

JANUARY 2018

# Culpepper Garden III

4439 N. Pershing Drive, Arlington, Virginia 22203 \* PH: 703-528-0162 \* FAX: 703-524-3671  
VA RELAY: 1-800-828-1120



## **Management Staff:**

*Mary Van Wie*  
Administrator

*Elizabeth Edwards*  
LPN Unit Coordinator

*Melissa Ferdock*  
Activities Director

*Azeb Yohannes*  
Supervisor – 2<sup>nd</sup> shift

*Rezan Girma*  
Supervisor Night shift



# RECERTIFICATION UPDATE



## SECOND CALL FOR COPIES OF YOUR

### 2017 SOCIAL SECURITY NOTICE ENTITLED “HOW MUCH WILL I GET AND WHEN”

### OFFICE OF PERSONNEL MANAGEMENT “2017 ANNOUNCEMENT OF ANNUITY ADJUSTMENT”

### DEFENSE FINANCE AND ACCOUNTING SERVICE “2017 ANNOUNCEMENT OF ANNUITY ADJUSTMENT”

**When you receive your 2017 Social Security benefit notice, entitled “How Much Will I Get and When?”, your Office of Personnel Management – 2017 Announcement of Annuity Adjustment form, and/or your Defense Finance and Accounting Service – 2017 Announcement of Annuity Adjustment form, please bring the notice and/or form to the Front Desk, so that we may make a copy – required documents for your 2018 Annual Recertifications.**

**BENEFICIARY'S NAME:**

By law, Social Security benefits increase automatically to keep pace with inflation. When there is a period of no inflation, the law does not permit an increase in benefits. Based on the Consumer Price Index (CPI) published by the Department of Labor, there was no rise in the cost of living during the past year, so your benefit will remain the same in 2010. The CPI is the federal government's official measure used to calculate cost-of-living increases.

Please review the other important information in this mailing. You can use this letter when you need proof of your benefit amount to receive food stamps, rent subsidies, energy assistance, bank loans, or for other business.

**How Much Will I Get And When?**

- Your monthly amount (before deductions) is \_\_\_\_\_
- The amount we are deducting for Medicare medical insurance is \_\_\_\_\_  
(If you did not have Medicare as of Nov. 19, 2009,  
or if someone else pays your premium, we show \$0.00.)
- The amount we are deducting for your Medicare prescription drug plan is \_\_\_\_\_  
(If you did not elect withholding as of Nov. 1, 2009, we show \$0.66.)
- The amount we are deducting for voluntary federal tax withholding is \_\_\_\_\_  
(If you did not elect voluntary tax withholding as of  
Nov. 19, 2009, we show \$0.00.)
- After taking any other deductions, we will deposit \_\_\_\_\_  
into your bank account on Jan. 13, 2010.

**What If I Have Questions?**

Please visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) for information and a variety of online services. You also can call 1-800-772-1213 and speak to a representative from 7 a.m. until 7 p.m., Monday through Friday. Recorded information and services are available 24 hours a day. Our lines are busiest early in the week, early in the month, as well as during the week between Christmas and New Year's, it is best to call at other times. If you are deaf or hard of hearing, call our TTY number, 1-800-328-0778. If you are outside the United States, you can contact any U.S. embassy or consulate office, or the Veterans Affairs Regional Office in Manila. Please have your Social Security claim number available when you call or visit and include it on any letter you send to Social Security. If you are inside the United States, and need assistance of any kind, you also can visit your local office.

SUTY,200  
1401 WILSON BLVD  
ARLINGTON VA

**Greg Rehkopf**  
**Marketing and Admissions Manager – Compliance Officer**

## From the Office

**If you have medications,** prescriptions and/or over-the-counter such as Tylenol, aspirin, stool softeners, etc.. **in your apartment,** they must be in a secured place and not out on the counter, table or night stand.

### PLEASE LOCK YOUR DOOR

We need to know all meds that you bring into your apartment. Please do not carry medications around in wheeled walkers(NO PRESCRIPTIONS OR OTC'S)



Bedtime and between meal snacks are available for all residents desiring them, or in accordance with their physicians or other Prescribers orders. The snacks will be offered on the 3<sup>rd</sup> floor.

## RESIDENT FIRE PLAN & WHAT YOU NEED TO KNOW

1. In case of fire in your apartment, go into the hall and pull the fire alarm downward.
2. When you are in your apartment and the fire alarm rings,
  - Stay in your apartment, keep the door closed, put a wet towel at the bottom of the door to keep the smoke out.
  - If you wish, and are able to do so, you, may proceed to the exit door by the laundry room, and exit into the independent living wing.

*We ask that Assisted Living residents stay in their apartments and staff will assist if needed.*

**Note:** - Do not use the elevator.

- Do not use the emergency cord.



### Fire Drills

Fire drills are mandatory per state regulations and must be done on as monthly basis during the day and /or night. If there is a real fire, staff will alert you. Follow the instructions on the back of your door and be sure to stay in your apartment with windows and doors closed.



## Electric Ahead of Its Time



In this era of electric vehicles, it seems that technology knows no boundaries. But on January 10, 1985, when inventor Sir Clive Sinclair

unveiled his newest invention, the Sinclair C5 electric vehicle, it was immediately dismissed as a failure. However, without the C5, who knows where electric vehicles and all their high-tech trappings would be today?

Clive Sinclair made his fortune inventing pocket calculators in the 1970s and home computers in the 1980s. He was such an important personality in England that he was knighted in 1983, the very same year he founded Sinclair Vehicles. Inventing an electric-powered vehicle had been Sinclair's passion since the 1950s. Interestingly, in America in 1912, electric cars outnumbered vehicles run by an internal combustion engine. But as the internal combustion engine became more efficient, electric model cars were rendered obsolete. Clive hoped to flip this trend with his C5, which was less a car and more of an electrically assisted pedal vehicle—kind of a souped-up recumbent tricycle with a battery-powered engine that went 15 mph and had a polypropylene shell. It was marketed as an alternative to both cars and bicycles, but it never took off. Out of the 14,000 manufactured, only 5,000 sold. Sinclair's invention became a notorious flop.

Fast-forward 32 years, and it seems the world may finally be ready for the C5. Sir Clive Sinclair's nephew Grant Sinclair has brought his revamped C5, called the Iris E-Trike, to a world full of bicycle lanes and environmental-awareness campaigns. Better yet, its top speed is 30 mph and it has a more powerful motor. Once again, it seems as if the target consumer is someone who wants the earth-friendliness of a bicycle wrapped in the comfort of an enclosed car. So is the world finally ready for the C5? Only time will tell. The first models of the C5 were made available at the end of 2017.

## January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

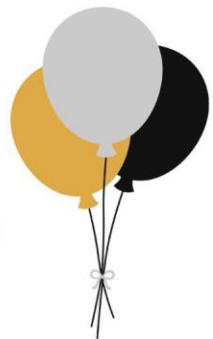
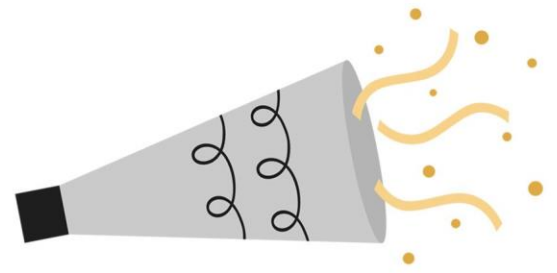
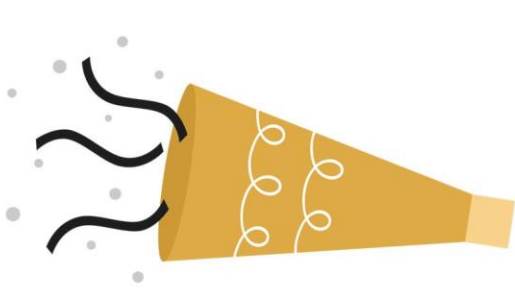
Paul Revere (revolutionary) – January 1, 1735  
J.R.R. Tolkien (author) – January 3, 1892  
Diane Keaton (actress) – January 5, 1946  
Elvis Presley (musician) – January 8, 1935  
Richard Nixon (president) – January 9, 1913  
Julia Louis-Dreyfus (actress) – January 13, 1961  
Vidal Sassoon (stylist) – January 17, 1928  
Dolly Parton (musician) – January 19, 1946  
Neil Diamond (singer) – January 24, 1941  
Wolfgang Mozart (composer) – January 27, 1756  
Jackie Robinson (ballplayer) – January 31, 1919

## January Birthdays

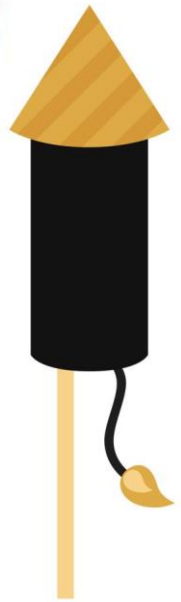
Cleo Kelley – January 16<sup>th</sup>  
Evilia Pardillo – January 16<sup>th</sup>  
Lucy Winston – January 17<sup>th</sup>  
Neva Fitzgerald – January 27<sup>th</sup>



# HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F  
 G R B K G Z T Y Z I Z Z J Q C O M P X B  
 M D M B T B K T P X N S L T K C X X W T  
 M I Q C R A E Y W E N O Z J K S K R N H  
 L P D M V X P N Z J L O V Z V Y D Z Q G  
 G P E X A X K O Q N C O U N T D O W N I  
 F V Z N D S S M B P C Y W V F T W F B N  
 T R S P S P A R K L E R S H Q T O J A D  
 P J O L B Y V M S Y L N N N R C A F L I  
 Y L P E N S K R O W E R I F Z N Y C L M  
 X J K E B D P P G W B K N J U G J W O J  
 W I S C F S F L D B R G P A J E X A O K  
 Q S C A O W D J R M A W R T J H Q H N C  
 F R Q K J N W P A R T Y P O P P E R S O  
 K E P A U J F G X M I Z X R T S X K Q L  
 V E N R I Y E E B G O Q Y I U P H K Y C  
 Y H I S I R E O T J N O I T U L O S E R  
 Q C S H A P P Y G T B O U V C D L R Z G  
 R M Q G Q X Y B N O I S E M A K E R G F  
 N A E N K V K T Y F H R R A Y R Y I A V



Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers



# December Birthdays



**Monique Adam - Dec. 2<sup>nd</sup>**



**Kathleen White - Dec. 7<sup>th</sup>**



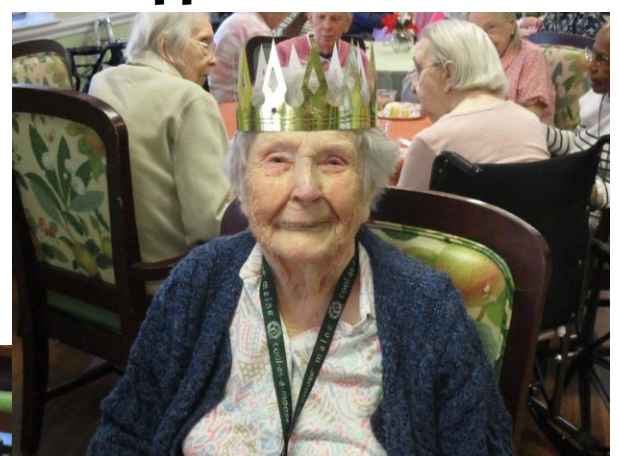
**Irene Navazelskis - Dec. 13<sup>th</sup>**



**Guiseppeina Lisle - Dec. 16<sup>th</sup>**



**Marie Mudd -  
Dec. 20<sup>th</sup>**



**Rita McDonald -  
Dec. 23<sup>rd</sup>**

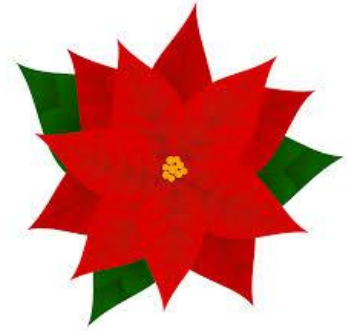


**Golde Rhodes - Dec. 26<sup>th</sup>**

# December Activities



**Winter Center Pieces**



**Christmas Crafts**



**AL Christmas Concert**





# Christmas Party





