

THE CLARION

November 2023

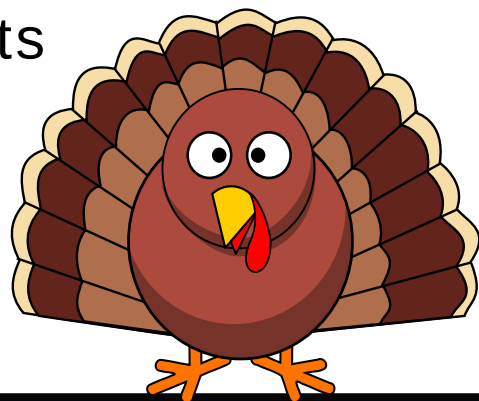


4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

- 2** Calendar
- 3** Birthdays!
- 4** From The Director of Property Operations
- 5** Administrative Team
- 6** Culpepper Garden Reminders
- 7** Language Updates
- 8** Nutrition
- 10** Resident Services
- 14** Health and Wellness
- 15** Holidays and Observances
- 16** Programming and Events
- 20** Resident Spotlight
- 21** Resident Association



**IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY
PLEASE EMAIL RESIDENTSERVICES@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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2023</h1> <h2>CULPEPPER GARDEN INDEPENDENT LIVING</h2>						
10:45AM Catholic Holy Communion (MPR) 2PM Protestant Service (AL)	5 12PM: Lunch and learn – Medicare (MPR) 4:30PM Tech Help w/ Emre (L) 4:30PM Wreath Decorating with TNB (MPR)	6 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM: Variety Store Open 2PM Rosary (MPR) 5:30PM The Chosen (MPR)	7 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM: Variety Store Open 2PM Rosary (MPR) 5:30PM The Chosen (MPR)	8 Senior Loop 10AM Tech Table (Comp) 10AM Video Exercise (MPR B) 10:30 Veterans Day w/ Color guard (D) 1:30 Mindful Stretching (MPR A) 3PM Piano w/ Val (L)	9 Senior Loop 10AM Tech Table (Comp) 10AM Video Exercise (MPR B) 10:30 Veterans Day w/ Color guard (D) 1:30 Mindful Stretching (MPR A) 3PM Piano w/ Val (L)	10 9:30AM Nail Painting (AL 8th Fl) 1PM Movie Matinee: The best years of our lives/ Born on the fourth of July (MPR) <small>Veterans Day Remembrance Day (Canada)</small>
10:45AM Catholic Holy Communion (MPR) 11AM Painting w/ Belinda (MPR) 2PM Protestant Service (AL)	12 Target Loop 10:30AM Culpepper Ladies Club (MPR-C) 12PM: Lunch and learn – Medicare (MPR) 2PM Bingo w/ Samantha (MPR) 4:30PM Tech Help (L) 6:30PM Board Games (5th Floor)	13 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM BP Clinic (C) 3:30 VHC Stretch 1PM: Variety Store Open 5:30PM The Chosen (MPR)	14 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM BP Clinic (C) 3:30 VHC Stretch 1PM: Variety Store Open 5:30PM The Chosen (MPR)	15 Senior Loop 10AM Video Exercise (MPR B) 1:30 Mindful Stretching (MPR A) 7PM NASA (MPR)	16 Senior Loop 10AM Video Exercise (MPR B) 1:30 Mindful Stretching (MPR A) 7PM NASA (MPR)	17 9:30AM All about Lubber Run with Ashley (MPRB) 12:30PM AFAC Pickup HOLIDAY CHICKEN (MPR) 1PM: Variety Store Open 3PM English Conversation (MPR-C)
10:45AM Catholic Holy Communion (MPR) 2PM Protestant Service (AL)	19 9AM AFAC and Pet Pantry Sign Up (L) 12PM: Lunch and learn – Medicare (MPR) 2PM Podiatry Help w/ Emre (L)	20 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM: Variety Store Open 5:30PM The Chosen (MPR)	21 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM: Variety Store Open 5:30PM The Chosen (MPR)	22 10AM Bible Study (AL) 10:30 Theatre Club (PDR) 12:30PM AFAC Pickup (MPR) 3:30 Handbells (MPR) 4:30 Live Music/ Terry (L) 4PM Tech Help (R.S.)	23  <small>Thanksgiving Day (US)</small>	24 1PM: Variety Store Open 
10:45AM Catholic Holy Communion (MPR) 11AM Painting w/ Belinda (MPR) 2PM Protestant Service (AL)	26 9AM Dermatology 10:30AM Culpepper Ladies Club (MPR-C) 12PM: Lunch and learn – Medicare (MPR) 4:30PM Tech Help w/ Emre (L) 6:30PM Board Games (5th Floor)	27 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM: Variety Store Open 5:30PM The Chosen (MPR)	28 Senior Loop 8:30AM Coffee Talk(5FL) 10AM Video Exercise (MPR B) 1PM: Variety Store Open 5:30PM The Chosen (MPR)	29 9AM AFAC&Pet Pantry Sign Up (L) 10AM Bible Study (AL) 10:30 Theatre Club (PDR) 1:30PM Birthday Ice Cream Social with HB Woodlawn (MPR) 3:30 Handbells (MPR) 4PM Tech Help (R.S.)	30 Senior Loop 10AM Video Exercise (MPR B) 10AM Tech Table (Comp) 1:30 Mindful Stretching (MPR A)	

All Programs are subject to change; Please look for our flyers, notices, and CG TV



HAPPY BIRTHDAY



11/3 - Ann H.

11/9 - Frank C.

11/10 - Mary D.

11/11 - Lillie R.

11/11 - Malena A.

11/11 - Kevin S.

11/11 - Corina D.

11/13 - John T.

11/14 - Mark H.

11/15 - Ngoc V.

11/16 - Maria S.

11/18 - Rafael O.

11/18 - Sharon B.

11/19 - Maria B.

11/20 - Leslie W.

11/21 - Zelmira A.

11/22 - Kris W.

11/22 - Iara R.

11/23 - Marion L.

11/24 - Nga D.

11/25 - Muhjuba R.

11/26 - Willie W.

11/27 - Angela C.

11/28 - Delia R.

11/29 - Adefris K.

11/30 - Shelly Q.

11/30 - Judy O.

BIRTHDAY PARTY ICE CREAM SOCIAL

Wednesday, November 29th

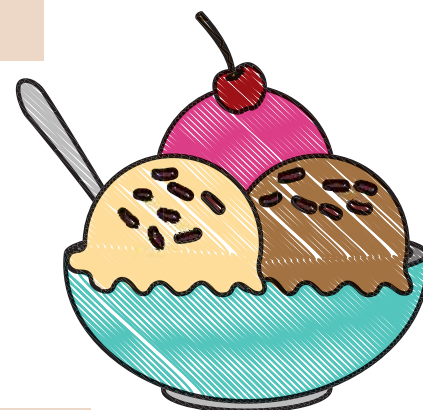
1:30PM - 2:30PM

Dining Room

Come join us for Ice Cream and Cake!

MONTHLY BIRTHDAY PARTIES SPONSORED BY:

THE RESIDENTS' ASSOCIATION





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

The leaves of November are a reminder of the coming holidays. Hard to think that Thanksgiving is only weeks away! There are a lot of activities already in the works for the season and once again our community will be filled with music and celebration for all the holidays these months. Please take care as this is the time of year for wet leaves on the sidewalks and pavement. They are easy to slip on or lose your footing. Please walk with care and safety.

Property Management Note

- Arlington County is holding an event for the safe disposal of hazardous materials at Wakefield High School, Saturday November 4th from 8:30-3:00. The county will take any and all cleaning products, solvents, paint, batteries, chemicals, insecticide or most other hazardous materials for safe and environmentally friendly disposal. Attendees need to show an ID to show that they are an Arlington Resident. This is a great event to clear out old products from your unit.
- Election Day is on November 7th. Culpepper Garden is once again the local Polling Station for the neighborhood. The Polling Station will be in the multi-Purpose room. No political advertising is permitted inside the building. It will be a busy day with voters coming to our community to cast their vote. There will be voter reserved parking on the street. Please expect a lot of extra traffic and activity on campus, to be careful and alert. Don't forget to cast your vote!
- Unfortunately, there was another incident of catalytic converter theft in our parking lot. Both incidents were a year apart and targeted a specific model and make of car, the Honda Element. These thefts are rampant due to the value of the metal inside these converters. The theft takes seconds. As a reminder we do not monitor or patrol the parking lots and any theft is an insurable loss to your auto policy. Please keep your cars always locked. If you see something in the parking lot or building, say something by reporting it to the Front Desk or Administration.

Thanksgiving is a unique American holiday, one that I consider the best and not only for the family gatherings and good food. It is a time for any person to pause, reflect, and give thanks for the good things in life and for life itself. I hope each and every resident and staff member find a moment to give thanks. I certainly am thankful to work for, and with all of you at Culpepper Garden. Happy Thanksgiving.

Paul's Prose:

Winds whip and whorl,
Driving the leaves into a frenzied dance.
Bundled against it we travel,
Determined to arrive at the warmth
Of hearth and home.

Thank you. See you around the building!

-Paul



COFFEE WITH PAUL: THURSDAY, NOVEMBER 2
9AM - 9:30AM, DINING ROOM. NO AGENDA, JUST A CHAT!

ADMINISTRATIVE TEAM

Paul Timpane: Director of Property Operations

Marta Hill Gray: ARHC Executive Director

Olga Peay: Business Office Manager

Ever Sanchez: Director of Plant Operations

Niveen Laa: Director of Compliance

Khalil Vinson: Recertification Specialist

Angela Scott: Staff Accountant

Stephanie Escoe: Director of Admissions

Jasmin Witcher: Development and Communication

Rebekah Pearson: Director of Resident Services

Kiarra Clark: Resident Services Coordinator

Laura Orihuela: Volunteer & Programs Manager

Assisted Living

Denise White: Interim Assisted Living Administrator

Craig Miller: Director of Nursing

Renita Payne: Service Coordinator

Kiarra Clark: Activity Coordinator

Jay Adorno: Director of Dining Services

EMPLOYEE OF THE MONTH



Dashonda Head

For her excellent customer service and positive attitude towards the residents and staff!

Staff Highlight: Jay Adorno



Position: Director of Dining Services

How long have you been at Culpepper Garden? My first day at Culpepper Garden was October 26th, but I have worked for CSM for a little over a year.

Where are you from? I am originally from Brooklyn, NY and have been in Northern Virginia since 1985.

What is your favorite part of your job? My favorite part about working in culinary arts is being creative - going out of your way to make food. I used to join contests just for the challenge to display your art.

What's the best advice you've ever received? From my 8th grade teacher: you are the most important person in the world to yourself. You have to make yourself happy, and challenge yourself.

What is your favorite thing to do in your free time? I go bowling!

What is your favorite book? What about a movie? My favorite book is: Of Mice and Men and my favorite movie is The Color Purple.

Tell us a fun fact about yourself! I like to laugh - come tell me a joke!

Clinics and Events!

There are three sign-up binders in the lobby they are there for clinics and programs that require registration. Please remember what you've signed up for, show up on time and be polite!

Suggestion boxes are a way to ADVOCATE!

Please make use of all suggestion boxes located on the property:

Dining Services: in the dining room

Resident Association: Beside the Front Desk

Resident Services: Garden Level, beside Resident Services Offices

CHECK YOUR FLYER BOX FOR UPDATES AND NOTICES
YOUR FLYER BOX IS BELOW
YOUR APARTMENT NUMBER



Flyer boxes will be emptied and contents recycled on the last day of every month.

RECERTIFICATION / COMPLIANCE

2024 Benefits Letters will be mailed out to you soon. These letters are very important, as they provide you with the tool you need to renew your benefits, update your housing recertification, and provide proof of income when requested.

When your 2024 letter arrives, we recommend making a copy for yourself, and turn in a copy to the recertification department. Fees are waived for up to 3 copies of your social security letters, please ask the front desk to make your copies, and give one to the Compliance team. Let us know if you have any questions!

Pronto se le enviarán por correo las cartas de beneficios de 2024. Estas cartas son muy importantes, ya que le brindan la herramienta que necesita para renovar sus beneficios, actualizar su recertificación de vivienda y proporcionar prueba de ingresos cuando la solicite.

Cuando llegue su carta de 2024, le recomendamos que haga una copia y la entregue al departamento de recertificación. No se aplican tarifas para hasta 3 copias de sus cartas de seguridad social; solicite en recepción que haga sus copias y entregue una al equipo de Cumplimiento. ¡Háganos saber si tiene alguna pregunta!

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

Your Compliance Team

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

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.

GOOGLE TRANSLATED CLARIONS:

Las traducciones de Google Translate del Clarion están disponibles en otros idiomas. Solicite una copia con Servicios para Residentes.

클라리온의 Google 번역 번역은 다른 언어로 제공됩니다. 레지던트 서비스로 사본을 요청하십시오.

Переводы Clarion в Google Translate доступны на других языках. Запросите копию в Службе обслуживания резидентов.

Bản dịch của Clarion trên Google Dịch có sẵn bằng các ngôn ngữ khác. Yêu cầu một bản sao với Dịch vụ thường trú.

የ Google Translate የክላርዮን ትርጉሞች በሌሎች ቋንቋዎች ይገኛሉ. ነገር አገልግሎት ጋር አንድ ቅጂ ይግለጹ.

UN CAFECITO Y CONVERSACION EN ESPANOL

Miércoles, 8 de November : 2PM

Sala de reuniones B

¡Únase a nosotros para: café, donas y buena compañía!

¡HOLA!



TRADUCCIÓN AL ESPAÑOL CON DÚGLAS

Jueves y Viernes

¿Necesita a alguien ayudar en comunicar mejor con los miembros del personal de Culpepper Garden?

- Información de recertificación
- Problemas de mantenimiento
- Necesidades de servicio al cliente
- Referencias de Servicios para Residentes
- Transporte
- Reuniones de gestión

Doug Schroeder se unirá a Culpepper Garden para ayudar con los servicios de traducción en español.

Para hacer una cita llama a Dúglas por
tel: 703-615-7062





DINING UPDATES

Welcome new Dining Services Director, Jay
(Read all about him in the Staff Highlight, page 5!)

DINING ROOM HOURS

Breakfast

8AM - 9AM

Lunch

11:30AM - 1PM

Dinner

3:30PM - 5PM

DINING ROOM REMINDER

Please be patient and kind during our transition period in the dining room. The suggestion box is available for use. If you have any questions or concerns, please let us know. Thank you!

INDIVIDUAL MEAL TICKETS \$12

See a member of Resident Services to discuss joining on a meal plan!

THANKSGIVING: NOVEMBER 24

Thanksgiving Feast : Saturday, November 18th

\$15/ person or 1 Meal Plan Usage

Mealtime Sitings:

11:00am-12:00pm or 12:30pm-1:30pm

Reservations are Required. All seating is assigned by table.

Register with the Front Desk Starting Monday November 6th

Private Dining Room Available : 12 people Max

Family Style Service

\$25.00 per person

No Meal Plan Usage Exchange



Thanksgiving is a time of gratitude and kindness. Join us in celebrating all we are thankful for, by completing your gratitude leaf, and adding it to the tree. The gratitude tree will be in the lobby starting November 13th. We look forward to celebrating all we are grateful for, this Thanksgiving season.

NOVEMBER AFAC UPDATES



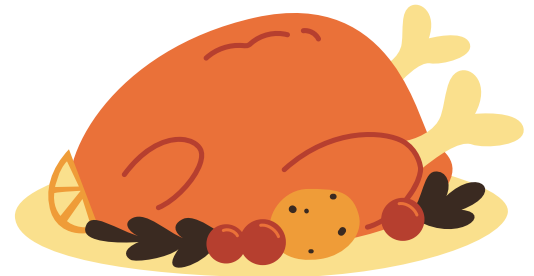
CULPEPPER GARDEN AFAC DISTRIBUTION

We acknowledge that the times have been inconsistent in advertising and we apologize for any confusion that it caused. Everything should match now. We are limiting the pick up hours, in order to limit food waste. The food requires refrigeration, and should not be left out for long. You must come during pick up hours, or have a friend pick up your items, as we do not have the man power to accomodate delivery for everyone.

Please make sure you are returning your AFAC bags. If you have any in your apartments, please return them to Resident Services, ASAP. Thank you!

SIGN UP EACH WEEK ON WEDNESDAYS 9AM - 11AM (LOBBY)

- **November 3rd (Full Distribution)**: Pick up 12:30PM - 2PM
- **November 10th (Partial Distribution)**: Pick up 11:30PM - 1PM
- **November 17th (Full Distribution)**: Pick up 12:30PM - 2PM
 - Holiday Chicken Week!
- **November 22nd (Partial Distribution)**: Pick up 11:30PM - 1PM
 - Thanksgiving Week!
 - Sign up Monday November 20th
 - Pick up Wednesday, November 22nd



HOW TO COOK YOUR AFAC HOLIDAY CHICKEN



1. Pat the chicken dry, and tie the legs
2. Rub the chicken with oil and pat in the seasoning of your choice (Resident Services recommends: salt, pepper, rosemary and thyme!)
3. Roast the chicken at 425 degrees F for 70 to 90 minutes or until beautifully golden. Chicken should be cooked to an internal temperature of 165 degrees.

RESIDENT SERVICES

Come visit Resident Services on the Garden Level. We are here to help you navigate services at Culpepper Garden, and Arlington County. We would love to see you! Please stop by or make an appointment, and we look forward to helping you!

Best wishes, Your Resident Services Team



Rebekah Pearson

Director of Resident Services
703-528-0162 Ext. 141
rpearson@culpeppergarden.org



Kiarra Clark

Resident Services Coordinator
703-528-0162 Ext. 142
kclark@culpeppergarden.org

residentservices@culpeppergarden.org

Welcome new Service Coordinator, Kiarra Clark!

Her first day will be November 13th. Please join us in welcoming her!
(Read all about Kiarra in the October Clarion, Staff Highlight!)

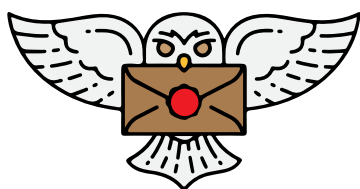
Hi everyone!

*I am very excited to be apart
of Resident Services and am
very much looking forward to
meeting each and every one
of you! A fun fact about myself
is that I start every Fall*

*season with a Harry Potter
movie marathon and making
cinnamon rolls!*

See you soon!

- Kiarra



Confidentiality Agreements

Each Service Coordinator needs a confidentiality agreement signed by each resident.

Confidentiality agreements will be put into each flyer box on November 13th. Please sign and return as soon as possible, for our newest Service Coordinator, Kiarra. Thank you!

Resident Services is looking for a volunteer!

If you would like to help out with advertising, we are looking for a resident (or resident's) who are willing to help us with keeping the white board by the front desk, up to date with programs. Please reach out to a member of the Resident Services Team if you are interested.



RESIDENT SERVICES



Kindness

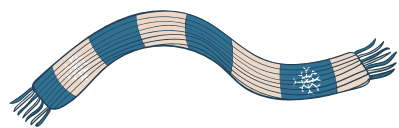
Good for your body, and mind.

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer.

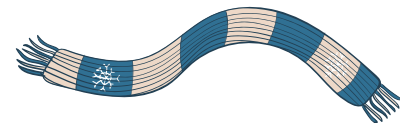
Kindness can increase your sense of connectivity with others, decrease loneliness, combat low mood and improve relationships. It also can be contagious, encouraging others to join in with their own generous deeds.

Resident Services Kindness Challenge

November is a month of kindness and gratitude. This year, we challenge you to be kind not only to your neighbors and friends, but also to yourself. If you are interested in participating in this year's kindness challenge, pick up a challenge sheet from Resident Services. Turn in your kindness sheets on December 1st, during AFAC to be entered in a drawing. The winner will be given a prize during the Holiday Bazaar on December 8th.



WINTER WEAR CLOSET



Culpepper Garden's Winter Wear Closet will be open this year beginning November 13th. The closet will be located outside of Resident Services each day, during business hours.

If you need something to keep you warm this winter, please do not hesitate to come to Resident Services.

The Winter Wear Closet is 100% confidential.



We are currently accepting donations of gently used coats, and sweaters. We are also accepting donations of new hats, scarves, socks, and gloves.

If you are feeling crafty, and would like to donate your creations, we accept handmade items as well!

RESIDENT SERVICES EVENTS

FARMER'S MARKET

NOVEMBER 2
2:30PM - 4PM
OUTDOORS - GAZEBOS

**SIGN UPS IN THE BINDER ARE
 REQUIRED FOR ATTENDANCE.**

****Sign up deadline was October 26th. If
 you did not sign up for the market, you
 must wait until after 3 PM to shop****

RESOURCE HIGHLIGHT

Our resource highlight for the month of October
 is **DIABETES AWARENESS!**
 VHC Health will be on-site to provide
 awareness information. **WEAR BLUE!**

Monthly, on-site markets!
Sponsored by: Fresh Farms

The amount of food at the market is
 determined by number of sign-ups. The more
 sign ups, the more variety in food offered.

****Accepted payment forms:
 Coupons, EBT, Cash, and
 Credit/Debit Cards.****



DIABETES AWARENESS: *November Health Tip with Bayada*

Foot Care - To prevent problems with your feet, you should:

- Stop smoking
- Get a foot exam by your health care provider; learn whether or not you have nerve damage
- Check and care for your feet every day, especially if you already have known nerve or blood vessel damage, or current foot problems
- Wear the proper kinds of shoes

Treating Low Blood Sugar

- Hypoglycemia can develop quickly in people with diabetes
- Do a blood sugar check
- If the level is low or you have symptoms of hypoglycemia, eat something with sugar
- Ask your physician if you need an injection kit to raise blood sugar quickly in an emergency

Treating High Blood Sugar

Diabetic ketoacidosis is a complication that occurs when the body cannot use sugar (glucose) as a fuel source because they body has no insulin or not enough insulin, so fat is used instead for energy. The goal of treatment is to correct the high blood glucose level by giving more insulin. If ketoacidosis is severe, you may need to go to the hospital.



RESIDENT SERVICES EVENTS



Medicare Open Enrollment

October 15 - December 7

Medicare is the federal health insurance program for people ages 65 and over and people under age 65 with long-term disabilities. The program helps to pay for many medical care services, including hospitalizations, physician visits, and

prescription drugs, along with post--acute care, skilled nursing facility care, home health care, hospice care, and preventive services.

Each year, Medicare beneficiaries have an opportunity to make changes to how they receive their Medicare coverage during the nearly 8-week annual open enrollment period.

VICAP (Medicare Counseling): 703-228-1725

LUNCH AND LEARN SERIES:

MONDAYS IN NOVEMBER

12 PM - 1 PM

November 6

ABCD's of Medicare

November 13

Supplemental Plans versus Advantage Plans

November 20

Dual Enrollment - Medicare and Medicaid

November 27

Who can I trust? Insurance Scam Awareness

Pre-Register in the lobby binder for lunch and a Medicare seminar!

Each week will have a different topic.



CLINIC SPACE

BLOOD PRESSURE

NOV. 14 AND 28

1PM - 3PM

Sponsored by: Marymount University

** If you are interested in getting your blood pressure checked, please make sure you attend these clinics. **

Physical Therapy Screenings

To schedule an appointment with Powerback Rehabilitation call:
571-800-8693

PODIATRY (FEET)

NOVEMBER 20

Sponsored by: Dr. Breiner and Associates
Please schedule your appointment by adding your name to the sign up binder.

DERMATOLOGY (SKIN)

NOVEMBER 27

Sponsored by: Onsite Derm
Please schedule an appointment by calling:
877-345-5300

VHC STRETCH CLINIC

NOVEMBER 14

Multipurpose Room

Join VHC in a Stretching Class to improve your health and wellness!



GW MENTAL HEALTH

We have new students joining us for their 2023 - 2024 school years!
Please sign up with Resident Services!

HEARING LIFE (EARS)

NOVEMBER 28

Sponsored by: Hearing Life
Please schedule your appointment by adding your name to the sign up binder. Join us for our Independent Living Pilot Clinic with Hearing Life!

Free Ear Exams (Video Otoscope)

Free Hearing Aid Cleaning

Optional Hearing Aid Purchases



OUR HEALTHCARE PROVIDERS ARE A LIMITED RESOURCE. PLEASE HELP US IN MAKING THESE CLINICS GO AS SMOOTHLY AS POSSIBLE BY BEING RESPECTFUL AND KIND TO ALL VISITING PROVIDERS.

NOVEMBER HOLIDAYS

VETERAN'S DAY NOVEMBER 11

History of Veterans Day

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Citation: <https://department.va.gov/veterans-day/history-of-veterans-day/>

**VETERAN'S DAY
CEREMONY
DINING ROOM
THURSDAY
NOVEMBER 09
10:30AM**



PROGRAMMING

CRAFTING CORNER

PAINTING CLUB

*Sponsored by Volunteer,
Belinda*

Every other Sunday

10:30AM

Multipurpose Room B

DATES

November 8th

November 12th



THEATRE CLUB

EVERY WEDNESDAY

PRIVATE DINING ROOM

10:30AM



**Educational
Theatre
Company**

Changing lives through the arts

MUSICAL PROGRAMS

Music with Douglas

Main Lobby at 2pm

November 10th



Piano Lounge with Valerie

Main Lobby at 3pm

November 9th



Music Mends

Main Lobby at
4:30pm

November 22



HANDBELLS

EVERY WEDNESDAY

MULTIPURPOSE ROOM A/B

3:30PM



PROGRAMMING

BOOKS AND MORE!

MOBILE LIBRARY

Sponsored by: Arlington County Library

Wednesday, November 1

2:30PM - 3:30PM

(Time change for November only)

CGII 5th Floor Lobby

(Monthly - First Wednesday)

No RSVP needed! Just show up!

LIBRARY



PAL DOG THERAPY

Sponsored by: PAL

Wednesday, November 1th

11AM - 12PM

Lobby



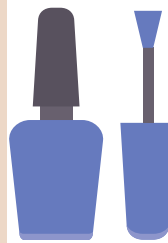
NAIL PAINTING

Sponsored by: McLean Bible Church

Saturday, November 11th

9:30 AM - 10:30 AM

Assisted Living 8th Floor



VAL'S MOVIE MATINEE **DOUBLE FEATURE** **SATURDAYS (MPR)**

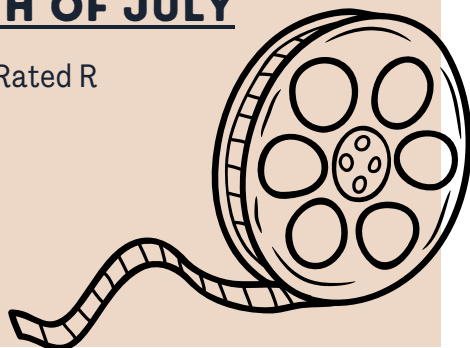
SATURDAY 11/11

1PM: THE BEST YEARS OF
OUR LIVES

Rated

3:30PM: BORN ON THE
FOURTH OF JULY

Rated R



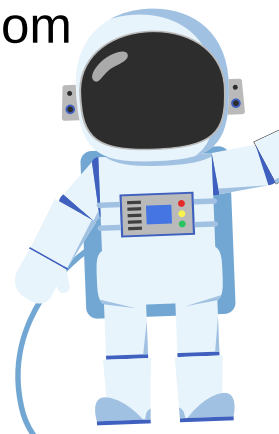
NASA NIGHT

Sponsored by: NASA

Thursday, November 16th

7 PM

Multipurpose Room



RESIDENT VOLUNTEER PROGRAMS

All programs listed below recur on a weekly basis, unless otherwise noted.

Mondays

- (2nd and 4th Week) Culpepper Ladies Club 10:30AM, Multipurpose Room C
- (Bi-weekly) Board Games 6:30PM, 5th Floor

Tuesdays

- Coffee Talk with Mai 8:30AM, 5th Floor

Fridays

- (Bi-Weekly) English Conversation with Barbara 3PM, Multipurpose Room C

Saturdays

- (Bi-Weekly) Board Games 2PM, 5th Floor

RESIDENT LED EXERCISE PROGRAMS

Mindful Stretching with Barbara

Thursdays

1:30PM - 2:30PM

Multipurpose Room A



Video Exercise with Robin

Tuesdays and Thursdays

10AM - 11AM

Multipurpose Room A

Do you want to run a program?

Any resident is able to start a new program! If you are interested in leading a program, you will need to complete an event request form, and make a flyer, at least 1 week in advance. Please let us know if you have any questions or concerns!

VOLUNTEER PROGRAMMING

TECHNOLOGY HELP

Second and Fourth Thursday APPOINTMENTS REQUIRED

(Computer Lab)

Sign-up in the Lobby Binder for individual technology coaching

*Sponsored by: Arlington
Neighborhood Village*

Walk In Tech Help

**Mondays with Emre
Lobby**

4:30PM - 5:30PM

**Wednesdays with Bianca
Resident Services
4PM - 5PM**

SPIRITUAL PROGRAMMING

CHECK OUT THE SPIRITUAL BULLETIN BOARD BY MPR-C FOR UPDATES!

Catholic Mass

Last Thursday of the Month
2pm - Multipurpose Room

Catholic Holy Communion Service

Every Sunday
10:45am - Multipurpose Room

Pray the Rosary

First Tuesday of the month
2pm - Multipurpose Room



Bible Study with Pastor Mike

Every other Wednesday
10am - AL 8th Floor

Protestant Church Services

Every Sunday
2pm- AL 8th Floor

The Chosen: TV Series

Every Tuesday
5:30PM - Multipurpose Room

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

The spiritual bulletin board is located by Multipurpose Room C, in the Garden Level of Culpepper Garden. This is where you will find any updates regarding faith based programming.

RESIDENT SPOTLIGHT: DEE BIVENS

- I was born and raised in the country near Salem, IL but have lived in IL, MO, MI, KY, OK and here.
- My hobbies are many, writing a book, play the piano, gardening, swimming, crafts, listening to music, and helping people.
- My favorite book is the Bible. Reading it gives me comfort, inspiration, console, love and peace.
- My first Karaoke song would be "Crazy" then "Santa Baby"
- Favorite holiday - hmm - I think Christmas because of family get togethers, the uplifting feeling most people have, kindness and the hope it gives for life everafter.
- If I was younger, I would live in Costa Rica. It's a beautiful country, the people on the whole are good and happy and it's less expensive. One can go out the door to pick fruit, garden year round and catch fish anytime.
- The best meal is BBQ ribs, corn on the cob, potato salad, slaw and for dessert..Key lime pie from Land's End in the British Virgin Islands.
- If I were an animal I would be an eagle. To soar, to be free, to be a good hunter and to have elegance and self assuredness would be the best feeling ever.
- I was a stay at home Mom for 16 years the worked at the Board of Education in Elizabethtown, KY, was in radio sales, went through a divorce and moved to Louisville where I worked in sales for a statewide radio network, moved to OK to work for their statewide network and be near my mother, was a travel agent off and on and was in print sales. When my mother passed away, my daughter was just starting a family and called from here in Arlington asking me to come help with the children so I moved halfway across the US! I continued as a travel agent until I retired last year, I taught music therapy to Autistic children for several years and I still teach piano. As far as teaching goes, some other things I taught were voice, swimming, golf, bowling, exercise and softball.
- I learned French and Spanish but have forgotten so much and I get the languages mixed up when I try to speak one or the other!
- I have 3 treasured memories, the births of my 2 children, the trip I took with my daughter and grandson to Egypt and the trip with my daughter and granddaughter to Australia. These 2 trips put my grandchildren on the path to love travel that my daughter and I love to do.
- I had a dream many, many years ago that I dined with Jesus. He is first and foremost the person with whom I would enjoy a meal but would be in absolute awe of Him. I would ask questions and be able to learn so much.
- I have been so blessed in my 82 years to have married a good man, raised 2 wonderful children, one who started a non-profit for children with MS in TN and the other who is making a difference in the world of trade, I had the opportunity to travel to many countries, lived in 6 states and visited 40 and so many other things. We who live here at Culpepper Garden are blessed to live in such a good facility with many added amenities that other places don't have. God is blessing us everyone.
- A fun fact about me is that I was the award recipeint for Outstanding Volunteer, by both DC and VA Daughters of the American Revolution.



RESIDENTS' ASSOCIATION

Happy Thanksgiving!!!

Although I am looking forward to Thanksgiving with my family in Florida, is it wrong if I find myself humming Christmas carols? I will love it all, as long as there is roast turkey and stuffing involved.



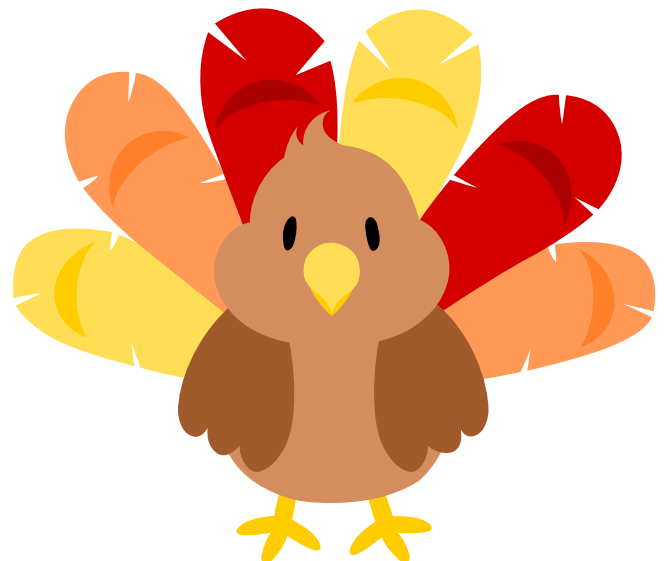
We have a new Dining Services Manager, Jay. I hear good things about him and am looking forward to welcoming him to the Culpepper Garden family.

There will be Virginia elections here in the building on November 7th. One of the races to watch is the two open seats for the Arlington County Board. It is helpful to know where candidates stand on helping seniors. Please vote because your voice matters.

The Wakefield Honor Guard will be here on November 9th at 10:30 a.m. to commemorate Veterans Day. It is an impressive ceremony. Please come down to the lobby to show your support. These young people are patriots.

We will be collecting donations for the Christmas bonus for employees November 1 through December 21. It is only once a year we can show them our appreciation for all they do. Donations can be left in the Residents' Association suggestion box to the left of the Front Desk. We will also have a collection box in the Variety Store during store hours. We will distribute the checks before Christmas. The employees really appreciate it.

We are having a special meeting with Ashley Gomez and her colleague from Lubber Run on November 17th at 9:30 a.m. in the MPR. The Community Center is two blocks away. She can tell us all about the new facility and answer your questions. Ashley is in charge of the 55+ programs. She can explain the minimal fees and give us the benefit of her knowledge. This will be so worth your time.



RESIDENTS' ASSOCIATION

On December 20 we will be electing new members to the Culpepper Garden Residents' Association Board at our monthly meeting. These people will be working to make good things happen for your benefit. Please run for office or volunteer. This is your community. You are a member of the Residents' Association automatically when you move in and there are no fees.

If you would like to run for office in the election please submit your name and the position you are interested in so we can get you on the ballot before the meeting. The slate of candidates running for office will be introduced at the November 15th meeting. The offices open are President, Vice President, Secretary, Store Manager, Assistant Store Manager, Treasurer and Assistant Treasurer for a two year term.

The Variety Store is for your convenience and is quite popular, but we will lose our current manager, Diana at the beginning of 2024 under term limitations. We still need candidates to run for Store Manager and Assistant Store Manager. With two people to share the responsibilities it would certainly make it easier. You may lose your snack center if it isn't staffed. It is the source of funding for the monthly Birthday Ice Cream Socials among other things.

Join us for the Ice Cream Social that is open to everyone on the last Wednesday of the month at 1:30. This month, on November 29th, we will be joined by school children who want to meet the residents and mingle. Don't forget this special date with the children joining us was arranged by Laura. It will be a good time.

Many thanks to all those who helped out during the Ice Cream Social in October, especially Olga, who took over sundae topping duty. It was very well attended and the red velvet cake was fantastic.



UPCOMING RESIDENT ASSOCIATION EVENT:

**LUBBER RUN 101 WITH
ASHLEY GOMEZ!**

**NOVEMBER 17TH
9:30AM
MULTIPURPOSE ROOM**

RESIDENTS' ASSOCIATION

VARIETY STORE

TUESDAYS AND FRIDAYS
1PM - 3PM : GARDEN LEVEL

RESIDENT ASSOCIATION

MEETING

NOVEMBER 15TH

1PM

MULTIPURPOSE ROOM

RESIDENT BOARD

PRESIDENT:

JACKIE PASQUINE

SECRETARY:

BRENDA YOUNGER

TREASURER AND STORE

MANAGER:

DIANA POWER



Do you want to make a difference in your community?

Join the Residents' Association Board or Volunteer Team to get involved, and make a difference at Culpepper Garden!

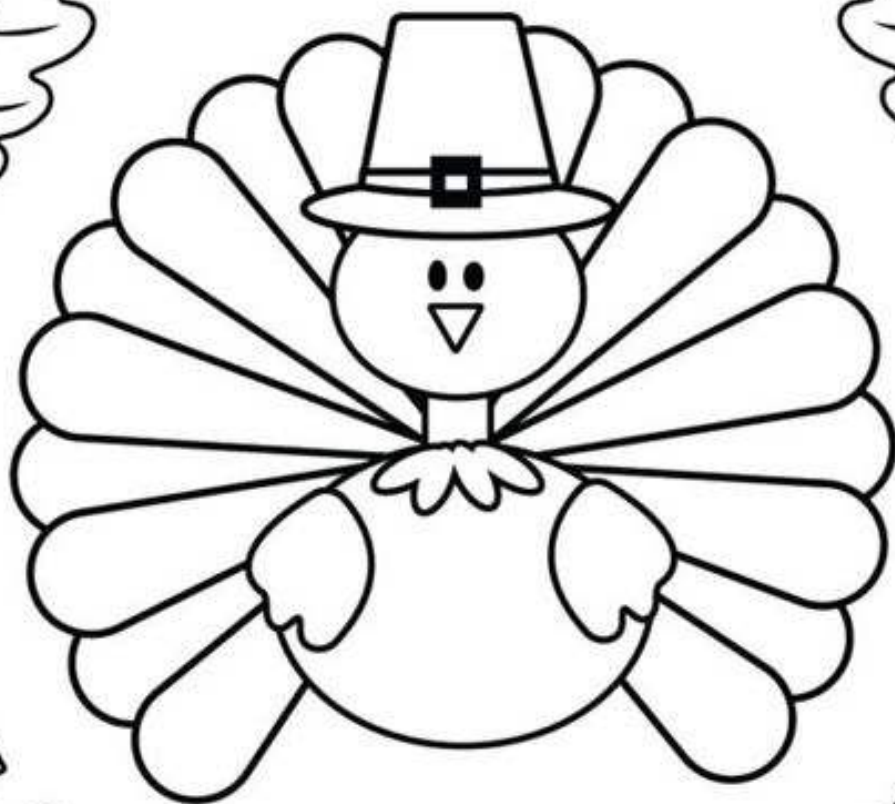
We would love to have you join us!

Job Openings for Board Members: Nominations are due November 2023 to serve starting January 2024. Elections will be held in December.

Available positions: President, Vice-President, Secretary, Treasurer, Assistant Treasurer, Store Manager, Assistant Store Manager



HAPPY



THANKSGIVING!