

August 2024

Culpepper Garden

4435 N Pershing Dr. Arlington, VA 2203 | 703-528-0162 | www.culpeppergarden.org



Celebrating August

Goat Cheese Month

Traffic Awareness Month

**What Will Be Your Legacy
Month**

Birthday Party, with Alex

August 30th

**Glam Girls: “What makes you
Happy”**

August 23rd

Director of Nursing

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Executive Director

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A Note for Executive Director!

Dear Residents, Families, and Staff,

Welcome to August! As we step into this vibrant month, I wanted to take a moment to reflect on our recent accomplishments and share some exciting plans we have in store for the weeks ahead.

We've concluded a busy month of housing inspections. I want to thank everyone for their patience and grace during this mandatory process. We were able to complete inspections for all buildings without any issues. Our summer activities have been in full swing, and I am thrilled with the enthusiasm and participation from everyone. Please don't forget to check out our August calendar for Independent Living and Assisted Living to keep up with all the activities that we have planned for the coming month.

As always, I want to extend my deepest appreciation to each of you. To our residents, your participation and joy are the heart of our community. To our families, your support and involvement help us create a nurturing and vibrant environment. And to our staff, your unwavering commitment and compassion are the foundation of our success.

Here's to a fantastic August filled with fun, connection, and cherished moments. Let's make the most of the summer days and continue to build on the wonderful spirit that makes Culpepper Garden a truly special place. Thank you for being an integral part of our community. I look forward to sharing more joyful experiences with you this month.

Best wishes,

Stacey Hayward
Executive Director
Culpepper Garden

Resident Services News

August Clinics

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

- Hearing 8/27/24 -Time TBA
- Derm- Date TBD-IN ROOM
- Vision -Building Waitlist (all new signups will go on waitlist for the next vision clinic)
- Psych- 8/20/24- IN ROOM
- Pod- 8/2/24 @ 1:30pm
6th floor
- Glam Girls- “What makes me Happy?”
August 23rd at 2pm on 6th Floor.
We will speak about the history of Happiness month and do a happy face craft with each resident highlighting what makes us happy!
- Jazzercise -8/16 & 8/23

TIE DYE T-SHIRT FUNDRAISER!

Pre-Orders Required! Place your order with IL Resident Services (Rebekah or Kiarra) before August 15th!

\$15 per shirt (\$10 for residents)

All proceeds from this fundraiser will benefit the Independent Living Service Coordinator Fund.

The Service Coordinator Fund can be used to promote health and wellness for the community. The Fund can also be used to support Emergency Resident Assistance Applications.



Please Respect Our Community!

As a friendly reminder please respect our beautiful property!

Do not feed the birds or wildlife in our garden, as it is not good for the garden or animals.

Do not throw trash in the garden or pick our flowers!

Do not take home anything from the tables or in community spaces. Those are for community use only.

Thank you!

Save the Date: Culpepper Carnival!

Friday, September 6th

1:30pm-3:30pm

Highlights:

- Splash a Staff member (\$1 per throw or \$5 for a guarantee!)
- Raffle Prizes (\$1 Per Ticket)
- Carnival Food (\$1 Each)
- Live Music
- Photo Booth
- And more!

Dining News

Starting August 1st there will be a \$1 per-tray for room service.

Fee will be waived if you have a medical condition that prevents you from leaving the room. This is determined by our nursing department. Please see our Nursing Director Asiatu for your assessment!

If you do not want to eat in our dining room. You can also pick up your food and you will not be charged a fee.

Caught Being Kind!

Kristi Thompson



Bernadette Romano



August Birthdays!

Resident Birthdays

Margaret Ellis – August 19th
James Fagley – August 2nd
Sheron Hughes – August 27th
Robert Jack – August 9th
Elizabeth McRaney – August 5th
Marcella Miller – August 11th

Staff Birthdays

Mihrete Asfaw – August 22nd
Samantha Herbel – August 19th
Rezan Girma – August 1st
Rosa Parihuaman – August 30th
Jacquelina Quispe Huaycho – August 29th
India Lewis – August 29th

**A Reminder to be Kind and
Respectful to Everyone in our
Community!**

Practice kindness every day! To our
staff and fellow residents!

You never know what someone else
is going through and that kind word
or gesture might be just the thing
they need to help them out.

“Carry out a random act of kindness,
with no expectation of reward, safe
in the knowledge that one day
someone might do the same for
you.”

— Princess Diana