtake Chrysler's building, and so grow it did. At 1,250 feet tall, Raskob's Empire State Building had bested Chrysler's.

## May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

Dwayne Johnson (actor) – May 2, 1972  
Bing Crosby (singer) – May 3, 1903  
Nellie Bly (journalist) – May 5, 1864  
J.M. Barrie (author) – May 9, 1860  
Salvador Dalí (artist) – May 11, 1904  
Bea Arthur (actress) – May 13, 1922  
Lorraine Hansberry (playwright) – May 19, 1930  
Mr. T (actor) – May 21, 1952  
Sally Ride (astronaut) – May 26, 1951  
Bob Hope (entertainer) – May 29, 1903

## MAY BIRTHDAYS



**Monica Mucchetti- May 2<sup>nd</sup>**  
**Greg Haber- May 15<sup>th</sup>**  
**Audrey Gardoni- May 15<sup>th</sup>**  
**Rosemary Ward- May 21<sup>st</sup>**  
**Juanita Wilkerson- May 27<sup>th</sup>**



# APRIL BIRTHDAYS



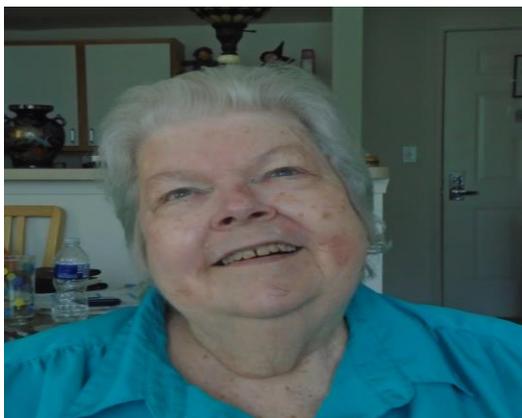
**Royann Mcdowell- April 14<sup>th</sup>**



**Maria Gonzales- April 17<sup>th</sup>**



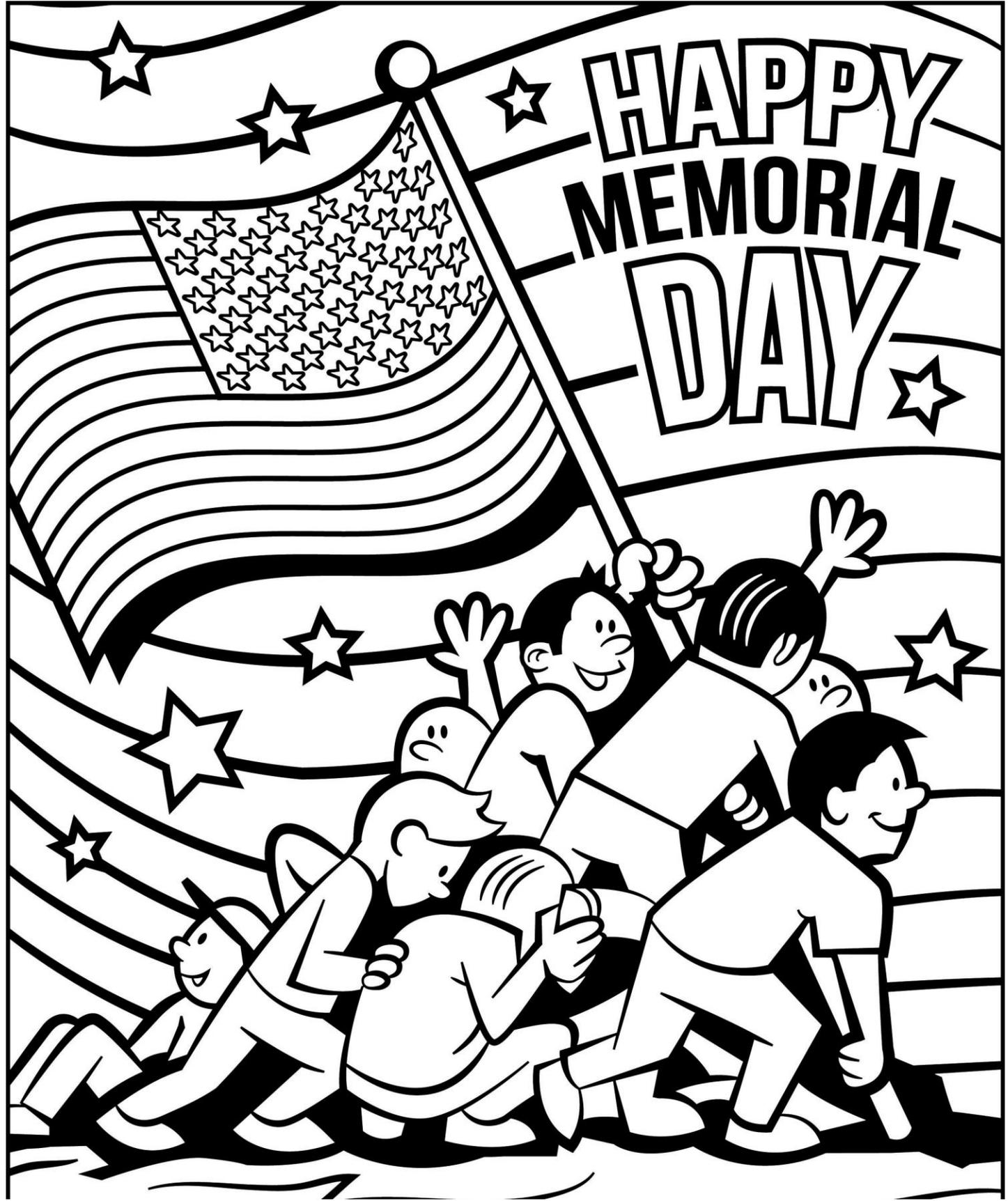
**Brenda Breneman- April 27<sup>th</sup>**



**Kathleen Bell- April 1<sup>st</sup>**



**Greta Lahr- April 19<sup>th</sup>**



# Memorial Day Word Find

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

Can you find the following words in the above puzzle?

service  
flag  
half mast  
war

Memorial Day  
poppy  
honor  
veterans

respect  
wreath  
Monday  
sacrifice

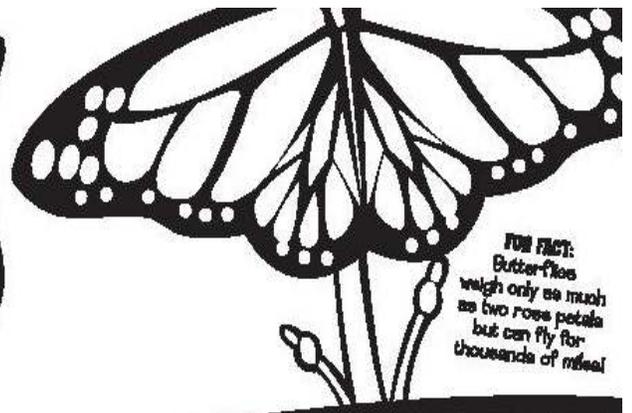


Happy  
Mother's  
Day



# Spring

## Word Search



**FUN FACT:**  
Butterflies weigh only as much as two rose petals but can fly for thousands of miles!

Test your word-hunting skill with this springtime word search.

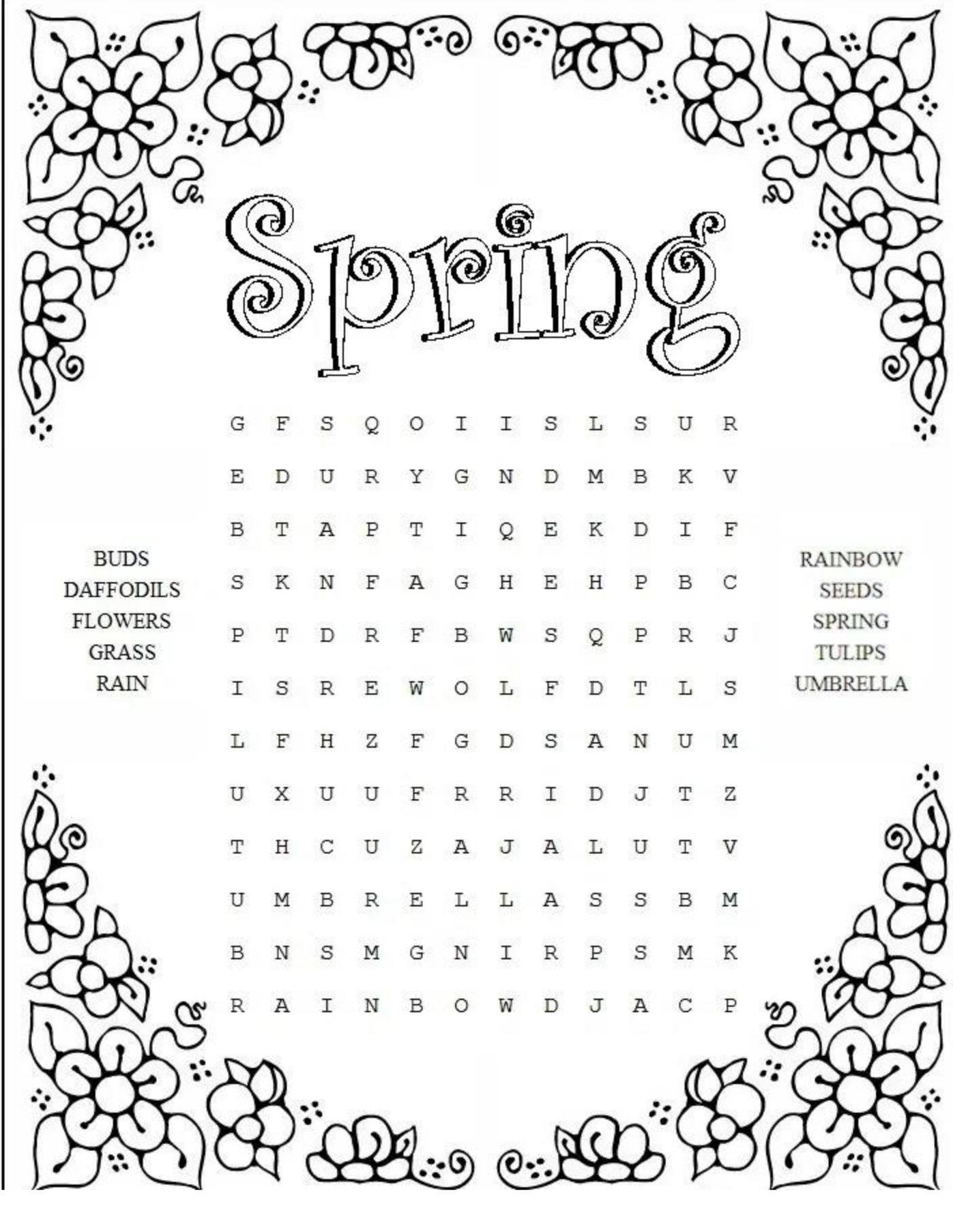
### WORD LIST:

FIND ALL THESE WORDS IN THE PUZZLE  
(THEY CAN BE ACROSS, DOWN, DIAGONAL, FORWARDS, OR BACKWARDS):

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

**ANIMALS**  
**ANT**  
**BIRDFEEDER**  
**BLOOM**  
**BUGS**  
**BUMBLEBEE**  
**BUTTERFLY**  
**CATERPILLAR**  
**FLOWERS**  
**GARDEN**  
**PETAKIDS**  
**RAINBOW**  
**SPRINGTIME**  
**SUNSHINE**  
**WILDLIFE**





# Spring

G F S Q O I I S L S U R

E D U R Y G N D M B K V

B T A P T I Q E K D I F

S K N F A G H E H P B C

P T D R F B W S Q P R J

I S R E W O L F D T L S

L F H Z F G D S A N U M

U X U U F R R I D J T Z

T H C U Z A J A L U T V

U M B R E L L A S S B M

B N S M G N I R P S M K

R A I N B O W D J A C P

BUDS  
DAFFODILS  
FLOWERS  
GRASS  
RAIN

RAINBOW  
SEEDS  
SPRING  
TULIPS  
UMBRELLA

