

July 2024

Culpepper Garden

Culpepper Garden III | 4435 N Pershing Dr, Arlington VA 22203 | 703-528-0162



Celebrating July

Independence Day Party!
July 4

**Donut Social with Arlington
County Police!**
July 9

**Dance School Performance
Group!**
July 10

Library Visit (IL Dining)
July 3

Travel with Terry! Ethiopia
July 30

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Note For Executive Director

Dear Residents, Families & Friends of Culpepper Garden, we hope this newsletter finds you well and enjoying the warmth and beauty of July here at Culpepper Garden. We have some exciting updates to share with you this month that we're sure will bring a smile to your face! **Welcome Our Newest Resident: Miss Elizabeth the Turtle!** First and foremost, we are thrilled to introduce the newest addition to our community, Elizabeth! Elizabeth is quickly becoming a beloved member of our family here. Starting next week, you may spot her in her cozy habitat on the 6th floor of assisted living. Please do not touch or feed Elizabeth, however, feel free to stop by to visit her.

Enhancements to the Dining Program In our ongoing effort to ensure your dining experience is enjoyable and tailored to your preferences, we have made some exciting changes to our dining program. Details of the program were sent via email and door delivery. We will start our breakfast bag program on July 1. Room Service will no longer be available during breakfast unless approved by nursing. If you'd like to dine in your room, you can order a breakfast bag, which is delivered free of charge, or you can pick up your meal to go from the dining room. Any room service deliveries that are not approved by nursing will incur a fee of \$1/ tray delivery. Please refer to the dining flyer for more details. **Welcoming New Staff** Asiatu Jalloh has joined us as the Director of Nursing as of Monday, June 17. Asiatu is an RN/BSN and brings a wealth of nursing experience, including 10 years at CSM and 4 years at Sunrise. Asiatu can be reached via email at ajalloh@culpeppergarden.org. Frances Baysah, LPN, will be joining us as of Friday, June 21, as the Wellness Nurse/ADON. Frances comes to us with 18 years of nursing experience from Watermark Retirement Community and Unity Health Center. Frances can be reached at fbaysah@culpeppergarden.org or extension 123 after June 21.

In the Fast Lane

With more than 200,000 drive-thru restaurants in America alone, it's easy to see how much people love picking up a meal at a window. Maybe it's because we're so busy that we don't have time to order our meals inside. Or maybe we're just a little lazy. If you're looking for an excuse to grab some fast food, look no further than July 24, Drive-Thru Day.

Jack in the Box purports to have invented the first drive-thru in 1951 at its San Diego eatery. Others claim the drive-thru was conceived by two Texans, one a tobacco salesman and the other a doctor. They teamed up to open Kirby's Pig Stand drive-in restaurant in Dallas in 1921. Whether you drive-thru or drive-in, people have been eating in their cars ever since.

Introducing Our New Continenence

Management Program, We understand the importance of maintaining comfort and dignity for all our residents. With this in mind, we are pleased to announce the introduction of our new Continenence Management Program. This program is designed to provide personalized care and support to those who need it, ensuring that everyone can feel confident and comfortable throughout their day. Details were delivered via email and door flyer. Please email shayward@culpeppergarden.org if you'd like to sign up.

Celebrating Independence Day On July 3rd, the kitchen will be offering a special holiday themed menu to include hotdogs, hamburgers, coleslaw and other goodies. On July 4th we will be offering free popsicles with a mini-American flag. IL Residents can pick up their popsicles on July 4th at 2pm in the main dining room. AL residents can pick up their popsicle and flag at 2p in the 6th floor Assisted Living Dining Room.

Caught Being Kind!

Emiko Takeuchi



Janet Utman



Mallets and Madness

During July, in the green parks of Portland, Oregon, you might hear deep and resounding thuds, along with the dainty tinkling of teacups. If so, you may have discovered the strange world of Mondo Croquet. The rules of this backyard lawn game are almost identical to the original game from England, complete with period costumes and a picnic of tea and finger sandwiches. But instead of mallets, players wield sledgehammers, and in lieu of small croquet balls, they knock bowling balls through massive steel hoops. Sure, the occasional bowling ball cracks under the pressure, but players are allowed to continue their round using the biggest remaining piece. And there is one additional rule: once a player finishes a round, they are allowed to continue play with the sole purpose of knocking out other players' balls. If that doesn't sound fair, it should be noted that fairness isn't the purpose of the game. The goal of the game is to have fun, and when it comes to Mondo Croquet, the bigger the fun the better!

Activities News!

Field trip to Arlington Rose Garden!

July 5th

Please meet in Lobby by 2pm

Field Trip to Art Studio

July 26th

Please meet in the Lobby by
8:45am

All Fields Trips must to be signed up for ahead of time.

Please see Life Enrichment Director Colleen Boltri for field trip sign ups!

Resident Services News

AL Fundraiser!
\$5 Walker Bags for SALE!

See Renita at Residents'
Services to purchase a
bag!

Jazzercise
Fun exercise class with
Renita!
Date and Time TBD

Glam Girls with Renita!
Date and Time TBD

Keep an eye out in the elevators
for details!



July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight.

Residents

Blitz Marjorie – July 4
Ghanati Javad – July 17
Holman Madeline – July 24
Kelley Brenda – July 27
Mamani Luis – July 6
Pietrzak Julie – July 24
Ulmer Johnanna – July 25

Please see Renita for all clinic signups!

All signups close 2 weeks
before clinic date, if sign up
after deadline you will be
added to the next scheduled
clinic.

Hearing 7/30

Pod- 7/8

Derm-7/29

Vision -7/23 Sign up closed
for July! (*all new sign-ups will
go on next vision clinic
waitlist*)

Psych- 7/16



Looking back into June
Luau Party!!!







Crafting!



Mosaics!

Panama Canal

Use the clues to fill in the crossword.



Panama Canal

(clues)

ACROSS

3. Arm of the Atlantic
4. Canal parts
5. River barrier
6. Land network used to ship freight
10. Theodore _____
12. Dam-made body of water
14. Wet, wooded region
16. Country that opened the canal in 1914
21. Quicker route
22. River or canal

DOWN

1. Country that now owns the canal
2. Construction material
3. Ship's freight
7. Explosive stick
8. World's largest ocean
9. Access charges
11. European country that first attempted to construct the canal
13. Second-largest ocean
15. Vipers and asps
17. Not wide
18. Do business or barter
19. Large boats
20. Strong metal

