

# THE CLARION

## JULY 2021



4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

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# july

Our communities do not discriminate on the basis of race, color, religion, national origin, sex, elderliness, familial status, disability, source of funds, sexual orientation, gender identity and veteran status in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the communities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.





# ADMINISTRATIVE TEAM



Contact Us: (703) 528-0162

**Paul Timpane (Ext. 113)** Director of Property Operations

**Pasha Kelly (Ext. 131)** HR Manager - Assistant Director of Property Operations

**Rebekah Pearson (Ext. 141)** Director of Resident Services

**Becca Clayton (571-699-3831)** Resident Services Coordinator

**Angel Thompson (Ext. 114)** Staff Accountant

**Donna Jackson (Ext. 133)** Director of Compliance

**Jennifer Burgess (Ext. 110)** Recertification Specialist

**Ever Sanchez (Ext. 122)** Director of Plant Operations

**Ray Riddle (Ext. 136)** Dining Services Director

**Becky Ellison (Ext. 130)** Director of Admissions

**Gabby Chavez (Ext. 106)** Marketing and Admissions Specialist

**Candy Dragity (Ext. 102)** Front Desk Coordinator

## ARHC

**Marta Hill Gray (Ext. 128)** Executive Director

**Jasmin Witcher (Ext. 120)** Development and Communication Director

**Ashley Gomez (Ext. 104)** Volunteer Outreach and Activity Manager

## Staff Highlight: Marta Hill Gray

**Job Title:** ARHC Executive Director

**How long have you been at Culpepper Garden?** 1 year

**What is your favorite part about your job?**

Telling people about Culpepper Garden that did not previously know it existed. I also love restoring the gardens for the residents to enjoy for years to come.

**Where did you grow up?**

I grew up in Southern California. My grandfather produced the Art Linkletter Show in Los Angeles, CA. I moved to Virginia in 1999 for a job opportunity.

**If you could have any superpower, what would it be?**

To be able to restore health to those who need it.

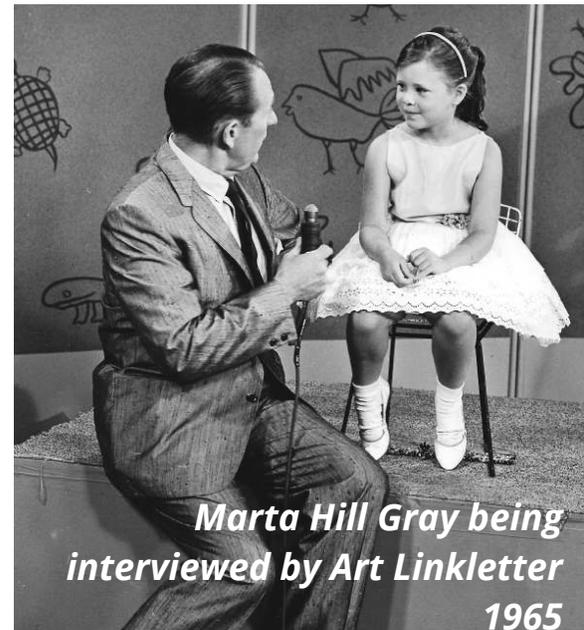
**What is the best advice you ever received?**

When in doubt, don't.

No one can make you feel inferior without your consent. - E. Roosevelt

**Tell us a fun fact about yourself!**

My baby shower was held at Liberace's house. My grandparents would host parties, and Liberace (who was their neighbor) would come and play the piano at their house.



*Marta Hill Gray being interviewed by Art Linkletter 1965*



# HAPPY BIRTHDAY



<u>Apt.</u>	<u>Resident</u>	<u>Day</u>
309	Deanna Burnett	07/01
227	Wendy Sue Dettor	07/01
232	Mohamed Sadiq	07/01
435	Yohannes Kidane	07/02
305	Glenn Martin	07/05
332	Muriel L. Bonine	07/06
831	Julia A. Kierig Bilbao	07/06
329	Mai T. Nguyen	07/08
418	Barbara K. Mullins	07/10
607	Bria N. Brittain	07/11
735	Elizabeth F. Miller	07/11
633	Carolyn B. Johnston	07/12
722	Margarita Centala	07/14
626	Gloria S. Garner	07/16
726	Tae K. Park	07/17
814	Sherwood Wiles	07/17
620	Martina S. Kloos	07/19
818	Betty R. Black	07/19
727	Julie L. Pietrzak	07/24
304	Charles M. Day	07/24
235	Madeline J. Holman	07/24
524	Kathleen Walton	07/31



celebrate





# FROM THE DESK OF THE DIRECTOR



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

In the immortal words of Luke Skywalker, "May the Fourth be with you"! Happy 4th of July!! As we ease into the long slow heat of Summer it is very important to be prepared when headed outside or on errands. Pop up thunderstorms are always possible and hot and humid weather is quickly draining on us all. Please make sure to have water with you and that you have access to air-conditioned spaces on your trips to avoid overheating. Stick to shaded areas and take plenty of breaks to avoid any heat exhaustion or dehydration. On extreme heat or poor air quality days please stay inside.

Building Access Security and Safety Procedures:

- NO more than two adults at a time may visit the unit levels in the building.
- Children under the age of 18 are still not permitted in the building.
- No overnight guests.
- Masks remain required by residents and staff in the buildings.
- All visitors, guests and vendors entering the property will continue to be required to sign in at the front desk and screened for any signs of illness. Advance notice preferred.
- Two people at a time in the elevators unless both people already on the elevator approve. This is a courtesy.

## **Culpepper Garden Management Update**

- 1.The Safety Week was a great success. Participating residents received a lot of information and instructions on how to plan and prepare for emergencies here at Culpepper Garden. Thank you all who presented, participated, and made the event a success.
- 2.The resident gardens are in full bloom. Our dedicated CG'ers have lots of different plants, vegetables, and flowers growing and with the addition of benches and a picnic table the area is a wonderful place to take in warm summer evenings. Check it out.
- 3.Remember to pick up the Clarion, internal flyers, event announcements and other important community information from your flyer box along when you check your mailbox. **All boxes are numbered, your box is below the unit number!!**
- 4.Activities have restarted! Please keep the Clarion calendar of events handy for upcoming events and the time and location. The Resident Association variety store is now OPEN.
- 5.As a reminder, unit doors are not to be propped open for any reason. This is a major security issue in addition to being a fire hazard. As well as a courtesy to your neighbors.
6. Another reminder when using the Resident Computer lab. Always make sure to protect your personal information and avoid doing private online financial transactions there as much as possible. This is a public room and is not a secure setting for some business. Residents are limited to printing 6 pages per week in the lab.

This is the time of year when leaving our homes, we run into that solid wall of heat and humidity on some days. I think this is a wonderful summer feeling. One of the reasons I appreciate our area so much is the change of seasons. These still, warm mornings and evenings will calm and slow what can be a busy pace of living. Punctuated with the flash of evening storms and haze of the midday heat it is a season of loose and mellow energy. Soak it up!

*Thank you. See you around the building! Paul*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2021

*World Watercolor Month, National Grilling Month, National Picnic Month, National Anti-Boredom Month*

(L) Lobby  
(C) Clinic  
(LIB) Library  
(DR) Dining Room  
(M) Multipurpose Room  
(CR) Conference Room  
(LAB) Res. Computer Room

Summertime is always the best of what might be

Charles Bowden

(3FL) Third Floor Common Area  
(5FL) Fifth Floor Common Area  
(GL) Garden Level Meeting Space

**1** 10AM: Exercise (3FL)  
10AM: Scavenger Hunt  
1PM: Bingo (M)  
2:30PM: 4th of July Celebration (L)  
6PM: Bingo (M)

**2** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
2:30PM: Benny on the Keyboard (L)  
5:30PM: Movie Night (M)

**3** 5:30PM: Movie Night (M)



Independence Day

Dental Clinic

Senior Loop (Sign up at Desk)

Senior Loop (Sign up at Desk)

**10** 5:30PM: Movie Night (M)



Free Slurpee Day

**4** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**5** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**6** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
10:30AM: Bayada Health Chat - Hydration (M)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**7** 10AM: Exercise (3FL)  
11AM: Walking Club (L)

**8** 10AM: Exercise (3FL)  
1PM: Bingo (M)  
6PM: Bingo (M)  
7PM: An Evening with NASA (M)

**15** 10AM: Exercise (3FL)  
1PM: Bingo (M)  
6PM: Bingo (M)  
7PM: An Evening with NASA (M)



Target Loop (Sign up at Desk)

**11** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**12** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
10:30AM: Bayada Health Chat - Hydration (M)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**13** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
10:30AM: Bayada Health Chat - Hydration (M)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**14** 10AM: Exercise (3FL)  
11AM: Walking Club (L)

**16** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
2:30PM: Benny on the Keyboard (L)  
5:30PM: Movie Night (M)

**17** 5:30PM: Movie Night (M)



Podiatry Clinic

Senior Loop (Sign up at Desk)

Dermatology Clinic

Senior Loop (Sign up at Desk)

AFAC (sign up in the morning, food pick up in the afternoon)

**24** 5:30PM: Movie Night (M)

**18** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**19** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**20** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
10:30AM: Bayada Health Chat - Hydration (M)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**21** 10AM: Exercise (3FL)  
10AM: Avoiding Scams with Arlington Police (M)  
11AM: Walking Club (L)

**22** 10AM: Exercise (3FL)  
1PM: Bingo (M)  
6PM: Bingo (M)

**23** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
2:30PM: Benny on the Keyboard (L)  
5:30PM: Movie Night (M)

**25** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**26** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**27** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
1PM: Bingo (M)  
2PM: Current Events Discussion with Bart (M)

**28** 10AM: Exercise (3FL)  
11AM: Health Chat with Goodwin House (M)  
11AM: Walking Club (L)

**29** 10AM: Exercise (3FL)  
1PM: Bingo (M)  
6PM: Bingo (M)

**30** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
2:30PM: Benny on the Keyboard (L)  
3PM: English Classes with Barbara (GL)  
5:30PM: Movie Night (M)

**31** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**29** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
1PM: Bingo (M)  
6PM: Bingo (M)

**30** 10AM: Exercise (3FL)  
10AM: Blood Pressure (C)  
2:30PM: Benny on the Keyboard (L)  
3PM: English Classes with Barbara (GL)  
5:30PM: Movie Night (M)

**31** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**31** 10AM: Exercise (3FL)  
1:30PM: Music and Movement (M)

**31** 5:30PM: Movie Night (M)



**31** 5:30PM: Movie Night (M)



# "UNTIL WE MEET AGAIN"



From Doug Schroeder

Folks at Culpepper Garden may have noticed I haven't been in my office the past weeks. I express my gratitude to Culpepper Garden staff for allowing me to reflect on my experience with you and explain my absence.

Several years ago I arrived at Culpepper Garden as the Renovation Project Relocation Manager. During several months of work I met every Culpepper resident during group and one-on-one interviews. This was the beginning of a deep and wonderful relationship with the people and place we call Culpepper Garden.

When renovations began I took on a new role - *Director of Property Operations* - a position now held by my friend, Paul Timpane. My tenure as Director was an extremely busy, and frankly, exhausting, dealing with the sounds, smells and inconveniences related with renovations. We became a Low-Income Housing Tax Credit property. We went on with the daily regime. Together we weathered real and virtual storms related with construction turmoil. But we survived, in great part due to the patience of residents and staff.

About a year and a half ago I returned to Culpepper Garden to serve as a *Special Projects Manager*. During this time I reconnected with many of you by assisting with your annual recertification. I also met a new wave of residents by participating in a demanding "lease-up" period that fully occupied Culpepper Garden I - an amazing achievement. And, we all survived COVID together.

So where did I go? Well, I've taken a position with the Property Management firm, Wesley Housing Development Corporation. I work close by in Alexandria, doing what I love best - meeting and serving people.

I made many new friends at Culpepper Garden. I plan to visit on occasional Friday afternoon's to play the guitar - if there are people interested in listening! The circumstance of my Culpepper Garden experiences deepens those bonds that hold us together. My arrival at Culpepper Garden became a departure, which only foreshadowed a return. So don't be surprised when you see me back again someday.



# "HASTA QUE NOS VOLVAMOS A ENCONTRAR"



de Doug Schroeder

Es posible que la gente de Culpepper Garden se haya dado cuenta de que no he estado en mi oficina las últimas semanas. Expreso mi gratitud al personal de Culpepper Garden por permitirme reflexionar sobre mi experiencia contigo y explicar mi ausencia.

Hace varios años llegué a Culpepper Garden como *Gerente de Reubicación* del Proyecto de Renovación. Durante varios meses de trabajo conocí a todos los residentes de Culpepper durante entrevistas grupales y personales. Este fue el comienzo de una relación profunda y maravillosa con la gente y el lugar que llamamos Culpepper Garden.

Cuando comenzaron las renovaciones, asumí un nuevo papel, Director de Operaciones de la Propiedad, un cargo que ahora ocupa mi amigo Paul Timpane. Mi tiempo como Director fue extremadamente ajetreado y, francamente, agotador, lidiando con los sonidos, olores e inconvenientes relacionados con las renovaciones. Nos convertimos en una propiedad de Low-Income Housing Tax Credit. Seguimos con el régimen diario. Juntos resistimos tormentas reales y virtuales relacionadas con la agitación de la construcción. Pero sobrevivimos, en gran parte gracias a la paciencia de los residentes y el personal.

Hace aproximadamente un año y medio regresé a Culpepper Garden para servir como *Gerente de Proyectos Especiales*. Durante este tiempo, me volví a conectar con muchos de ustedes ayudándolos con su recertificación anual. También conocí una nueva ola de residentes al participar en un exigente período de "lease-up" que ocupó por completo Culpepper Garden I, un logro asombroso. Y todos sobrevivimos a COVID juntos.

Entonces, ¿a dónde fui? Pues, he tomado un puesto en la firma de administración de propiedades, Wesley Housing Development Corporation. Trabajo cerca en Alexandria, haciendo lo que más me gusta: conocer y servir a la gente.

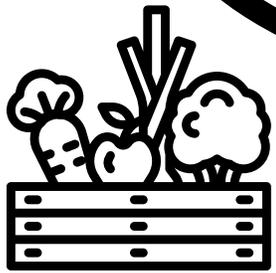
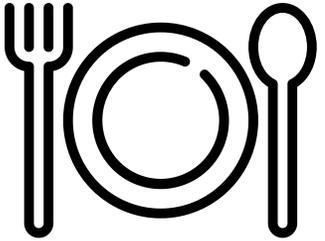
Hice muchos nuevos amigos en Culpepper Garden. Planeo visitarla ocasionalmente los viernes por la tarde para tocar la guitarra, ¡si hay personas interesadas en escuchar! La circunstancia de mis experiencias en Culpepper Garden profundiza esos lazos que nos mantienen unidos. Mi llegada a Culpepper Garden se convirtió en una partida, que solo presagiaba un regreso. Así que no se sorprenda cuando me vuelva a ver algún día.

# ! UPDATES AND REMINDERS !

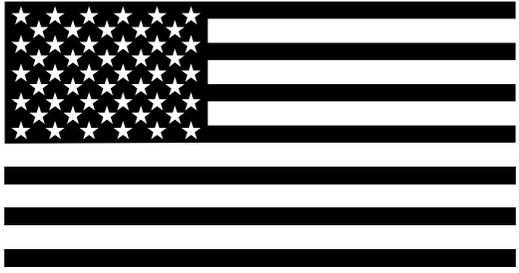
**Prices will be increasing for Meal Services beginning August 1st. Please reach out to Ray Riddle, Dining Services Director, for more information.**



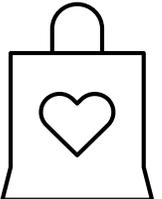
**The Variety Store is now open! Head to the Garden level to make a purchase and support the Resident Association!**



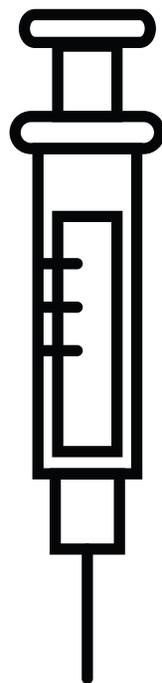
**See if you qualify for Farmer's Market coupons with Resident Services!**



**Happy 4th of July!**



**Interested in the COVID-19 Vaccine? Please reach out to Resident Services to be scheduled for a vaccine.**

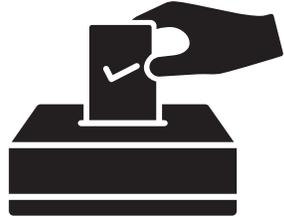


**Take a walk around the garden to enjoy the weather and flowers!**

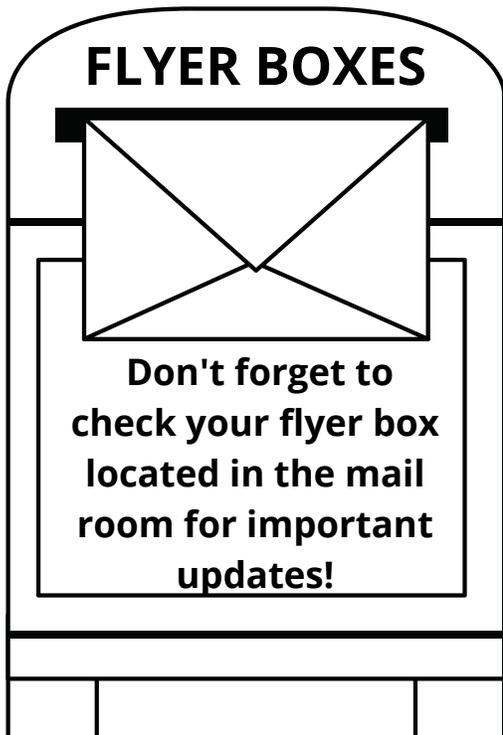


**Thank you to those who submitted their surveys! Your feedback is greatly appreciated!**

Comments?  
Ideas?  
Complaints?  
Suggestions?



Please make use of both of our suggestion boxes:  
Resident Association: Beside the Front Desk  
Resident Services: Garden Level, beside Resident Services





# DINING UPDATES



Questions? Contact Ray Riddle, Director of Dining Services  
703-528-0162 Ext. 136

## Flexible Meal Plan Overview

Culpepper Garden residents have the option to select one of three flexible, monthly meal plans.

**Plan #1** Fifteen meals per month.

Cost: \$130/month (13% savings).

**Plan #2** One meal for each day in the month.

Cost: \$250/month (19% savings).

**Plan #3** Two meals for each day in the month.

Cost: \$450/month (27% savings).

**Plan #4** Three meals for each day in the month.

Cost: \$535/month (42% savings).

*Pricing effective August 1, 2021.*

With each plan, you have the opportunity to use your meals however you like within the month. You have access to all of your meals beginning on the first of the month. If you know you will be away or unable to use a meal later in the month, feel free to use it prior to your absence.

Those purchasing a meal plan will be issued a card (similar to a debit card) that will be loaded with your meal plan credit.

Individual meal tickets can be purchased at any time for \$10 per meal.

## Dining Highlights

- Flexible and affordable meal plan options
- Meals prepared by a certified culinary team
- Convenience
- A variety of choices at every meal, including daily specials and "always available" selections
- Delicious entrées and desserts
- Fresh, made-to-order salads
- Special events and holiday meals
- Monthly birthday celebrations
- Warm, social atmosphere



Culpepper Garden

4435 N. Pershing Drive • Arlington, VA 22203  
703-970-1209 • [dining@culpeppergarden.org](mailto:dining@culpeppergarden.org)

*Culpepper Garden does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the communities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.*



Our vision is to provide delicious, scratch-prepared meals for residents daily to enhance wellness.





# DINING UPDATES

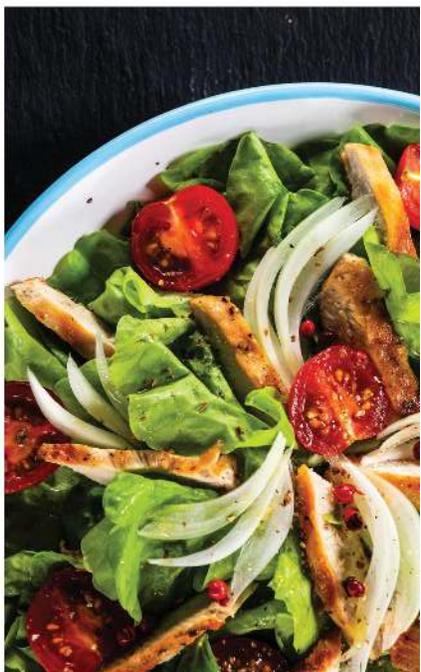


Questions? Contact Ray Riddle, Director of Dining Services

703-528-0162 Ext. 136

## What To Expect

- Classic and regional selections prepared daily by our culinary team.
- Menu suggestions and resident feedback are welcomed.
- Freshest available ingredients are used whenever possible in our preparation.
- Menus are reviewed and approved by a registered dietitian to ensure meals are healthy and nutritious.
- Meals are prepared in a professional facility which is regularly inspected by the health department.



## Why Choose a Meal Plan

- Meal plans allow for a lower cost per meal — the more you buy, the more you save.
- No need to grocery shop.
- Pre-paid meals make dining easy and convenient.
- Residents and guests are given the opportunity to enjoy a meal in a social, family-style dining atmosphere.

- Our team handles all the preparation, cooking, and cleaning.
- A wide variety of dishes offer something for every palate.
- Action stations can be found at all three meals for made-to-order items including omelets, sandwiches, and salads.



## Meal Plan Q & A

**Can unused meals be carried over to the next month?**

No, meal plans must be used in the month purchased and will expire at the end of each calendar month.

**If I used all my meals, can I add more during the month to my card?**

Yes, additional meals can be added.

**Am I able to bring a guest with me who is not on the meal plan and buy their meal using my meal card?**

Yes\*, you can use one meal from your balance for each guest, except for holiday meals.

*\*Residents receiving the Arlington County meal subsidy are not eligible; all meals must be used by the resident.*





# RECERTIFICATION UPDATE



## For Culpepper Garden I Residents

If you receive a housing packet from **Arlington County** or **Fairfax County** for your Annual Recertification Housing Assistance Program AND you need help or have questions, please call **Donna Jackson** to schedule an appointment. IMPORTANT: Keep all your financial documents, i.e. income statements, bank statements, out-of-pocket medical expenses, etc. in a safe place to report at your next annual recertification.

## **For Culpepper II Residents**

You have the **Project-Based HUD Section 8 Program**. I would like to welcome **Jennifer Burgess**. Our new Recertification Specialist. She will be conducting Annual Recertifications for Culpepper Garden II only. IMPORTANT: Keep all your financial documents, i.e. income statements, bank statements, out-of-pocket medical expenses, etc. in a safe place to report at your next annual recertification.

If any questions, you will contact Jennifer Burgess, Ext. 110

\*\*\*\*\*

**\*\*It is recommended that you keep your original copies of all your financial information for a least 2 years.\*\***

Our Recertification/Compliance Team

Donna Jackson, Director of Compliance, Ext. 133

Jennifer Burgess, Recertification Specialist, Ext. 110

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**Director of Compliance**  
Donna Jackson

**Recertification Specialist**  
Jennifer Burgess



# TIPS AND TRICKS



## NUTRITION TIP OF THE MONTH

### Beat the Heat with Good Hydration

Drinking water is one of the best steps you can take to help your body in the summer heat. Unfortunately, dehydration is a common cause of hospitalization for older adults, and it can lead to accidents, such as falls. Good hydration improves brain function and clarity.

A general rule is to drink eight glasses of water a day, but that will vary depending on your weight and health. To mix it up, you can also get water through foods that are high in water content. To improve your water intake, try eating:

- Watermelon, honeydew or cantaloupe
- Strawberries
- Peaches
- Oranges
- Bell peppers
- Broccoli
- Cucumbers



Adding a little sugar-free flavoring to your water can also help you reach your daily goal. And don't forget, when you leave home, take a water bottle with you.

## SELF CARE CORNER

### Here are a few tips to upgrade your self care routines this summer!

- Schedule time off! Take mini breaks, or a whole weekend away, just make sure you are spending time on yourself.
- Time outdoors! Being outside energizes your mind, and body.
- Take time to breathe! Lowers your blood pressure, and your stress levels, and releases serotonin.
- Sleep, sleep, sleep! Our bodies natural melatonin release is delayed in the summer months. It is important to make sure we are sleeping enough.
- Do something fun that you enjoy! Taking time to do something you love is an easy way to release serotonin, and boost your mental health.
- Declutter! Living in a clean home is great for your mental health. See this month's Housekeeping Tip from Home Care Partners for more!
- Exercise Daily! Taking time to take care of your body is a great way to take care of your mind as well. See the Fitness Tip from Bayada above for more!
- Eat well! A healthy diet is key to feeling 100% yourself. See the Nutrition Tip from Virginia Hospital Center above for more!

## FITNESS AND FUN

### FITNESS TIP from BAYADA

#### PICK ACTIVE HOBBIES.

Fitness does not have to be exercise. You read that right... fitness does not have to be exercise.

Try incorporating active hobbies into your life. By adding in active hobbies that you enjoy, you will be more likely to stick with them, and you will see the physical, mental, and emotional benefits.

#### Examples of Active Hobbies:

- Walking (solo or in groups)
- Golf
- Bowling
- Tai Chi
- Yoga
- Cleaning up a park
- Playing with grandkids



## HOUSEKEEPING TIPS AND TRICKS

### Tidy up to Stay Cool this Summer!

Did you know that the average temperature in Arlington, Virginia during the month of July is 80 degrees?

Did you know the highest ever recorded temperature in Arlington was 104 degrees!?

#### Here are a few Summer housekeeping tips to keep your home cool, clean, and comfortable:

- Choose the Right Time- do your cleaning in the morning before the hottest part of the day.
- Remove dust from electric fans, ceiling fans and A/C filters so the dust doesn't spread while you use them
- Try to keep your blinds and curtains closed during the day. It will stop your home from turning into a greenhouse!
- Humidity can create the perfect environment for bacteria growth. Stop summer odors by sprinkling baking soda in the bottom of your trash cans to absorb the smell.
- The heat can bring houseflies and other bugs. Don't leave out food, beverages, or dirty dishes.





## CREATING A PASSWORD TIP CARD

Creating a strong password is an essential step to protecting yourself online. Using long and complex passwords is one of the easiest ways to defend yourself from cybercrime. No citizen is immune to cyber risk, but there are steps you can take to minimize your chances of an incident.

### SIMPLE TIPS

Creating a strong password is easier than you think. Follow these simple tips to protect yourself online:

- **Make your password eight characters or longer.** Create a password with eight characters or more and a combination of letters, numbers, and symbols.
- **Use a long passphrase.** Use a passphrase such as a news headline or even the title of the last book you read. Then add in some punctuation and capitalization.
- **Don't make passwords easy to guess.** Do not include personal information in your password such as your name or pets' names. This information is often easy to find on social media, making it easier for cybercriminals to hack your accounts.
- **Avoid using common words in your password.** Instead, substitute letters with numbers and punctuation marks or symbols. For example, @ can replace the letter "A" and an exclamation point (!) can replace the letters "I" or "L".
- **Get creative.** Use phonetic replacements, such as "PH" instead of "F". Or make deliberate, but obvious misspellings, such as "enjin" instead of "engine".
- **Never share your password.** Don't tell anyone your passwords, and watch for attackers trying to trick you into revealing your passwords through email or calls.
- **Unique account, unique password.** Use different passwords for different accounts and devices so that if attackers do guess one password, they will not have access to all of your accounts.
- **Use stronger authentication.** Always opt to enable stronger authentication when available, especially for accounts with sensitive information including your email or bank accounts. A stronger authentication helps verify a user has authorized access to an online account. For example, it could be a one-time PIN texted to a mobile device, providing an added layer of security beyond the password and username. Visit [www.lockdownyourlogin.com](http://www.lockdownyourlogin.com) for more information on stronger authentication.

Stop.Think.Connect. is a national public awareness campaign aimed at empowering the American public to be safer and more secure online. The Campaign's main objective is to help you become more aware of growing cyber threats and arm you with the tools to protect yourself, your family and your community. For more information visit [www.dhs.gov/stopthinkconnect](http://www.dhs.gov/stopthinkconnect).





# RESIDENT SERVICES



Come visit Resident Services on the Garden Level. We are here to help you navigate services at Culpepper Garden, and in Arlington County. We have an open door policy, and welcome drop ins. You can call us to make an appointment, or stop by anytime. We hope to talk to you all soon! Best wishes, Rebekah and Becca

## INTERNET ESSENTIALS ALLIANCE FOR ARLINGTON SENIOR PROGRAMS

The Alliance for Arlington Senior Programs, a local, non-profit organization, has partnered with Comcast to provide free internet access to eligible Arlington Seniors. Also, qualifying seniors who do not already own a laptop, tablet, or computer device are eligible for free use of a laptop provided by the Alliance. We have all recently seen how critically important it is to have internet because enrollment in Arlington's COVID vaccination program has been conducted primarily online. In order for a senior to qualify under the Alliance's internet access program, he or she must (i) participate in Medicaid, (ii) be a recipient of federal public housing assistance, (iii) have been approved for SNAP benefits, (iv) have an eligibility letter for SSI, (v) participate in other federal benefits programs or (vi) provide some evidence of financial need. Please note that in order to be eligible, you must currently not be set up for private high speed internet in your apartment. If you are interested in exploring this program, please reach out to Resident Services for an application form.

### MEDICARE/MEDICAID

Do you need assistance with Medicare or Medicaid?

John Glowacky and other Medicare counselors from VICAP are taking appointments.

Sign up with resident services or call **(703) 228-1725** to schedule an appointment.

***All appointments are being held by phone or by Telehealth.***

### RELIGIOUS SERVICES

We will be bringing in Religious Services to Culpepper Garden. Examples of services that can be provided are: services streaming, connections one on one with faith leaders, and connection with community.

***Please reach out to resident services and we will assist you in connecting with religious services.***

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**Culpepper Garden Service Coordinators**

Rebekah Pearson and Becca Clayton



# RESIDENT SERVICES



## LEGAL SERVICES OF NORTHERN VIRGINIA

The agency provides free legal advice to residents. 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 to all LEP clients, including applicants, recipients, and/or persons eligible for housing or employment at Culpepper Garden.



## LIBRARY SERVICES



### **Books by Mail:**

For Arlington Residents who are homebound and unable to visit the library due to a physical disability or impairment, we mail the library to you! Choose from large and regular print books and audiobooks.

**Call: (703) 228-5960 or Email: [lib-booksbymail@arlingtonva.us](mailto:lib-booksbymail@arlingtonva.us)**

### **Talking Books:**

For Arlington Residents who have visual or physical impairments that prevent them from reading print books. Choose from thousands of books, magazines, and newspapers. **The library lends you a specialized player you can use.**

**Call: (703) 228-6333 or Email: [talkingbooks@arlingtonva.us](mailto:talkingbooks@arlingtonva.us)**

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**Culpepper Garden Service Coordinators**

Rebekah Pearson and Becca Clayton



## METRO ACCESS & STAR

To be eligible for MetroAccess/STAR, residents must be 55 or older and submit an application form that has been completed and signed by their doctor. Once the applicant has the completed the application form, they are instructed to call Metro Access for a pre-assessment telephone interview which will complete the initial application process. Further instructions will be given at that time.

There are no restrictions on the purpose of the trip. **Customers must call Metro Access at 301-562-5360 or STAR at 703-228-1900 at least 24 hours prior to the trip.**

### SENIOR LOOP

The LOOP 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)**.

You must register to ride.

Contact resident services for an application.

You must call the day before the trip to reserve a seat on the LOOP. The phone number for Senior LOOP is: **703-228-1900**.

### TARGET LOOP

This run will leave Culpepper Garden the **second Monday of each month at 11:00AM**, and will pick up at Target at 1:00PM for the return trip. You **NEED to make reservations** for the trip **no later than 4:00PM the Friday before the pick-up date**. The phone number is **703-228-1900** (same as regular LOOP). **If you have not made a reservation, you will not be allowed on the bus. No exceptions.**

### SENIOR TAXI

SST or Super Senior Taxi is a subsidized taxicab program for Arlington County citizens 70 years or older. **Taxi coupons worth \$20.00 may be purchased for half price at \$10.00.** Customers will be charged the regular fare, which may be paid with the coupons. Destinations are not restricted as long as the trip originates or ends in Arlington County.

**Please remember to confirm with your taxi driver BEFORE you get in the taxi that they will accept your coupons.**

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**Culpepper Garden Service Coordinators**

Rebekah Pearson and Becca Clayton



# SERVICE COORDINATOR EVENTS



## HYDRATION

**July 13th**

**Sponsored by Bayada**

Come join us in the **Multipurpose Room** at **10:30AM** for a chat about hydration and how to avoid dehydration in the summer months!



## AVOIDING SCAMS

**July 21st**

**Sponsored By Arlington County Police Department**

Join us in the **Multipurpose Room** at **10AM** for a talk about different kind of scams and how to avoid them!



## STAYING HEALTHY IN THE HEAT

**July 28th**

**Sponsored By Goodwin House**

Join us in the **Multipurpose Room** at **10AM** for a discussion about how to be healthy during the hot days!



## We hope to see you at programs this month!

There are many benefits of attending programming, including:

- Better cognitive functioning
- Improved emotional health
- Boosted immune system
- Better sleep
- Increased longevity
- Improved physical health

**Culpepper Garden Service Coordinators**

Rebekah Pearson and Becca Clayton



# CLINIC SPACE

## BLOOD PRESSURE

Every Tuesday and Friday  
10AM-12PM

(Will also be checking blood sugar)  
**\*residents must bring their own equipment\***

## DENTAL July 5th

Dental services provided by the Fenwick Foundation and Stay at Home Smiles. Please sign up with Resident Services for the Wait List. Appointments are not guaranteed, and need to be requested in advance.

## PODIATRIST July 19th

Please schedule your appointment with the front desk.

## DERMATOLOGIST July 21st

To schedule an appointment please call **877-345-5300**

## MENTAL HEALTH

If you would like to be connected with a provider who can see you at Culpepper Gardens for Mental Health Services, please see resident services, we will be able to assist you with referrals.

## PRIMARY CARE

If you would like to be connected with a doctor who can see you at Culpepper Gardens for Primary Care Services, please see resident services, we will be able to assist you with referrals.

## PHYSICAL THERAPY

To schedule an appointment with Genesis call: **571-800-8693**

## OTHER SERVICES

Please contact Resident Services if there is a specialty service you would like to see come to Culpepper Garden.



### Culpepper Garden Service Coordinators

Rebekah Pearson and Becca Clayton





# ARHC UPDATES



## **An Evening with NASA**

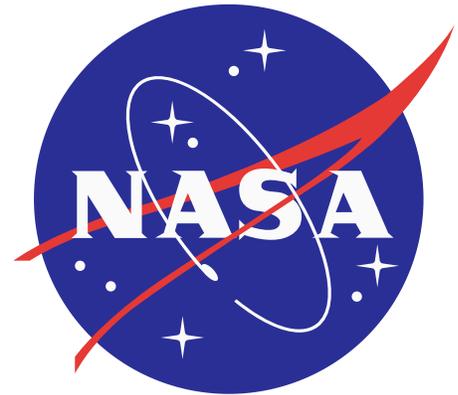
A virtual program with discussions around current updates with the NASA program.

There will be room for questions!

**Thursday July 15th**

**7pm**

**Multipurpose Room**



## **English Classes**

Please join resident Barbara Mathes A. to learn basic vocabulary to help you in your daily activities.

**\*Please sign up with Ashley\***

**Friday July 30th**

**3:00pm**

**Garden Level**

**(Meeting space next to the Beauty Salon)**



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**ARHC Volunteer Outreach and Activity Manager**

Ashley Gomez



# ARHC ACTIVITIES



## **Scavenger Hunt**

Pick up scavenger hunt sheets from the table on the first floor.

All items to find & write down are outside & around the property.

Unbelievable Prizes!!

## **Thursday July 1st**

**10am - 2pm**

**Raffle at 2:30**

**Around the property**

## **Culpepper Garden Cookbook**

We are working on a cookbook made entirely of your recipes!

**Please stop by Ashley's office to pick up recipe card**



**\*Return to Ashley when it is completed\***

## **Celebrate the 4th of July!**

Join us for music, games and prizes.

Remember to wear red, white, or blue!

## **Thursday July 1st**

**2:30pm**

**Lobby**



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**ARHC Volunteer Outreach and Activity Manager**

Ashley Gomez



# RESIDENT SPOTLIGHT:



## KRISTI AND ROBERT FADEL

**Kristi was born and raised near Athens, Greece, an only child of an Orthodox Greek family. She attended elementary and secondary school there and completed three years at the local College of Home Economics. After college, she taught home economics in a program for young women who were planning to emigrate, primarily to Canada and Australia. After two years, the woman who had organized the program asked if Kristi might consider getting a B.A. at Michigan State University, the woman's alma mater.**



**Kristi wanted to go and discussed the idea with her father, an army officer who had traveled extensively and was open-minded. He didn't want to prevent her from taking advantage of this opportunity and agreed. Kristi moved to the U.S. to attend Michigan State University and earned a B.S. in Home Economics. One of the professors, a Greek Orthodox priest, had organized a Pan Orthodox Student Association that Kristi joined. There she met Robert Fadel, another Pan Orthodox student, and that led to a beautiful friendship and eventual marriage. They were married in 1961 at Robert's family church in Niagara Falls, St. George Antiochian Orthodox Church. The couple returned to Greece so that Kristi's family could meet Robert. She says they "adopted him as the son they never had, they loved him." Kristi and Robert found jobs and decided to stay in Greece. Kristi taught home economics, budgeting, and dietetics in a prestigious all-male public school, Athens College. (The current Prime Minister of Greece, Kyriakos Mitsotakis, was one of her students.) Robert taught English in a private school and became head of its English Department.**



# RESIDENT SPOTLIGHT:



## KRISTI AND ROBERT FADEL

**Robert was born in Niagara Falls, NY, a first son with five older sisters who spoiled him, and later, a second son arrived. He attended Michigan Agricultural College that later became Michigan State University where he completed B.S. and Master's degrees in History and English. After his marriage to Kristi, he was ordained a deacon in the Greek Orthodox Church and, as part of his responsibilities, was sent to the Orthodox Patriarchate in Russia and Turkey. He continued serving as a deacon--conducting services, giving sermons and Communion, and later, visiting nursing homes. He very much enjoyed meeting with nursing home residents and realized how much they appreciated his attention. He retired as a deacon in 2020 when there was a huge reception in his honor that all the family attended.**

**The couple has two children, Eva Marie, born in 1963 and Robert Demetrios, called Rode, born in 1967. Both children attended elementary and high school in Greece. The family relocated to the U.S. so that the children attended universities here. Eva now works as a Special Education teacher and librarian in an Arlington school, while Rode works in various programs at the Massachusetts Institute of technology (MIT). Eva and her husband, Jeff, have a son and daughter; both just completed Master's degrees. Rode and Julie have two sons who are both still attending university.**

**When Kristi and Robert returned to the U.S. after 20 years in Greece, they lived and taught in Charlotte, NC; Lansing, MI; and Niagara Falls, NY. After their retirement, they moved to Lynnfield, MA, where they lived with Rode and Julie. Eva researched independent living locations near her in Northern Virginia and discovered Culpepper Garden where they moved in January 2021 and are now living comfortably and happily. They are delighted that their son and his family visited in June. You may see Kristi and Robert around Culpepper Garden, holding hands, a devoted couple who will celebrate 60 wonderful years of marriage in November 2021!**



# RESIDENT ASSOCIATION



It is officially summer and vacation time for many residents and staff.

The Resident Association will also be on summer break and the general meeting for all residents will not be held again until September 15th.

The Variety Store will continue to be open every

Monday  
1-3:00 PM

Wednesday  
1-3:00PM

Friday  
1-3:00PM

Stop by and check out our stock and pick up a snack. If there are items you would like to see carried in the store, ask the cashier to add them to the want list.

We always have a need for more volunteers.

Consider giving 2 hours per week of your time to make your home here at Culpepper Garden a better place.

Call Edie Mims at 571-251-8932, put a note in my flyer box #635 or in the Resident Association flyer box. We would also like to hear your ideas and suggestions.



## Something To Think About

Do you type, text, or use a computer?

Have fun with this!  
The top line on a keyboard is

Q W E R T Y U I O P

Can you list 25 words or more using just these letters?

Words of three letters or more and you can use the same letter more than one time.

Example  
Eerie Torque Putter

## Summer Trivia

When and where was the first bathing suit worn?

A. Greece 350 BC B. Rome 54 AD C. England 1841 D. Pebbles on The Flintstones in the stone age

Who invented sunglasses?

A. Africans B. Chinese C. Europeans

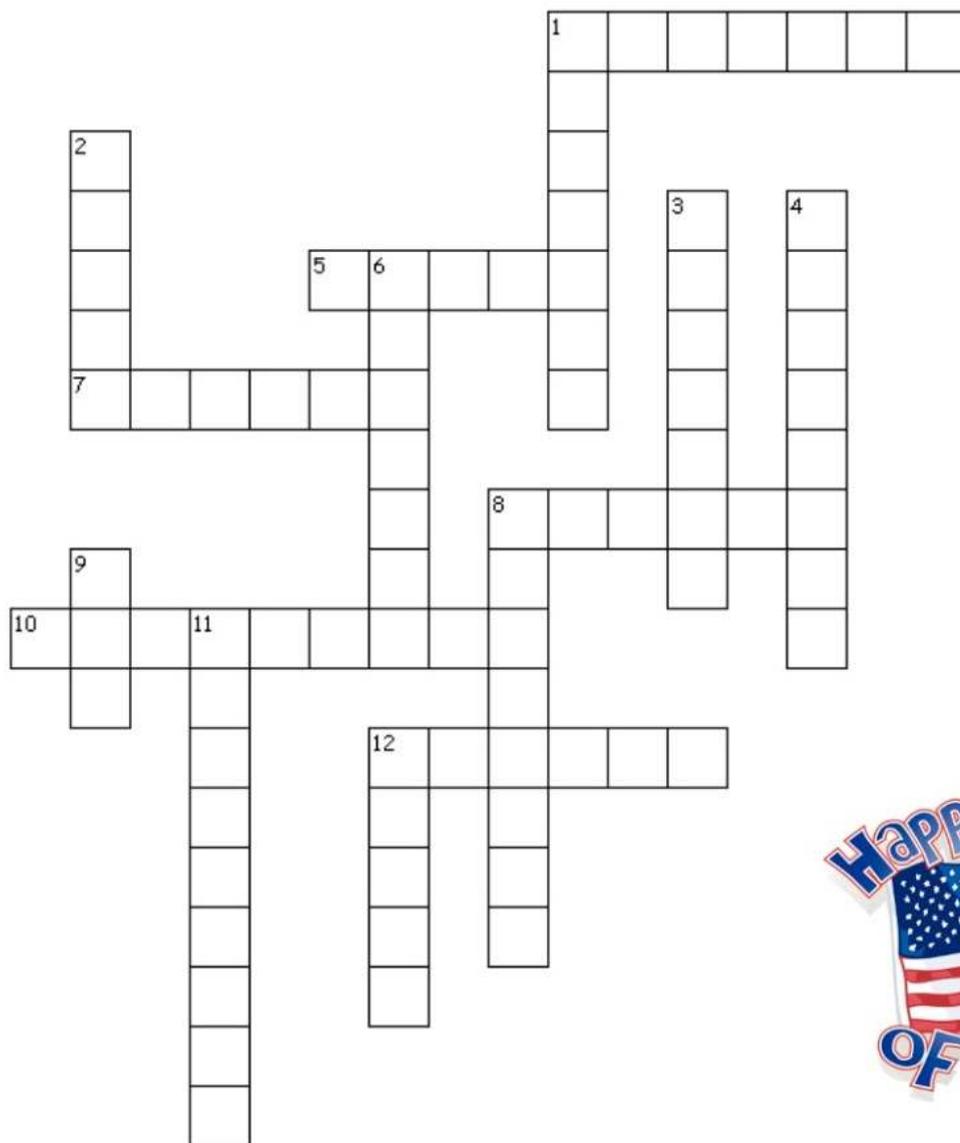
Which state grows the most lemons to eat?

A. Alaska B. California C. Florida

Did you know the first Independence Day of the Mississippi occurred at Independence Creek and celebrated by Lewis and Clark 1805



## Fourth of July Crossword Puzzle



### Across

1. This is the one founding father to sign the Declaration of Independence on the Fourth of July.
5. This is the place where most of the fireworks are imported from.
7. Only one founding father signed the Declaration of Independence on July 4th. The rest of them signed in this month.
8. The stars of the original American flag were in this shape to symbolize equality.
10. This person is credited with writing the Declaration of Independence.
12. This animal was the suggested patriotic bird by Ben Franklin.

### Down

1. This is the university that 7 of the Declaration of Independence signers attended.
2. This daughter of a past president is born on the Fourth of July and will be turning nineteen this year.
3. This is an activity that many friends and family members get together for on the Fourth of July.
4. The Liberty Bell is tapped this many times on the Fourth to represent the original number of colonies.
6. An estimated 150 million of these will be eaten on the Fourth of July.
8. This is the group responsible for making the Fourth of July a federal holiday.
9. This person is credited with writing "The Star Spangled Banner."
11. These light up the night sky on the Fourth of July.
12. This is the number of presidents who died on the Fourth of July.

# PUZZLES, GAMES, & MORE

