

January 2022

Culpepper Garden Gazette

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Celebrating January

New Year's Day

January 1

Bird Day

January 5

Martin Luther King Jr. Day

January 17

Betty White's 100th Birthday

January 17

**World Snow Sculpting
Championship**

January 18-23

Administrator

Kimberly Searcy

Director of Nursing

Precious Tillman

Activity Director

Lisa Bowie

Service Coordinator

Donia Hossain



HAPPY NEW YEAR!

SAVE THE DATE

January 12....January Birthday Celebration

January 18....Hot Chocolate Bar

January 24....Fruit/Chocolate Tasting w/ Chef Ray

January 26....Resident Council Meeting

Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a “day on, not a day off.” People all over the country are asked to volunteer in their communities on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

Out of the Minds of Babes



American founding father Ben Franklin was renowned as a writer, printer, scientist, inventor, philosopher, and politician. His birthday on January 17 was declared Kid Inventors' Day so that

innovative kids could find inspiration to turn their own inventive dreams into reality.

At age 11, Ben Franklin invented the first swim flippers. Chester Greenwood was only 15 when he developed the first earmuffs. And Louis Braille, at age 12, began his work inventing a new language for the blind. Well into the 21st century, kids are still innovating. Fourteen-year-old Sarah Buckel wanted an easy way to decorate her locker. Thanks to her, kids now have magnetic locker wallpaper. Children are the future, and their inventions are bound to improve the way we all live.

Tomb of the Boy King

British archaeologist Howard Carter spent two years exploring and excavating a tomb in Egypt's famed Valley of the Kings before making the find of a lifetime. On January 3, 1924, he discovered a solid gold coffin containing the mummified remains of the boy-king, Tutankhamen.

King Tut was just nine years old when he began his rule. His time as pharaoh lasted just 10 years before he died at age 19. Historians are unsure how Tut died. Following tradition, Tut was mummified and buried with myriad treasures. The tomb was sealed, and the desert sands swallowed its entrance, hiding the tomb for over 3,000 years.

When Carter first arrived in Egypt in 1891, many of the tombs of Egypt's greatest pharaohs had been discovered. But the tomb of one little-known pharaoh, the boy-king Tutankhamen, was unaccounted for. Carter spent 30 years searching Egypt's shifting sands. Carter intensified his search for King Tut's tomb after the end of World War I with financing from one of the world's wealthiest collectors of antiquities. In November 1922, Carter's water boy stumbled across some ancient steps hidden in the sands. Carter knew that he had stumbled on a find of great importance.



Carter opened the tomb and was amazed to find that its contents had not been looted. According to Carter's diary, "Details of the room within slowly emerged from the mist, strange animals, statues, gold—everywhere the glint of gold." It took nearly two years for Carter and his team to reach the Pharaoh's burial chamber. It was filled with golden shrines, jewel-studded chests, and Tutankhamen's sarcophagus. He raised the lid to reveal a coffin of pure gold. Carter's discovery ignited a worldwide fascination with Egyptology and turned him into a celebrity. Meanwhile, his wealthy financier had been bitten by a mosquito and soon died of an infection. Journalists attributed his death to the "Mummy's Curse."

Welcome New Residents!

Hermينو Castro.....847
 Marjorie Burgess.....842
 Patricia Lough.....646



Snow Global Warming



"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."

BENJAMIN FRANKLIN

RS

Resident Spotlight



Meet Jane Bond. **Jane Bond.** 😊 Funny and friendly, Jane has lived here at CG for 1 1/2 years. She was born in Lawrence, KS and moved to Kalamazoo, MI at the age of 3. Kalamazoo was a small town at the time and was surrounded by many lakes. Jane loved to swim and participate in water sports in the summer but hated the snow in the winter! She has one brother named Gary who lives in South Carolina.

After high school, Jane moved to Washington, DC and went to American University. She graduated with degrees in both Education and Anthropology. While at AU she met her future husband and later divorced. They had 3 children - two boys and one girl. Her daughter Lyn lives in Herndon and her son Keith lives in South Beach, FL. After her children were grown, Jane traveled to many places with her son Keith. They visited Ireland, France, Scotland, Greece, Italy, Russia, Scandinavia and Wales. Keith was in a wheelchair and it made for many adventures.

Jane worked as a Director of Sales for a design and furniture company in DC for many years. She went on to open a branch of the company in Virginia Beach, where she resided for 10 years before moving back to Arlington and into CG.

She loves to listen to audiobooks, especially mysteries and political material. Among her favorite authors are P.D. James, Ian Rankin and Charles Todd. She also enjoys listening to music, especially classical and rock n' roll. She loves the Rolling Stones and has seen them many times in concert! Her favorite food is Thai.

Here at CG, you will always find Jane in the Crossword Puzzle activity, church service on Sunday and competing in our boisterous Jeopardy games. Stop by and say hello!

January Resident Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals.

- Russell Stoutsenberger.....January 8
- Teresa Mollett.....January 8
- Olga Hruby.....January 15
- Evilia Pardillo.....January 16
- Laila Laura.....January 29



January Staff Birthdays

- Precious Tillman.....January 1
- Hali Omar.....January 1
- Birtukan Mataferia.....January 7

ATTENTION BOOK LOVERS!

We have many residents that love to read and are looking for those of you that would be interested in joining a Book Club.

Lisa in Activities will distribute the book at the first of each month and the group will meet at the end of month to discuss.

Both audio and large print will be available.

If interested, please see Lisa in Activities.

