

THE CLARION

July 2022



4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

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July



**IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY
PLEASE EMAIL BCLAYTON@CULPEPPERGARDEN.ORG**

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: 703-528-0162

Paul Timpane Director of Property Operations

Olga Peay Business Office Manager

Niveen Laa Director of Compliance

Khalil Vinson Recertification Specialist

Rebekah Pearson Director of Resident Services

Becca Clayton Resident Services Coordinator

Angel Thompson Staff Accountant

Ever Sanchez Director of Plant Operations

Ray Riddle Dining Services Director

Becky Ellison Director of Admissions

ARHC

Marta Hill Gray Executive Director

Jasmin Witcher Development and Communication Director

Ashley Gomez Volunteer Outreach and Activity Manager

Assisted Living

Kimberly Searcy Assisted Living Administrator

Precious Tillman Director of Nursing

Lisa Bowie Activities Director

Staff Highlight: Delina Kebode

Job Title: Front desk

How long have you been at Culpepper Garden?

6 weeks

What is your favorite part about your job? The positive energy I receive from the residents.

Where did you grow up? Mekelle, Tigray.

If you could have a superpower, what would it be and why? Time travel, I would want to travel to the time where there was no war in my country.

What is the best advice you ever received? Your mental health has to be your top priority. Protect it at any cost.

If you could learn one new professional skill, what would it be? Embroidery designing, Threads makes me so happy.

Tell us a fun fact about yourself! I once volunteered at a Cancer association and Marie stopes international.





HAPPY BIRTHDAY

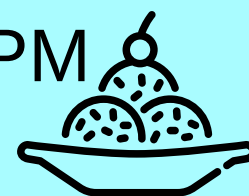
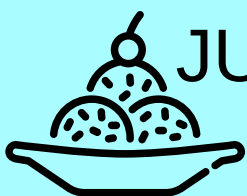


<u>Apt.</u>	<u>Resident</u>	<u>Day</u>
309	Deanna Burnette	07/01
227	Wendy Dettor	07/01
228	Loan Duong	07/01
232	Mohamed Sadiq	07/01
435	Yohannes Kidane	07/02
305	Glenn Martin	07/05
332	Muriel Bonine	07/06
831	Julia Kierig Bilbao	07/06
329	Mai Nguyen	07/08
735	Elizabeth Miller	07/11
607	Bria Brittain	07/11
633	Carolyn Johnston	07/12
722	Margarita Centala	07/14
626	Gloria Garner	07/16
814	Sherwood Wiles	07/17
726	Tae Park	07/17
620	Martina Kloos	07/18
818	Betty Black	07/19
304	Charles Day	07/24
727	Julie Pietrzak	07/24
235	Madeline Holman	0724
524	Kathleen Walton	07/31

BIRTHDAY PARTY ICE CREAM SOCIAL

JULY 27TH FROM 1:30PM - 2:30PM

DINING ROOM





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

This month we celebrate our Independence Day! The 4th of July for the United States, and the rest of the month the independence of our wonderful residents. Summer is in full swing in July. Sultry evenings following our typical hot and humid days. Make certain to drink plenty of water this time of year. If you plan to be outside, try to avoid the middle of the day when the heat is most intense. These are great evenings to relax on a bench as the late sun sets.

The Safety Week in June was well attended and included lots of information on self-care and safety as well as general guidance on emergency preparedness plans and procedures. Remember to practice your personal safety plan! The staff and building fire drill went well. Staff were posted in their emergency locations, and we trained and discussed ways to improve in the event of any actual emergency.

As of this writing there are no reported active cases of illness. However, residents have tested positive, and the virus is still being transmitted out there, so please continue to take precautions when with others.

Management Update

- 1) Resident Guests and Aides. As a reminder, residents are responsible for the behavior of their guests and aides in the building. If they park illegally, refuse to comply with the rules, or otherwise disrupt the community, the resident will be the responsible party. As we reopen to guests it is the responsibility of residents to educate their guests on the rules and how to behave.
- 2) Please do not feed the wildlife on campus! We have well-meaning residents feeding bread to the birds and squirrels. First of all, it is not healthy for them to eat bread, and most important this activity attracts rats and other vermin. It is not allowed.
- 3) The resident gardens are in full bloom. Please take some time to see the glorious flowers and vegetables. It is a great place to sit and enjoy the flowers, chipmunks and gorgeous plantings.

Have a wonderful summer. Staff will be taking vacations a lot through July and August so please be patient should we be out of the office. We will be back and ready to serve!

Paul's Prose:

"Unseen walls are outside the doors. Thick and strong enough to make you think twice. Only the great Fall, will release us from Summer humidity!"

Thank you. See you around the building!

-Paul

July

2022

American Artist Appreciation Month
 National Fireworks Safety Month
 National Peach Month
 Family Reunion Month

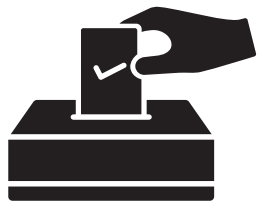


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15 AM Catholic Holy Communion Service (M) 2:00 PM Protestant Service (M)	10:00 AM Exercise Class (M) 2:00 PM Cyber Seniors (LAB)	Senior Loop 8:30 AM Coffee Talk (5FL) 10:00 AM Exercise Class (M) 2:00 PM Bingo! (M) 2:00 PM Pray on the Rosary (M) 2:00 PM Current Events (8FL AL) 5:30 PM Dec's Cabaret (L)	9:00 AM Yellow AFAC Sign Up (L) 10:00 AM Exercise Class (M) 11:00 AM Pal Dog Therapy (L) 1:00 PM Ice Cream Social w/ CVS (G)	Senior Loop 10:00 AM Exercise Class (M) 1:30 PM Music & Movement (M)	10:00 AM Exercise Class (M) 1:00 PM Library Event (5FL) 1:00 PM Green AFAC Pick Up (M) 2:00 PM Independence Day Party (G) 3:00 PM ESL Class (MRC) 6:45 PM Movie Night (M)	4:00 PM Weekend Matinees (M) 6:45 PM Movie Night (M)
10:15 AM Catholic Holy Communion Service (M) 2:00 PM Protestant Service (M)	Target Loop 10:00 AM Exercise Class (M) 2:00 PM Cyber Seniors (LAB) 2:00 PM Knitting Club (M)	Senior Loop 8:30 AM Coffee Talk (5FL) 10:00 AM Exercise Class (M) 2:00 PM Bingo! (M) 2:00 PM Current Events (8FL AL) 5:30 PM Dec's Cabaret (L)	9:00 AM Green AFAC Sign Up (L) 10:00 AM Exercise Class (M) 10:00 AM Bible Study 10:00 AM Blood Pressure	Senior Loop 10:00 AM Exercise Class (M) 1:30 PM Music & Movement (M) 7:00 PM NASA Program (M)	10:00 AM Exercise Class (M) 12:00 PM Cooking Demo (M) 1:00 PM Green AFAC Pick Up (M) 3:00 PM ESL Class 6:45 PM Movie Night (M)	4:00 PM Weekend Matinees (M) 6:45 PM Movie Night (M)
10:15 AM Catholic Holy Communion Service (M) 2:00 PM Protestant Service (M)	9:00 AM Arlington Commission on Aging Virtual Meetings (M) 10:00 AM Exercise Class (M) 1:00 PM Podiatry (C) 2:00 PM Cyber Seniors (LAB)	Senior Loop 8:30 AM Coffee Talk (5FL) 10:00 AM Exercise Class (M) 2:00 PM Bingo! (M) 2:00 PM Current Events (8FL AL) 5:30 PM Dec's Cabaret (L)	9:00 AM Yellow AFAC Sign Up (L) 10:00 AM Exercise Class (M) 2:00 PM Bingo w/ Humana	Senior Loop 10:00 AM Exercise Class (M) 1:30 PM Music & Movement (M)	10:00 AM Exercise Class (M) 12:00 PM Yellow AFAC Pick Up (M) 3:00 PM ESL Class (MRC) 6:45 PM Movie Night (M)	4:00 PM Weekend Matinees (M) 6:45 PM Movie Night (M)
10:15 AM Catholic Holy Communion Service (M) 2:00 PM Protestant Service (M)	8:00 AM Dermatology (C) 10:00 AM Exercise Class (M) 2:00 PM Cyber Seniors (LAB)	Senior Loop 8:30 AM Coffee Talk (5FL) 10:00 AM Exercise Class (M) 2:00 PM Current Events (8FL AL) 2:00 PM Safe In The Sun/Holiday In July (M) 5:30 PM Dec's Cabaret (L)	9:00 AM Green AFAC Sign Up (L) 10:00 AM Exercise Class (M) 10:00 AM Bible Study (8FL AL) 10:00 AM Blood Pressure (C) 2:00 PM Birthday Ice Cream Social (D)	Senior Loop 10:00 AM Exercise Class (M) 1:30 PM Catholic Mass (M)	10:00 AM Exercise Class (M) 1:00 PM Green AFAC Pick Up (M) 3:00 PM ESL Class (MRC) 6:45 PM Movie Night (M)	4:00 PM Weekend Matinees (M) 6:45 PM Movie Night (M)
10:15 AM Catholic Holy Communion Service (M) 2:00 PM Protestant Service (M)		<i>(LAB) Computer Lab (C) - Clinic (M) - Multipurpose Room (8FL AL) - 8th Floor Lobby AL (L) - Lobby (5FL) - 5th Floor Lobby (MRC) - Meeting Room C (3FL) - 3rd Floor Lobby (D) - Dining Room (G) Gibbonney Walk</i>				

Locations Key:

UPDATES AND REMINDERS

Comments?
Ideas?
Complaints?
Suggestions?



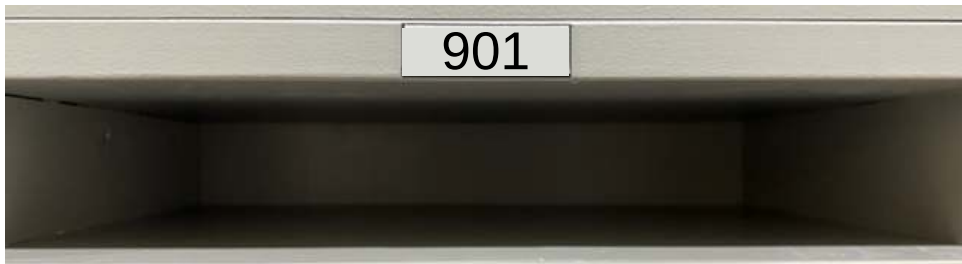
Please make use of both of our suggestion boxes:

Resident Association: Beside the Front Desk

Resident Services: Garden Level, beside Resident Services

CHECK YOUR FLYER BOX FOR UPDATES.

YOUR FLYER BOX IS BELOW YOUR APARTMENT NUMBER



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.

If you need the Clarion translated, please see Ashley Gomez for a copy in your requested language.

FRONT DESK REMINDERS

OVERNIGHT ABSENCE

All residents must inform the front desk of any absences from the community. The form is available at the front desk.

In an emergency, we need to know who is out of the building, and which units are not occupied.

PACKAGES AND FOOD DELIVERY

Please make sure all packages and food being delivered to the community has the resident's name and apartment number on it. Large packages need to be picked up within 24 hours.

Masks

Resident's may choose if they are going to continue to wear their masks indoors. All visitors and aides must continue to wear masks while in the building.



RECERTIFICATION UPDATE



If your recertification is due in June or July, please ensure that you have provided all the required documents and signed your lease renewal.

Si su recertificación vence en mayo o julio, asegúrese de haber proporcionado todos los documentos requeridos y firmado la renovación de su contrato de arrendamiento.

Recertification Folders:

Every resident should have gotten an organizational recertification folder in their flyer box. If you did not receive one, please let me know, we are happy to provide one for you.

These folders are optional, organizational tools.

If you would benefit from organizing your documents in these folders, we highly encourage you use them.

If you have your own system, feel free to keep using what works best for you.

Carpetas de recertificación:

Cada residente debería haber recibido una carpeta de recertificación organizacional en su caja de folletos. Si no recibió uno, por favor hágamelo saber, estoy encantado de proporcionarle uno.

Estas carpetas son herramientas organizativas opcionales.

Si desea beneficiarse de organizar sus documentos en estas carpetas, le recomendamos encarecidamente que los utilice.

Si tiene su propio sistema, siéntase libre de seguir usando lo que funcione mejor para usted.

OFFICE HOURS

By Appointment Only: Monday-Friday

Due to the sensitive nature of the documents required for recertification, we cannot accept any walk in appointments. This policy keeps your information secure.

To make an appointment, please complete an appointment request form, available at the front desk, or with Resident Services.

HORARIO DE ATENCIÓN

Solo con cita previa: de lunes a viernes

Debido a la naturaleza sensible de los documentos requeridos para la recertificación, no puedo aceptar ninguna cita a pie. Esta política mantiene su información segura.

Para hacer una cita, complete un formulario de solicitud de cita, disponible en la recepción o con Servicios para Residentes.

Director of Compliance
Niveen Laa
703-528-0162 Ext. 133
nlaa@culpeppergarden.org

Your Compliance Team



Certification Specialist
Kahlil-Khalid Vinson
703-528-0162 Ext. 110
kvinson@culpeppergarden.org

CULPEPPER GARDEN ACCOUNTING

1. All payments are to be submitted to the front desk.
2. When submitting a payment, please ensure your correct apartment number is written on the payment. Please cross out any old addresses.
3. Rent is due on the 1st of the month! There is a grace period to pay by the 5th to avoid late fees.
4. Late fees accumulate and are \$1 every day you are late.
5. Any returned payments will accrue a \$35 NSF (non sufficient funds) to your account, plus any applicable late fees.
6. You can submit a post dated check for the 5th of the month if you have extended absences, vacations, etc.
7. Please call for an appointment or leave me a message of your concerns, and I will return your call at my earliest convenience.

Angel Thompson, Staff Accountant

703-528-0162 ext. 114 or athompson@culpeppergarden.org

ARLINGTON COUNTY MONEY MANAGEMENT: SILVER BILLS

Arlington Money Management Program: This program assists Arlington residents age 60 and older with managing basic financial tasks, such as writing checks, balancing checkbooks, paying bills, and monitoring income and expenses. Please call the Arlington County intake line for more information, and to request assistance.

703-228-1700

FINANCIAL ORGANIZATION

Culpepper Garden now has a financial organization volunteer. She will be coming once a week to provide organizational services for residents. She will be able to assist with:

- Mail reading and mail sorting
- Sorting of financial and other important documents
- Assist with mailing important bills to POA or Silver Bills
- Creating a budget

These services are by appointment only. Please schedule your appointment with Resident Services.



SELF CARE CORNER

Summer Self Care Tips:

- Make time for the things you love to do. It's your summer, so spend it wisely. Even if you have a packed schedule, make time each day to do something you love, whether that's reading your book, watching Netflix, attempting to learn how to play the ukulele, anything!
- Start each day with a gratitude list. It doesn't have to be long, but jotting down just a few things each morning about what you're grateful for in your life starts your day off on a great note.
- Be kind, especially to yourself. Being kind to yourself allows you to spend more time focusing on enjoying your summer and spreading that same kindness to others. You deserve nothing but kindness, and yes, it does spread like wildfire.

FITNESS AND FUN

HOW TO STAY SAFE IN THE SUMMER

Demands on our body change as our environment changes. Here are some tips to stay safe in the summer:

- Increase fluid intake
- Avoid outdoor activities in the height of the sun's heat
- Wear sunscreen and/or UPF clothing
- Protect your eyes from the sun

To learn more about the **WHY** and **HOW** of these tips, stop by the Safe in the Sun – Holiday in July Fair!



BAYADA
Home Health Care



NUTRITION TIP: LOW SODIUM SUMMER

A high sodium diet can cause elevated blood pressure, which is a major risk factor for heart disease and stroke. In addition, high amounts of sodium can affect the kidney and lead to dehydration. During the heat of the summer, it's important to stay hydrated and avoid foods that are especially high in sodium.

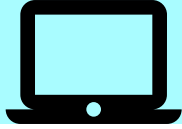
Here are some foods with high sodium and some alternative choices:

High Sodium	Low Sodium Alternative
Canned meats and cold cuts	Fresh or frozen meats or fish (not breaded)
Salted nuts	Low sodium peanut butter
Cheese spreads and cottage cheese	Milk, yogurt
Prepacked mixes for rice, pasta, stuffing	Rice and pasta (don't added salt)
Instant pudding and cake	Fig bars, berry yogurt popsicles

The American Heart Association recommends **no more** than 2,300 milligrams of sodium per day. Keep yourself hydrated this summer and choose low sodium foods.



Senior Health



CYBER SENIORS

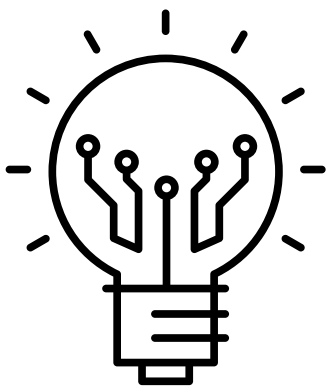


DO YOU NEED HELP WITH TECHNOLOGY?

Come to the computer lab, to ask your questions about technology, and receive one on one tutoring.

Bring your own device, or receive help on one of the community computers.

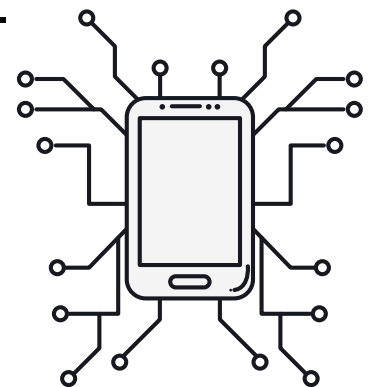
Bring your questions about your: Phones, Laptops, Tablets, etc. Sign up with Ashley Gomez, ARHC.



EVERY MONDAY

COMPUTER LAB

2:00PM – 3:00PM



CLARION TRANSLATION

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إذا كنت بحاجة إلى ترجمة CLARION ، يرجى الاطلاع على ASHLEY GOMEZ للحصول على نسخة باللغة المطلوبة.

SI NECESITA TRADUCIR EL CLARION, CONSULTE A ASHLEY GOMEZ PARA
.OBTENER UNA COPIA EN EL IDIOMA SOLICITADO

ЕСЛИ ВАМ НУЖЕН ПЕРЕВОД CLARION, ПОЖАЛУЙСТА, ОБРАТИТЕСЬ К
ASHLEY GOMEZ ДЛЯ ПОЛУЧЕНИЯ КОПИИ НА ЗАПРОШЕННОМ ВАМИ
.ЯЗЫКЕ

NẾU BẠN CẦN CLARION DỊCH, VUI LÒNG XEM ASHLEY GOMEZ CHO MỘT
.BẢN SAO BẰNG NGÔN NGỮ YÊU CẦU CỦA BẠN

.클라리온 번역이 필요한 경우 요청된 언어로 복사할 때 애슐리 고메즈를 참조하십시오



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!

Best wishes and Cheers, Rebekah & Becca

JULY CHALLENGE

Summer months are filled with sunshine, time with family and friends, and outdoor activities.

Our bodies need more water in the summer, than other times of the year! Studies have shown that about 40% of seniors are chronically under-hydrated. Our challenge to you, this month is to track your water intake, and make sure you are drinking enough water!

Stay safe and healthy this summer!



Los estudios han demostrado que alrededor del 40% de las personas mayores están crónicamente subhidratadas. Nuestro desafío para usted, este mes es hacer un seguimiento de su consumo de agua, ¡y asegurarse de que está bebiendo suficiente agua!
¡Manténgase seguro y saludable este verano!

COME SEE US FOR MORE INFORMATION ABOUT ANY OF THE FOLLOWING SERVICES, AND MORE!

- Nutrition and Meals
 - AFAC
 - Culpepper Dining
 - Arlington County Meal Subsidy
- Transportation
 - Metro Access and STAR
 - Super Senior Taxi
 - Senior Loop
- Health Services
 - Physical, Occupational, and Speech Therapy
 - Home Health
 - Home Care
 - Primary Care
 - Specialty Care
 - Mental Health
 - Medication Management
- Financial and Legal Services
 - Legal Services Northern VA
 - VICAP
 - Medicare Portal
- Arlington County and State Resources
 - Nurse Case Management
 - Adult Services
 - Senior Adult Mental Health
 - Community Living Program

Rebekah Pearson

Director of Resident Services
703-528-0162 Ext. 141

rpearson@culpeppergarden.org

Becca Clayton

Resident Services Coordinator
571-699-3831

bclayton@culpeppergarden.org

RESOURCE HIGHLIGHT:

TRANSPORTATION

Senior Loop

The regular Loop provides **FREE** transportation to BB&T Bank, CVS (at Ballston Mall), Giant, Harris Teeter and the Main Library. The Loop come to Culpepper at various times **every Tuesday and Thursday**. It is walker and wheelchair accessible. You must be registered to ride so get a form from Resident Services to fill out and Becca or Rebekah will fax the application for you. Resident Services or Front Desk can provide you with the Loop Schedule. You must call and reserve a seat 24-hours in advance. The Loop number is **703-228-1900**.

The Target Loop runs every **second Monday of each month at 11:00AM** and will pick up at Safeway and Target at **1:00PM for the return trip**. Like the regular Loop, you need to be already registered to take the Target Loop. Reservations **must** be made no later the 4PM the Friday before the pick-up date. The phone number is the same at the regular Loop. If you did not register the Friday before, you will not be allowed on the van. **No exceptions**.

STAR/MetroAccess

STAR (Specialized Transit for Arlington Residents) is a transportation service provided by MetroAccess. To be eligible, you must be **55 or older and complete an application signed by your doctor**. Once completed, you must call MetroAccess for a pre-assessment telephone interview which will complete the application process and further instructions will be given. There is no restrictions on the purpose of the trip. Trips cost between \$4 and \$5.50 each way. *You must call **703-228-1900** at least **24-hours** before you make a trip.*

SCAT

SCAT is a pre-arranged shared-ride cab transportation service that Arlington residents can use to travel to and from their homes to Arlington Senior Centers. **Each one way trip cost \$2.50 and a roundtrip cost \$5**. *You must call to reserve your ride at least 24 hours in advance*. SCAT does not take into consideration of income or or physical disabilities to qualify. Accommodations can be requested in advance. **Call Red Top at 703-522-3333 or Yellow Cab at 703-522-2222**

STT

Super Senior Taxi is a subsidized taxicab program for Arlington County citizens 70 years or older. Taxi coupons worth \$20 make be purchased for half price at \$10. Customers will be charged the regular fair which can be paid for with the coupons. **Destinations must be in Arlington County**.

Nearest Bus Stop and Metro

The nearest bus stops at Culpepper Garden are **Henderson Rd & 3rd St, 2nd St N & N Henderson Rd, N Henderson Rd & 3rd St N and 2nd St N & N Wakefield St**. The nearest metro stops are **Ballston-MU Metro and Virginia Square-GMU**.

RESIDENT SERVICES EVENTS

OUTREACH FOOD DEMOS

JULY 15TH : 12PM - 2PM (DROP IN)

MULTIPURPOSE ROOM



**Virginia
Cooperative
Extension**

Join us for a tasty program sponsored by: Virginia Cooperative Extension- Arlington

- 12PM - 1PM: Cooking demo using AFAC food
- 1PM - 2PM: Tasting and questions

SAFE IN THE SUN / HOLIDAY IN JULY

JULY 26TH : 2PM - 3PM

MULTIPURPOSE ROOM



Join us for a fun program, sponsored by Bayada, and the Daughters of the American Revolution!

- Safe in the Sun Educational Program
- Trivia with Holiday prizes
- Holiday Cards
- A photobooth with Summer Santa





CULPEPPER GARDEN DINING UPDATES

The Bistro at Culpepper Garden

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

Why Choose a Meal Plan

- Flexible and affordable meal plan options
 - Convenience
- A variety of choices at every meal including daily specials
 - Delicious entrees and desserts
 - Fresh, made to order salads
- Special events and holiday meals
 - Warm, social atmosphere

Beginning June 1st Residents will be able to participate in the meal delivery service program offered by Culpepper Garden. The meal delivery service will be available for Lunch and Dinner. Meals are \$10 dollars. There will be a service charge of \$2. If residents are already participating in the meal plan, then the service charge will be the only fee.

ARLINGTON COUNTY FOOD INSECURITY

What is Hunger? What is Food Insecurity? (source: afac.org)

Hunger is the physical sensation that results from not having enough food to eat. However, when talking about “hunger in America,” what is often meant is more accurately called “food insecurity.”

Food insecurity is a lack of access to enough food to fully meet basic needs due to a lack of financial resources.

MEAL SUBSIDY

Arlington County has partnered with Culpepper Garden Dining Services by providing meal subsidy to eligible residents on the dining plan.

Eligibility: Based on income and expenses.

Benefits: Either 50% or 25% off of Culpepper Garden meal plan prices.

Want more information? Come see a member of the Resident Services team to apply.

SNAP/EBT BENEFITS

Provides financial assistance to households with low income to buy food.

Eligibility: Based on income and expenses.

Benefits:SNAP benefits are provided through an EBT debit card, that is accepted at most major grocery stores. Limits apply.

Want more information? Call Arlington County Human Services at 703-228-1324



CULPEPPER GARDEN AFAC



Please return your AFAC bags when you sign up on Wednesdays.

****PLEASE REMEMBER TO PICK UP YOUR FOOD DURING SCHEDULED PICK UP HOURS****

WEEKLY FOOD DISTRIBUTION

This distribution site is run by Culpepper Garden Resident Volunteers! (If you are interested in volunteering, please reach out to Resident Services).

Eligibility: There is NO income cap. Every Culpepper Garden Resident is Eligible. Please come see Resident Services for details.

Green Week (Full)
Full week with all foods

Sign Up in Lobby:
 Wednesday 9AM - 11AM

Pick Up MPR:
 Friday 1PM-3PM

July Dates: 07/01, 07/15 and 07/29

Yellow Week (Partial)
Only Milk, Bread, Eggs

Sign Up in Lobby:
 Wednesday 9AM-11AM

Pick Up in MPR:
 Friday 1PM - 3PM

July Dates: 07/08 and 07/22

AWLA PET PANTRY

This distribution site is run by Culpepper Garden Resident Volunteers! (If you are interested in volunteering, please reach out to Resident Services).

Eligibility: There is NO income cap. Every Culpepper Garden Resident is Eligible. Please come see Resident Services for details.

Bi-Weekly Distribution (On the same scheudle for Yellow AFAC)

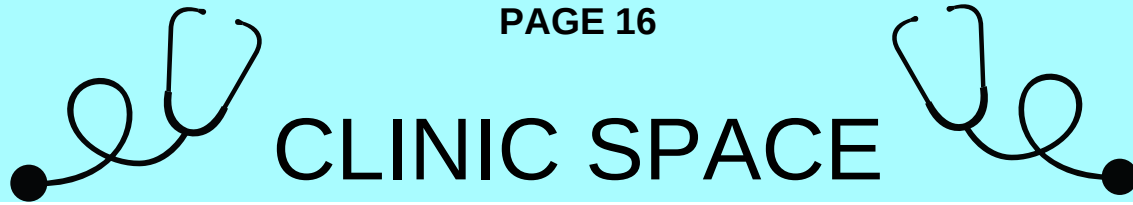
Wet and Dry, Cat and Dog food (depending on availablility)

Sign Up in Lobby:
 Wednesday 9AM-11AM

Pick Up in MPR:
 Friday 1PM- 3PM

July Dates:
 07/08
 07/22





CLINIC SPACE

BLOOD PRESSURE JULY 13TH & 27TH

Sponsored by: **Goodwin Living
and Hospice**

Walk in Screenings
No appointment needed.

NUTRITIONIST TBD

Sponsored by: Cherryblossom PACE

Looking for Tips and Advice on your Overall Nutrition Health? Come Meet with Kathryn Tadio, Registered Dietician Who Will Help You Navigate your Health Goals

**Please schedule your appointment
with Resident Services.**

MENTAL HEALTH

George Washington University will be seeing residents interested in counseling services. Services will start in July. There are a limited number of slots available.

**Please see Resident
Services ASAP for a
referral.**

PHYSICAL THERAPY

Walk In Screenings

Thursday 11AM - 12PM

To schedule an appointment with
Powerback Rehabilitation call:

571-800-8693

Therapist on site Monday, Tuesday, and
Thursday Mornings.

PODIATRIST July 18

**Sponsored by: Dr. Breiner and
Associates**

Please schedule your appointment
with the front desk.

DERMATOLOGIST July 25

Sponsored by: Onsite Derm

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

ADDITIONAL SERVICES

Please contact Resident
Services regarding any
clinics that you would
like to see in 2022!

Culpepper Garden Service Coordinators
Rebekah Pearson and Becca Clayton





ARLINGTON COUNTY UPDATES



Area Commission on Aging **Contact: 703-228-1700**

Virtual Meeting: Monday, July 18th: 9AM - 11AM
RSVP to Resident Services if you would like to attend.

Lubber Run Programming

****55+ Pass Required for Attendance****

Understanding Hospice Care.....	Thursday, July 7th 10-11am
Plant & Cutting Swap.....	Friday, July 8th 10-11am
Preventing or Delaying Dementia.....	Tuesday, July 12th 11-12pm
Movie Night.....	Thursday, July 14th 6-8pm
Breast Cancer Prevention.....	Tuesday, July 19th 10-11am
Genealogy 101.....	Tuesday, July 19th 11:30-1pm
Bilingual Bingo.....	Wednesday, July 20th 10-11am
Opera Appreciation.....	Wednesday, July 20th 1:30-3:30pm
The Rise of Vladimir Putin.....	Thursday, July 21st 1:30-2:30pm
Winning a Blue Ribbon at the County Fair.....	Monday, July 25th 2-3:30pm
Smart Home.....	Tuesday, July 27th 11-12pm
Reading Buddies.....	Thursday, July 28th 10-11am
DIY Marble Note Cards.....	Thursday, July 28th 6-7pm
Social Dance Party.....	Friday, July 29th 2-3:30pm

Apply for a 55+ Pass

ONLINE: Register or renew an existing membership online. You will need a log-in ID and password to use the online system and pay with a credit card. Call 703-228-4747 (option 3) with questions.

IN-PERSON: Visit one of our 55+ Centers that are open.

PHONE: Call 703-228-4747, Monday – Friday, 8 a.m. to 5 p.m.

MAIL: Download the 55+ Pass Registration Form and mail it in to: DPR Administrative Services, 300 N. Park Drive, Arlington VA 22203 or send by e-mail: registration@arlingtonva.us

(Forms are available with Resident Services)

COST: A 55+ plus pass is \$20 for Arlington County Residents, or \$60 for a Gold pass. Fee Reductions are available, depending on income levels. Do not let finances stand in your way of applying for a pass! Ask if you qualify for a fee-reduction.



ARHC ACTIVITIES



FENWICK FOUNDATION OPPORTUNITIES

The Fenwick Foundation provides many **FREE** activities and programs for you to attend. Check the Blue Binder in the Lobby, make sure to review and fill out Event Request Form.

INDEPENDENCE DAY PARTY

Friday July 1st
2-3pm
Outside

PAL DOG THERAPY

Wednesday July 6th
11:00am
Lobby

ICE CREAM SOCIAL W/ CVS

Wednesday July 6th
1:00pm
Outside

NAIL PAINTING

Saturday July 9th
9:30am
Multipurpose Room

KNITTING CLUB

Monday July 11th
2pm
Multipurpose Room C

NASA

Thursday July 14th
7pm
Multipurpose Room

BINGOCIZE

If interested in signing up
please see Ashley.

BINGO W/ HUMANA

Wednesday July 20th
2pm
Multipurpose Room

VIRTUAL REALITY

We have new content for our virtual reality program. If interested in signing up
please see Jasmin or Ashley.

PROGRAMS AND EVENTS WILL BE ADDED THROUGHOUT THE MONTH

FOR DAILY ACTIVITIES REFER TO THE CALENDAR (PG 5), FLYERS IN THE ELEVATORS, FRONT DESK TABLE AND THE TV IN THE LOBBY

ARHC Volunteer Outreach and Activity Manager

Ashley Gomez



Bible Study with Pastor Mike

Every other Wednesday
10am - AL 8th Floor

Catholic Mass

Last Thursday of the month
2pm - Multipurpose Room

Catholic Holy Communion Service

Every Sunday
10:15am - Multipurpose Room

Protestant Church Services

Every Sunday
2pm- AL 8th Floor

Pray the Rosary

First Tuesday of the month
2pm - Multipurpose Room

If you do not see what you are looking for, and would like to bring in additional services, please reach out to us.

Culpepper Garden is a safe place for all religious practices. Please let us know how we can best support you!



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

Talking Books:

For Arlington Residents who are 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

Library Event

First Friday of the month

NEXT EVENT: FRIDAY JULY 1ST

1:30PM - 2:30PM

5TH FLOOR CG2 LOBBY



ARHC Volunteer Outreach and Activity Manager

Ashley Gomez



PAGE 20
RECIPE OF THE MONTH:
CHICKEN ROLL UPS



INGREDIENTS

3oz pkg cream cheese-softened
2 tbsps milk
1 tbsp grated onion
2 cups cooked or canned chicken,
chopped
8oz pkg refrigerated crescent rolls
3 tbsps melted butter



**SUBMITTED BY
PAMELA BROADWATER**

DIRECTIONS

- Mix cream cheese & milk until smooth. Stir in onion & chicken. Mix well.
- Place 1/4 cup of chicken mixture on each wedge of refrigerated roll.
- Fold edge of roll around the chicken filling. Brush tops of rolls with melted margarine or butter.
- Place on an ungreased cookie sheet.
- Bake in a preheated 350° oven for 20-25 minutes.
- You can pour gravy on these. I use cream of chicken soup but you can make your own gravy or buy canned.

Submit your recipes to Ashley Gomez to be considered for the Clarion Recipe Highlight.

All submitted recipes will be included in the 2022 Culpepper Cookbook.

ARHC Volunteer Outreach and Activity Manager

Ashley Gomez

RESIDENT SPOTLIGHT: JEFF REISNER



Jeff is a newcomer to Culpepper Garden, having arrived on March 29, 2022, after about two years on a wait list. The delay in acceptance was due to the pandemic and ongoing renovation. A friend had done extensive research on many independent living facilities in the Northern Virginia area and Culpepper Garden came out at the top of the list. Jeff is now a happy and appreciative resident. Jeff began his life journey in his birthplace of Ludlow, Massachusetts, and was raised in Grandy, Connecticut, a country town where “there were more cows than people.”



He attended Grandy public elementary school and graduated from Grandy Memorial High School in 1974. He was involved in several sports—basketball, soccer, baseball, and played guitar in a rock ‘n roll band. His favorite activity was motocross, off-road motorcycle racing that he and three friends did all through high school. Jeff’s father owned a restaurant and motel in Springfield, MA, where Jeff worked occasionally as a cook and bartender.

From that experience, he knew he wanted to go into the hospitality business. After high school, he went on to the University of Denver that offered one of the best hospitality programs in the country. He earned a B.S. in Business with a major in Hotel and Restaurant Management. An added benefit was the wonderful skiing nearby in Aspen, Vail, and Steamboat Springs where he spent many weekends.

Hyatt Hotels recruited Jeff directly from college and he began his first job two weeks after graduation. He went to San Jose, California, as a Management Trainee for one year and then moved to San Francisco where, at age 28, he was the youngest Food and Beverage Director in the company and was viewed as a Hyatt “golden boy.” Jeff loved his job in the hotel business though it required that he move to various locations about every 18 months, including Maui, Chicago and Hilton Head, SC.

After working at a Hyatt Hotel in Dallas, he decided to move to Hilton Hotels where he was offered a better-paying position at the Dallas/Fort Worth Executive Conference Center. From Hilton, he moved on to Marriott Hotels where he worked for a few years, including at the Marriott Castle Harbour Resort Hotel in Bermuda, surrounded by pastel-colored houses and secluded white beaches. He mentioned that he should have stayed, “but duty called!”

Resident Spotlight Written By: Mary Campbell



RESIDENT SPOTLIGHT: JEFF REISNER



By his late 30's, Jeff was tired of the constant travel in the hotel industry and decided to return home to Springfield, MA, where he worked full-time helping his father manage his restaurant. During that time, he attended the Entrepreneurial Institute, within the School of Business at Springfield Technical Community College. After several years in Springfield, he joined his older brother in Northern Virginia, who was serving an internship and residency in Ophthalmic Surgery at George Washington and Georgetown Universities. He lived with his brother for a year and then rented a house in South Arlington with a group of friends.

For a change from the hospitality industry, he began working for the Salvation Army in Fairfax, VA, in Customer Service and as Assistant Manager in its various clothing stores. The Salvation Army is a huge nonprofit organization with facilities in 123 countries around the world, including a big operation in Ukraine. Jeff commented that the Salvation Army "Store 1" on Little River Turnpike in Fairfax, where he worked, is a model store in its organization and management.

However, when the pandemic appeared in 2020, employees were furloughed and he didn't return. He felt somewhat relieved that that this was the first time in his life that he didn't have the responsibilities of a job.

After he was furloughed, Jeff lived with his brother who had a home in Great Falls, for two and a half years. His brother was living on his own, and since they have always been close, the arrangement worked well. His brother has a vacation home in North Beach, MD, near Harrington Harbor, where there is a pool, tennis courts and a restaurant. Jeff, his brother, and friends spend time at North Beach on most weekends, where he enjoys boating, jet skiing, kayaking, and lounging in the sun.

Jeff decided that, for the long term, he wanted to find a permanent independent living residence. A special, loving friend of the family did extensive research on facilities in the Northern Virginia area and concluded that Culpepper Garden is the best. Jeff applied, but, because of pandemic restrictions and, later, the renovation construction, he waited for two years before moving in. Since he no longer drives, he loves Culpepper Garden's convenient location inside the beltway.

Jeff is a member of the Lubber Run Community Center where he uses the weight room and participates in the 55+ programs. He walks regularly on the Lubber Run nature trail and welcomes walking companions. He enjoys Mediterranean cooking at home. He loves dogs and plans on bringing home a puppy in the future. Jeff looks forward to participating in more of the activities offered at Culpepper Garden where he is already making himself at home.



Hello Residents!

We want to thank all who attended the June meeting for it was the BEST meeting we have had that I can remember! Your enthusiasm and responsiveness was so appreciated. Please keep it up!

We do not have meetings in July or August but we do want you to be thinking about some things. We are one big diverse community and we would like to become a closer-knit group. You know how in neighborhoods every one knows everyone and they all look out for each other. We think that would be a good idea for us. If we could create small groups.....maybe each corridor would be a nucleus. Now, we would respect anyone's privacy if she/he/they do not want to join in. If a person is not seen for a day or 2, someone from the neighborhood could ask the front desk for a wellness check.

Now, if you have ideas to change, add to, enhance the idea, we are open! We just want to help all our residents to the best of our ability.

We plan on having the cultural fashion show with individually wrapped desserts from your countries in late September in conjunction with Marta and Ashley and I'm sure Ray will be happy to join in. I'll be wearing my western getup!



Wish I looked like this!!!!

Resident Association President: Dee Bivens
Resident Association Vice President: Jackie Pasquine



Chef Ray is starting the Food Committee meetings soon so please let me know if you would like to be on the committee. He wants our input so he can make improvements with the food to try to help with diets, with special needs, with the menus, etc.

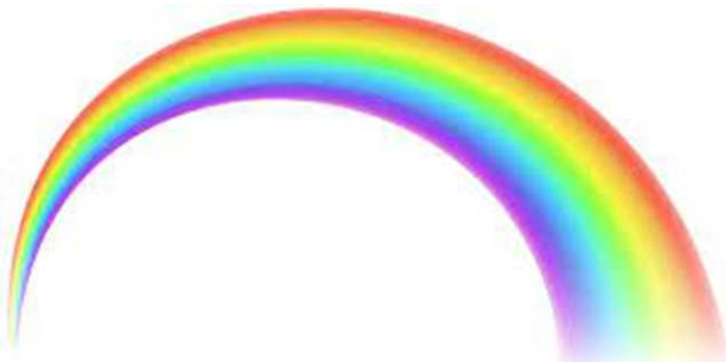
If you enjoy cooking for yourself, (I do) but find that some days you're tired, don't feel good or maybe don't have what you want to eat on hand, please consider the flexible 15 meal plan because with the cost of groceries now and the cost of takeout and delivery, this is a savings! Each meal is enough for 2 meals for me!

I spoke with the office of Patrick Hope who is our State Representative and he has agreed to come speak to us on July 7, 2022 at 3:00 pm in the multi-purpose room to tell us what is happening in the state legislature and how we are affected. Please plan to attend. We will try to get several of the candidates who will be running for office who will be running for offices this fall to come speak to us. I also will contact Barbara Favola who is on our board and on the Arlington County Board to come inform us of county goings on.

Don't forget the suggestion box at the front desk. We welcome your suggestions.

Get out and about to enjoy the weather, the gardens, the fish in the fishpond and your neighbors! Have a picnic in one of the gazebos! Summer is here!

Dee



Resident Association President: Dee Bivens
Resident Association Vice President: Jackie Pasquine