

June 2020

Culpepper Garden III

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



Management Staff:

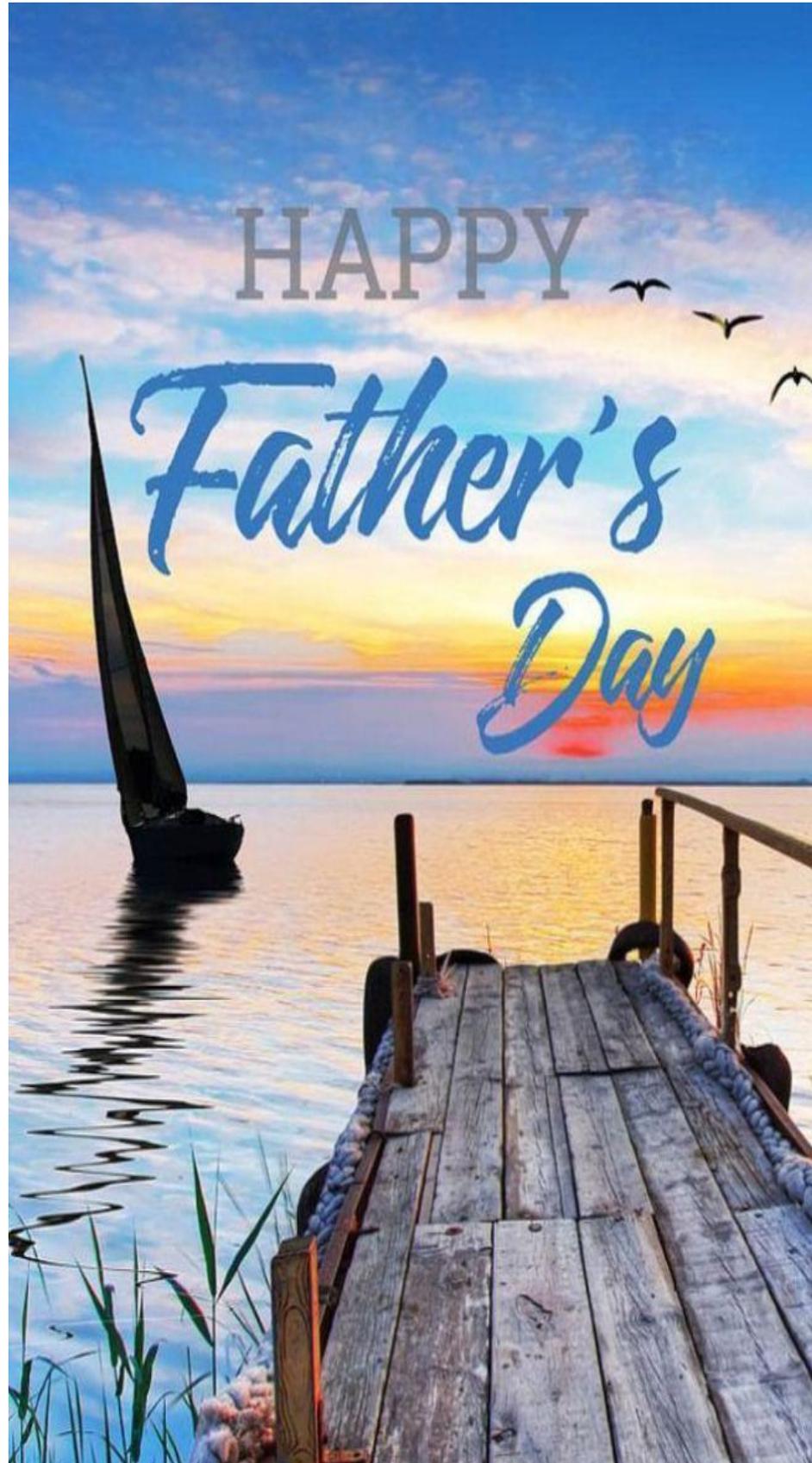
Kim Searcy
Administrator

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)



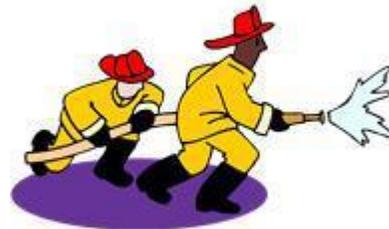
Bedtime and between meal snacks are available for all residents desiring them, or in accordance with their physicians or other Prescribers orders. The snacks will be offered on the 3rd floor.

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.



Meet our new Administrator!!

Kimberly Searcy has been selected as the New Assisted Living Administrator for Culpepper Garden III.

Ms. Searcy has been in the healthcare industry for more than 13 years. She is a licensed Assisted Living Administrator and a Certified Dementia Practitioner. Searcy graduated from Virginia State University – Cum Laude Bachelor of Science in Health and minoring in Public Health and Community Health. She is also a graduate from Liberty University with a Certification in Business Management.

“My aspirations for healthcare started at the early age of 13 when I helped care for my Grandmother,” shared Searcy. “Since that time I have been involved in numerous opportunities to help change the culture of the traditional nursing setting. A community like Culpepper Garden III offers so many advantages and lifestyle opportunities for seniors. I am so happy to be here and be a part of this team”

“We are delighted to have Kim as a member of the Culpepper Garden’s team,” former Assisted Living Administrator, Mary Van-Wie. “She has both formal training and experience in the long term care industry, but most importantly, she has the passion and desire to serve others and is an advocate for resident centered care.”

We will be seeing Kim around a lot! Please do not hesitate to reach out for any questions or concerns. 😊

Father's Day Word Search



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

DADDY
 GRANDPA
 PROVIDER
 LOVE



PARENT
 JUNE
 WISDOM
 SPORTS



FATHER
 PROTECT
 FAMILY
 FUN



The Making of a Man

Not only is June 21 Father's Day, but June is Men's Health Month. All June long, we are asked to honor the men in our lives: dads, husbands, brothers, and uncles. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends



to overemphasize qualities of toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing

emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn't always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men's work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men all across the country, such as Philadelphia's Masculinity Action Project and the global ManKind Project, are attempting to promote "healthier masculinity." They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. While some critics have gone so far as to call this a "war" on traditional masculinity, many men in these groups feel better about themselves: they have better relationships, stronger core values, and better mental health. These men are not only becoming, in their eyes, better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive male role models, they are better equipped to pass those traits along to younger generations.

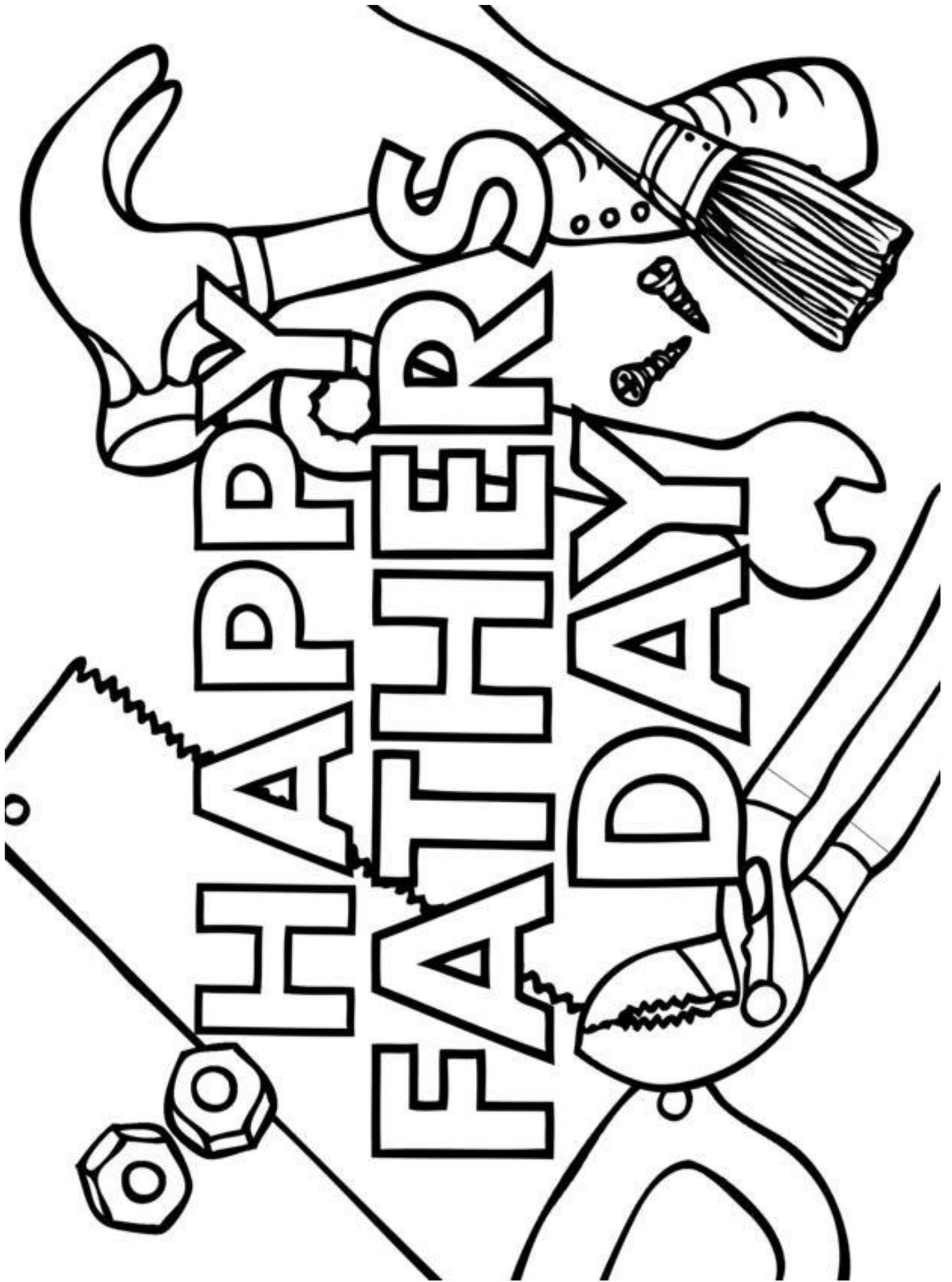
Nailed It!

In preparation for the footloose and barefoot days of summer, June 1 is Nail Polish Day. While today's nail art is largely a reflection of personal style, when it originated nearly 5,000 years ago in Babylonia, nail polish was a marker of social status and class. Babylonian warriors ground *kohl*, a charcoal-like mineral, into a dark powder and used it to color their nails and lips before going into battle. The dark shade signified a high rank. Similarly, around 3000 BC, the Chinese used varying nail colors to signify differences in rank and dynasty. Rulers often wore bright colors like red, gold, or silver, while lower classes could be punished if they dared to wear colors deemed acceptable only to the ruling class. It wasn't until much later, in 19th-century Paris, when manicure parlors became fashionable and women regularly began to "get their nails done." In 1878, an American named Mary Cobb, after learning the art of the manicure in Paris, opened a shop in New York City, America's first nail salon called "Mrs. Pray's Manicure." Cobb would go on to open a series of salons, invent the emery board, and market an entire line of nail products. Cobb was truly the mother of the nail salon industry.

Ladies' Day at the Ballpark



During the early years of baseball, the game was geared toward an audience of men, for many during that narrow-minded era believed that the rules of baseball were just too difficult for women to understand. That is, until 1883 when the New York Gothams (soon to be Giants) hosted the first "Ladies' Day" at the Polo Grounds, where women were admitted free of charge. Baseball player, manager, and pioneer Abner Powell would later capitalize on this promotion when his own New Orleans Pelicans struggled to draw crowds. Powell held Ladies' Days every week throughout the season. His reasoning? Not only would it expand the game's audience but the presence of women would discourage unruly behavior.



A Monument to Love

On June 17, 1631, Mumtaz Mahal died during the birth of her fourteenth child. The emperor of India, Shah Jahan, was so devastated by the death of his wife that he commanded a mausoleum be built in her honor, one so beautiful that it would never be matched. Today, the Taj Mahal stands unmatched as a monument to undying love and marital devotion.



By all accounts, Shah Jahan and his wife were deeply close. Mumtaz Mahal's name, bestowed upon her by the emperor, means "the exalted one of the palace." The empress's residence was the finest ever built, decorated in pure gold and precious stones, with rosewater fountains. Mumtaz was both a confidant to Shah Jahan and an advisor on matters of state. She was even allowed to use the Mehr Uzaz, the emperor's personal seal, to validate imperial decrees. The empress was as beautiful as she was smart and cultured, a woman more than worthy of the mausoleum constructed in her honor.

Construction of the Taj Mahal began in 1632 and continued for 22 years, employing 1,000 elephants and 22,000 artisans from India, Persia, and Europe. The mausoleum's architect was most likely court architect Ustad Ahmad Lahauri, the same man who designed Delhi's Red Fort. Situated across the Yamuna River from the royal palace, Shah Jahan could gaze upon the final resting place of his beloved wife forevermore. The mausoleum is made of white marble and inlaid with precious and semi-precious stones such as jade, crystal, lapis lazuli, amethyst, and turquoise. Its central dome rises 240 feet, surrounded by four minarets. The Ninety-Nine Names of God are inscribed in calligraphic inscriptions on the sides of Mumtaz's tomb. Not only is the Taj Mahal an enduring symbol of India's rich cultural heritage but it remains the finest example of Mughal architecture in the world. The tomb and its surrounding gardens host eight million visitors each year, and the complex has repeatedly been included on lists of the New Seven Wonders of the World.

Napoleon's "Waterloo"

Napoleon's defeat at Waterloo in Belgium occurred on June 18, 1815. Napoleon is remembered as one of history's greatest military strategists. With the French army under his command, he waged war against most of Europe, vastly expanded the French Empire, and crowned himself emperor. After 1812, however, Napoleon suffered grave defeats and was exiled to the island of Elba, but Napoleon was not used to defeat. He escaped from Elba and rebuilt a massive army to march against the foes that had defeated him. At first, Napoleon was successful. On June 16, 1815, he defeated the Prussians. But on June 18 at the village of Waterloo, he commanded his force of 72,000 troops to hold off their attack until mid-day in order to allow the battleground to dry. It was a fatal mistake. During those few hours, new troops joined the opposition, and Napoleon's forces were overwhelmed and overrun. He was forced to return to Paris in defeat and abdicate the throne. Napoleon's reign was over, and the name of Waterloo would become forever synonymous with defeat and humiliation.

Horsing Around



In June of 1878, photographer Eadweard Muybridge put an end to a debate that had been raging for years: whether or not all four of a horse's hooves left the ground during a gallop.

Muybridge was no mere photographer but also a savvy inventor. Cameras in 1878 had lengthy exposure times of two seconds, but over two seconds a horse in motion would have galloped across an entire field, preventing it from being photographed. Muybridge's solution was to create a mechanical wooden shutter that could close within one-thousandth of a second. His photos seemed to freeze time, capturing each movement of the horse. He not only proved that all four hooves left the ground but he created the first motion picture and laid the foundations of the movie industry.





On Thin Ice



In June of 1844, a marvel of modern engineering opened to the public in London, a “Glaciarium,” or the world’s first indoor skating rink. A

flyer advertised the occasion: “This establishment... was opened on Monday afternoon. The area of artificial ice is extremely convenient for such as may be desirous of engaging in the graceful and manly pastime of skating.” The rink even boasted alpine views and mounds of snow. How did the Glaciarium achieve this feat in the middle of summer? By not using real ice and snow at all. Despite the picturesque appearance, the ice was made of a mixture of pig fat and salts. Even worse than the strange appearance, it smelled horrible. The brave few who dared try indoor skating soon abandoned the pastime.

It wasn’t until 1876 that true refrigeration technology allowed for the creation of man-made ice and a real Glaciarium was opened in London. Inventor and veterinarian John Gamgee had developed a method of freezing meat for long-distance transport. He tweaked the same technology to create his skating rink. A layer of earth, cow hair, and wooden planks was laid on a foundation of concrete. This was topped with copper pipes that carried a homemade solution of glycerin, ether, nitrogen peroxide, and water. As Gamgee’s solution flowed through the copper piping, water poured on top of the pipes froze solid. Gamgee was also keen to use some of the same marketing tools from the original Glaciarium. He staged an alpine scene in the background and even included a live orchestra to play for his intrepid skaters. At first, his Glaciarium proved so attractive to the wealthy that he found he could operate it on a members-only basis. Gamgee even opened two more rinks across town. The success was short-lived, however. Gamgee suffered from his own technological achievement. His mechanics for freezing made the ice so cold that his rinks became shrouded in a bone-chilling fog. Before long, his members had abandoned the new pastime completely, preferring to skate on nature’s frozen lakes and ponds.

June Birthdays

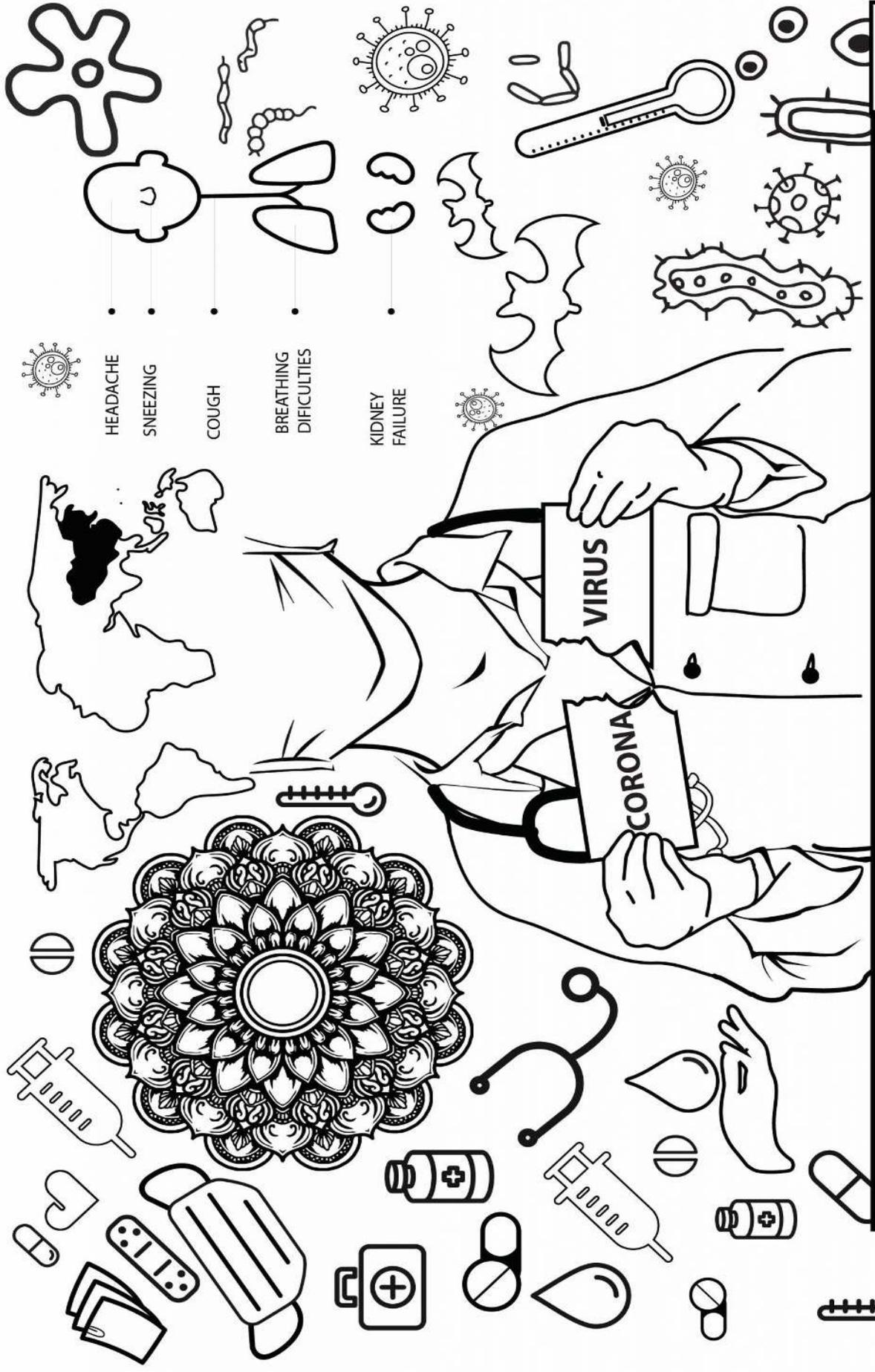
In astrology, those born between June 1 and 20 are the Twins of Gemini. A Gemini’s dual nature is expressed through skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent. Those born between June 21 and 30 are Cancer’s Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators.

Morgan Freeman (actor) – June 1, 1937
Angelina Jolie (actress) – June 4, 1975
Prince (musician) – June 7, 1958
Frank Lloyd Wright (architect) – June 8, 1867
Hattie McDaniel (actress) – June 10, 1893
Harriet Beecher Stowe (author) – June 14, 1811
Paul McCartney (musician) – June 18, 1942
Bob Vila (builder) – June 20, 1946
George Orwell (author) – June 25, 1903
Bernard Harris Jr. (astronaut) – June 26, 1956
Lena Horne (singer) – June 30, 1917

June Birthdays

Martha Edgell – June 6th
Dorothy Virag – June 7th
Anne Windom – June 8th
Ruth Edquist – June 14th
Vivienne Lukacs – June 19th
Shirley Miller – June 19th
Ruth Hegland – June 21st
Ralph Ostrich – June 28th
Annie Mae Van – June 28th
Ann Gavin – June 30th





HEADACHE
SNEEZING
COUGH
BREATHING
DIFICULTIES
KIDNEY
FAILURE

KEEP CALM AND COLOR ON



May Birthdays



Monica Mucchetti- May



Greg Haber- May 15th



**Audrey Gardoni -
May 15th**



**Rosemary Ward-
May 21st**



Happy Birthday



Juanita Wilkerson- May 27th



Happy Birthday