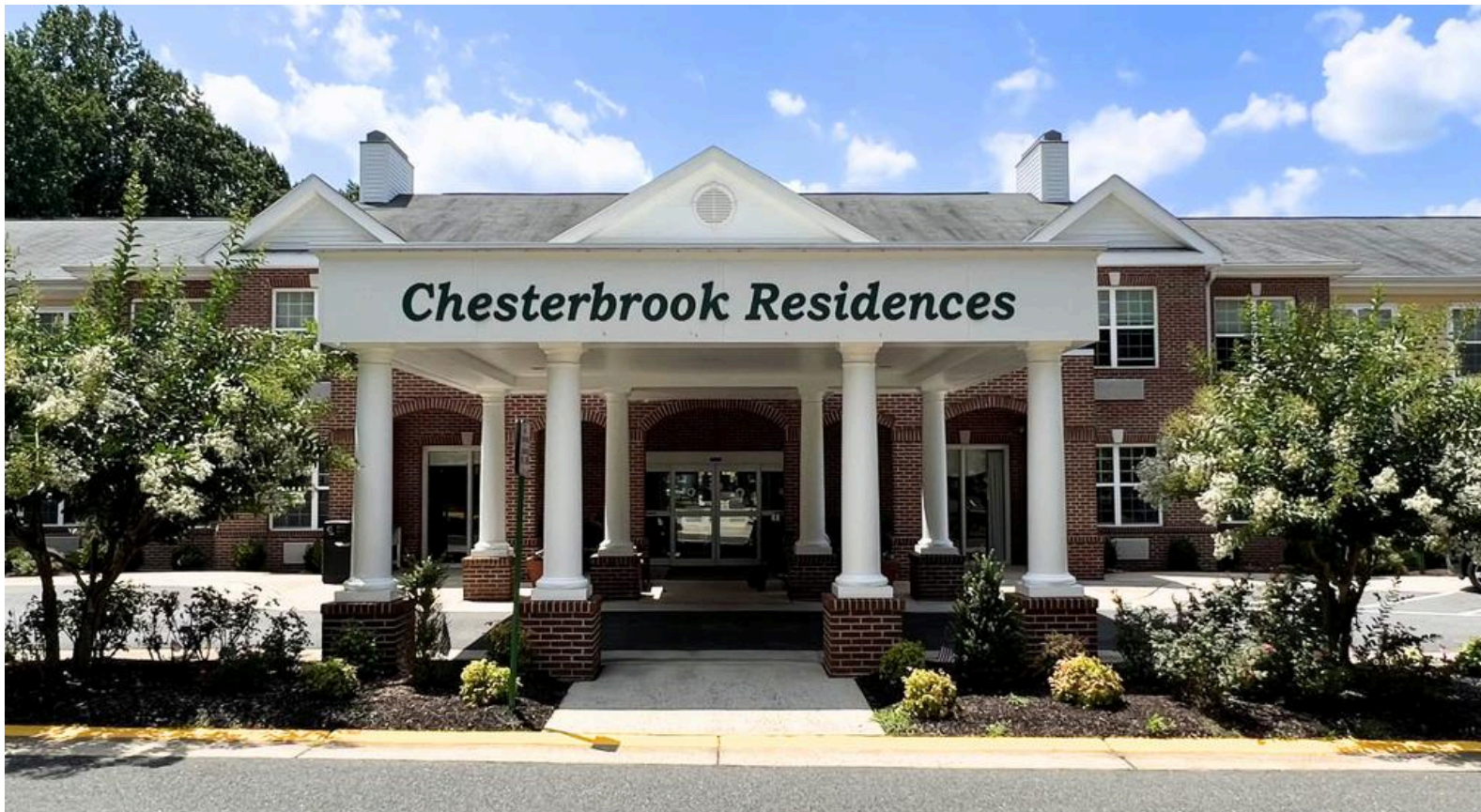


# THE BIG SCOOP

## CHESTERBROOK RESIDENCES

### LIFE ENRICHMENT NEWSLETTER & UPDATES

APRIL 2025



**"Spring is the dance of colors, a celebration of life's renewal." – Unknown**



**"April is the month when the world wakes up from its winter sleep."**



# Message from the Executive Director

Dear Chesterbrook Family,

As we step into April, I have a few important reminders to share with you! If you are leaving for the day or just a few hours, please let the Medication Aide on your floor know. If needed, the charge nurse can also provide medications directly to a family member. Additionally, please remember to sign in and out when leaving the community. This is very important for safety and ensures we can reach you in case of an emergency.

The Wishing Well Project has granted several wishes over the past few months, and we are excited to continue making dreams come true! Thanks to a grant we received, we now have the opportunity to help residents experience something they've always wanted to do or relive a special moment from the past. We will periodically grant the wish of one lucky resident! To submit your wish, simply fill out a wish slip in the lobby and place it in the well, or send an email to [volunteer@cri-va.org](mailto:volunteer@cri-va.org).

For our residents with furry friends, Value Vet in McLean offers affordable pet care. Their location and contact information is:  
1364 Chain Bridge Road, McLean, VA 22101, office : 703-982-7400

As always, I welcome your thoughts, ideas, and suggestions. Let's make this spring a season of joy, connection, and wonderful new memories!

Warm Regards,

Bremda Riggs  
Executive Director



## RESIDENT SPOTLIGHT

# SUSAN B.



### **Susan at our wonderful Mardi Gras Celebration!**

Susan was born and raised in Northwestern Pennsylvania, and moved to Northern Virginia to be closer to her Daughters who lived in the area.

Susan spent many years working as a social worker, and enjoyed helping the people in her community. She has two wonderful daughters! Susan loves dogs and cats and has owned both in her lifetime!

### **Life at Chesterbrook**

Susan moved to Chesterbrook in late 2024, and is very happy to be here! One thing she hopes to be able to do is to visit her cousin in Maine!

Susan really enjoys singing and breaking into song! She says her favorite types of music are rock and roll, folk, and country. She also enjoys listening to classical music!

Words of wisdom Susan thinks she would like to offer/share is “even though bad things happen, it always gets better.” She also shared that her favorite quote is “This shall pass”. Be sure to say hello the next time you see her in the halls or dining room!



### **Susan (left), Julia (center), & Lois (right) Cheering on students from Temple Rodef Shalom on Purim!**



Dick & Del  
sipping on  
Huicanes!



Vaishnavi (Madeira Intern) & Abe (Rehab Director)  
Dicing Peppers & celery for our Mardi Gras jambalaya!

**Chesterbrook's Mardi gras celebration!!**

**Live Music, Homemade jambalaya, Hurricanes, & King cake!! What else could you ask for?**



Vivian & Allison (Madeira Interns)  
hard at work chopping  
the chicken for the jambalaya!

# Chesterbrook Birthdays!

## Resident Birthdays

04/03 - Diana M.  
04/05 - Sandra W.  
04/07- Janet B.  
04/16 - Arlene G.  
04/18 - Anne K.  
04/18 - Ken P.  
04/19 - Louise O.  
04/21 - Katherine B.

## Team Member Birthdays

04/04 - Hawanatu S. (Nursing)  
04/06 - Ehsan A. (Dietary)  
04/15 - Maholareine T. (Dietary)  
04/17 - Daleman D. (Maint.)  
04/25 - Merikokeb G. (Nursing)

## HOROSCOPE



### Aries (March 21- April 19)

During March, the desire to change was front and center and the momentum is not slowing down this month. Continue to stay focused on what you want. True desire comes from within. Venus retrograde has illuminated the ways you've sacrificed in order to keep the peace. Let these realizations free you.

### Taurus

(April 20 - May 20)



Taurus it's your birthday season! April brings an invigorating energy in hopes to encourage you to open up wholeheartedly with the world around you. Holding back is not an option; you are being supported to take proactive steps toward your goal and communicate honestly.

## Spring Craft With Linsey!



Can't get enough of



THE POTOMAC SCHOOL



Second graders from Potomac School visited to make connections with our residents and joined us for exercise!!



DRESS REHEARSAL



In March, Potomac school was kind enough to invite us to visit their school and support the second graders in their play rehearsal!



# Famous April Birthdays

The following people were born in April. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Andre **AGASSI**
- B. Dale **EARNHARDT**
- C. Betty **FORD**
- D. James **GARNER**
- E. Billie **HOLIDAY**
- F. Washington **IRVING**
- G. Thomas **JEFFERSON**
- H. David **LETTERMAN**
- I. John **MADDEN**
- J. Pete **ROSE**
- K. William **SHAKESPEARE**
- L. Barbra **STREISAND**

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

**Bonus:** Match the person to the correct clue.

- |                                 |                         |
|---------------------------------|-------------------------|
| 1. Author ____                  | 7. Tennis champion ____ |
| 2. Actress/singer/director ____ | 8. TV personality ____  |
| 3. Baseball player ____         | 9. Jazz singer ____     |
| 4. Auto racer ____              | 10. Playwright ____     |
| 5. U.S. president ____          | 11. Football coach ____ |
| 6. First lady ____              | 12. Actor ____          |

# UNCORKED WINE CLASS & PAIRING WITH BREMDA : FRENCH CHAMPAGNE PAIRED WITH CHICKEN & WAFFLES, DRIZZLED WITH MIKE'S HOT HONEY!



Our very own, in house, French liaison, Sarah, verifies that our Champagne is in fact, from Champagne France!



*Cheers!*





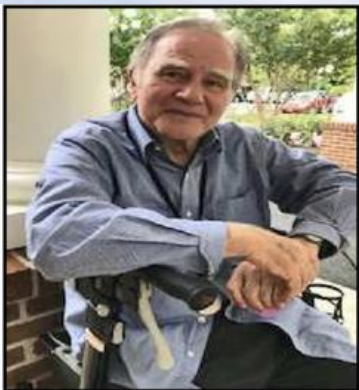
# **OUR TIME**

**IN THE BEGINNING OUR TIME STOOD STILL  
IN THE MIDDLE OF EVERYTHING  
AND IN ITS FIRST FRACTION (COMA WITH FORTY ZEROS)  
EVERYTHING WAS JUST A SPARKLE  
SMALLER THAN A NUCLEUS OF ATOM  
THE CRUX OF THE MATTER**

**IN FIRST ONE HUNDREDTH OF A SECOND CHAOS WAS SO DENSE  
EVEN NEUTRINOS COULDN'T GET THROUGH  
ONLY AFTER A SECOND IT ALL COOLED OFF TO TEN MILLION  
GRADES**

**WHICH GLUED PROTON WITH NEUTRONS  
AND AFTER ONE HUNDRED SECONDS NUCLEI OF HELIUM**

**DURING FIRST BILLION YEARS GASES WERE STILL SO DENSE  
THAT THEY COAGULATED INTO BILLIONS OF GALAXES  
WHIRLING LIKE IN THE PICTURE BY VINCENT VAN GOGH  
INCLUDING STARS THAT EXPIRED BILLIONS OF YEARS AGO  
EXCEPT FOR THE LIGHT OF THEIR PAST  
WHICH IS STILL OURS**



**WRITTEN BY HENRYK G.  
RESIDENT OF CHESTERBROOK**

# OUR ST. PATRICK'S DAY LUNCHEON !



# Sips & Spirits - Monthly Cocktail Series: Irish Coffee



# Parkinson's Moving Day

## “Sponsor A Lawn Flower” Fundraiser is Back!!

April is Parkinson's Awareness Month!

Donate to our team and help make a difference for the ONE MILLION people affected by Parkinson's Disease!

**Donations \$20 and OVER will be entered to win a gift basket featuring items from local businesses!**

**\$15 donations give you the opportunity to personalize a lawn flower!**



**Scan the QR Code for a link to donate digitally or track our progress!**

Thank you for supporting our team and the important work of the Parkinson's Foundation!

**Last day for fundraising is May 2nd**

*Chesterbrook*  
**RESIDENCES**  
A Caring Assisted Living Community

# Purim parade with students from Temple Rodef Shalom!



## Scenic Ride - Cherry Blossom Tour In D.C. !



We Rode Around The Tidal Basin, Washington Monument, & World War II Memorial !



# April Trips

## - Outings -

04/04 - 10:15 AM (FRIDAY) 😊  
SCENIC RIDE - D.C & ICE CREAM!

04/11 - 10:15 AM (FRIDAY)  
LUNCH OUTING:  
CRACKER BARRELL (\$)

04/18 - 10:15 AM (FRIDAY) 😊  
PRINTING & ENGRAVING MUSEUM

04/19 - 12:00 PM (SATURDAY) 😊  
VISIT SULLY HISTORIC HOUSE

04/23 - 12:15 PM (WEDNESDAY)  
SELFCARE SOCIAL  
AT LOUDOUN SHELTER 😊

04/25 - 10:15 AM (FRIDAY)  
PICNIC AT 😊  
MEADLARK BOTANICAL GARDEN

04/27 - 10:15 AM (FRIDAY)  
SCENIC RIDE & TEA 😊  
- FALLS CHURCH

04/28 - 1:15 PM (MONDAY)  
LOW VISION SUPPORT GROUP

😊 \*\* INDICATES THE TRIP IS FREE!!

## - Shopping -

04/02- 12:30 PM (WEDNESDAY)  
BANK & ERRAND RUN (\$)

04/06 - 2:15 PM (SUNDAY)  
DOLLAR TREE (VIENNA) (\$)

04/07 - 9:30 AM (MONDAY)  
GIANT (MCLEAN) (\$)

04/09 - 10:00 AM (WEDNESDAY)  
COSTCO OR BJ'S (\$)

04/14 - 9:30 AM (MONDAY)  
WALMART / TARGET (\$)

04/21 - 9:30 AM (MONDAY)  
WEGMANS - FAIRFAX (\$)

04/23 - 9:15 AM (WEDNESDAY)  
TALBOTS (\$)

04/27- 2:00 PM (SUNDAY)  
ALDI (\$)

04/28 - 9:30 AM (MONDAY)  
GIANT (MCLEAN) (\$)

04/30- 12:30 PM (WEDNESDAY)  
BANK & ERRAND RUN (\$)

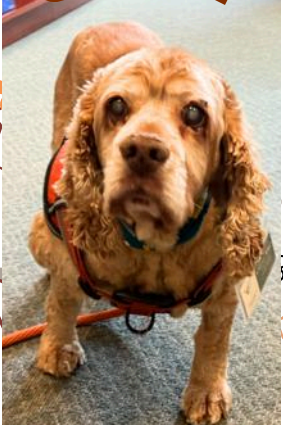
\*\*(\$ ) INDICATES TRIPS THAT HAVE A  
COST ASSOCIATED WITH THEM

# CULTURE & CUISINE: VIETNAMESE PHO WITH ANNIE



## The Pets of Chesterbrook!

**CHEWY**



**RIGGS**



**CHEWY IS A REGULAR VISITOR AT CHESTERBROOK. HE IS A 16-YEAR-OLD COCKER SPANIEL. HE LOVES TREATS AND BEING WITH HIS MOM, BREMDA. IF YOU SEE HIM AROUND COME GIVE HIM A PET!**

## GARDEN CLUB & COMPOSITING WITH CARLA



## RESIDENTS BILL OF RIGHTS

- Be informed of your rights, rule, and regulations governing your care, conduct, and responsibilities
- Be informed of available services and related charges
- Participate in planning your care and treatment
- Be informed of reasons for transfer or discharge and be given reasonable advance notice
- Voice grievances and recommend changes in policy
- Manage your personal financial affairs
- Be free from mental and physical abuse and from unauthorized chemical and physical restraints
- Confidential treatment of your personal and medical records and approval or refusal of their release
- Be treated with recognition of dignity, individuality, and privacy
- Not perform services for the facility without your consent
- Have private communication with persons of your choice and to send and receive unopened mail
- Participate in social, religious, and community activities
- Maintain and use personal clothing and possessions as space permits
- Have privacy for visits with your spouse, family, and friends
- Have information on the rights and responsibilities of residents posted in a visible place



# Chesterbrook RESIDENCES

## At Your Service:

Brenda Riggs, ext. 102    Annie Tran, ext. 135  
*Executive Director*    Business Office Manager  
briggs@cri-va.org    bom@cri-va.org

Aden Tajebe, ext. 111    Angie Phillip, ext. 136  
*Director of Nursing*    Assistant Director of Nursing  
don@cri-va.org    adon@cri-va.org

Kotoh Kalokoh, ext. 109    Sarah Malaby, ext. 105  
*Director of Admissions &*    *Director of Community Relations*  
*Recertification*    community.relations@cri-va.org  
admissions@cri-va.org

Jesus Urrita, ext. 115    Lloyd Moss, ext. 107  
*Director of Maintenance and*    *Food Service Director*  
*Housekeeping*    fsd@cri-va.org  
dom@cri-va.org

Carla Ceron, ext. 106    Linsey Berens, ext 116  
*Life Enrichment Director*    *Resident Services Coordinator*  
life.enrichment@cri-va.org    lberens@cri-va.org

Bezawit Assefa    Jacquie Wise, ext. 100  
*Life Enrichment Coordinator*    *Administrative Assistant*  
Driver #: 703-300-3856    adminassistant@cri-va.org



**TTE LLC SALON IS OPEN FOR  
BUSINESS!  
TUESDAYS | THURSDAYS |  
FRIDAY S**

**10AM –3PM  
PLEASE CALL 703.474.9517  
TO SCHEDULE AN  
APPOINTMENT**

**(CLOSED ON MONDAY &  
WEDNESDAY )**



**FREE TRANSPORT TO MEDICAL DR. APPTS.  
ARE AVAILABLE  
TUESDAYS AND THURSDAYS 8:30-2 WITHIN  
7 MILES OF CHESTERBROOK.**

**PLEASE SIGN-UP WITH THE FRONT DESK  
AND IDEALLY, PROVIDE 24 HOURS NOTICE**    703-300-3856

Glen Lizaso  
*Van Driver*

*Driver #:*

703-300-3856

Shirly Songco, ext. 100  
*Evening & Weekend Receptionist*  
receptionist@cri-va.org