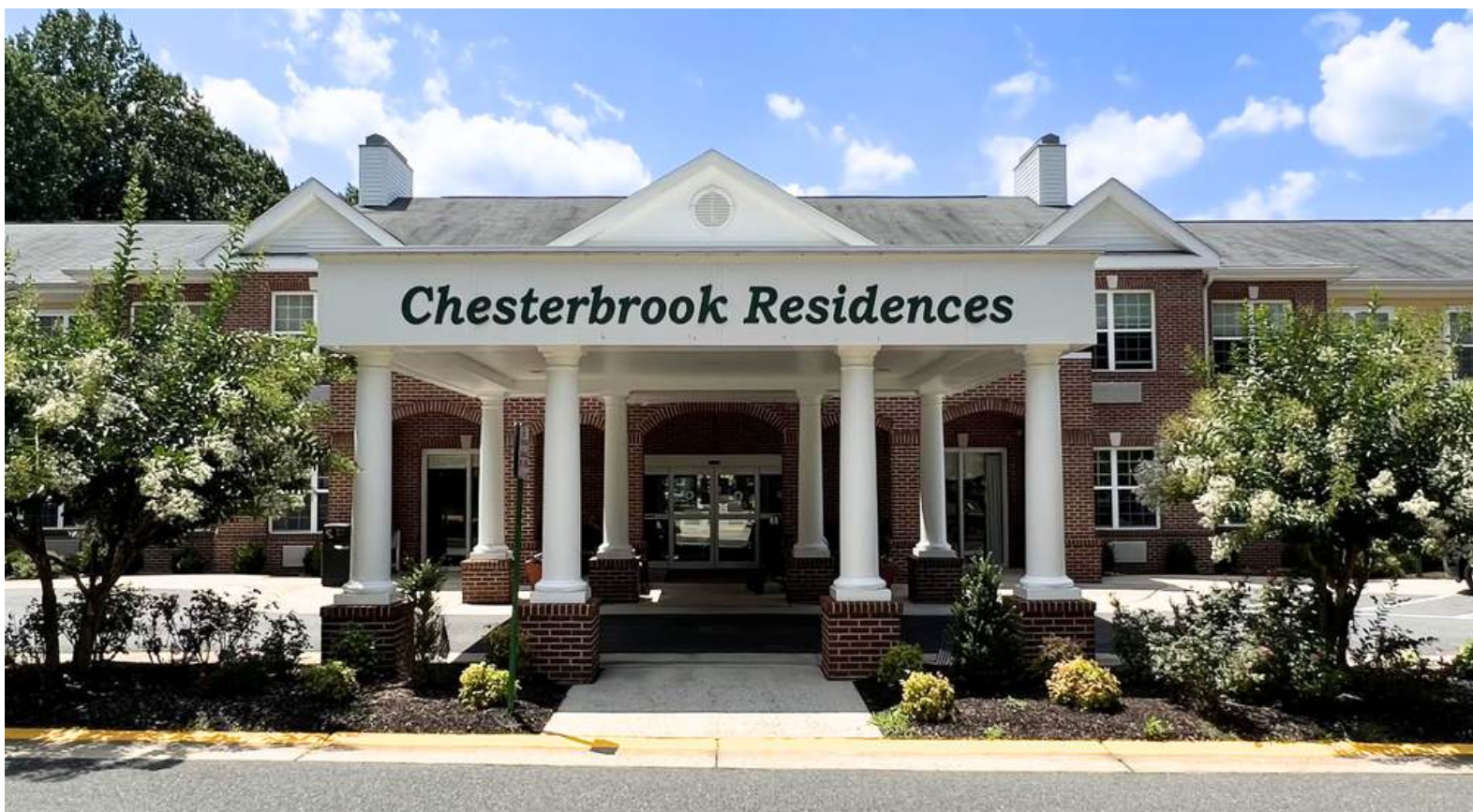


THE BIG SCOOP

CHESTERBROOK RESIDENCES

LIFE ENRICHMENT NEWSLETTER & UPDATES

DECEMBER 2024



“It’s the most wonderful time of the year.” – Andy Williams

“December is a time of enormous potential. It’s a time when we can all give and receive, a time when the spirit of humanity shines the brightest.” – Unknown

Message from the Executive Director

As we wrap up another wonderful year at Chesterbrook Residences, I'm reminded of how much we've accomplished together. This year has been filled with joy, connection, and growth. From our lively, You Are Special Dance with DJ Lloyd to the Fourth of July BBQ, the Grandparents Day celebration, and our Anniversary Dinner celebrating 17 years this past November, showcased the vibrant community spirit that makes Chesterbrook so special.

This December, we're bringing even more cheer to our community with the Resident Christmas Party and Hanukkah Celebration with our friends from Temple Rodef. We are having pictures with Santa, residents, families, and even pets are invited to join in!

As we celebrate, I also want to remind everyone about the Employee End of the Year Christmas Fund. This fund directly benefits our hardworking full-time and part-time hourly staff who contribute so much to making Chesterbrook a welcoming and supportive home. If you're able to contribute, it would be greatly appreciated.

Looking ahead to 2025, I'm excited to continue building on the strong community connections we've cultivated. We hope to introduce more educational events focused on fall prevention and family learning opportunities. Together, we can ensure that Chesterbrook remains a place where everyone feels supported and engaged.

Thank you for being part of our Chesterbrook family. Wishing you all a joyous holiday season and a happy, healthy New Year!

*Happy
Holidays*



Brenda Riggs
Executive Director



THIS MONTH, WE DEBUTED OUR VETERANS WALL OF HONOR, CELEBRATING THOSE WHO SERVED



We are still adding veterans to our wall!

MARY MCELHANEY

RESIDENT SPOTLIGHT

Early Life

Mary was born and raised in Pittsburgh, Pennsylvania, before moving to Northern Virginia to be closer to her family. A proud mother of four, Mary spent her career as a high school Spanish teacher. Her love for language and culture led her to live in several countries, including Lima, Peru, Venezuela, and Guatemala.

Mary has always cherished the companionship of animals, particularly dogs and cats. Among her many beloved pets, her favorite was a German Shorthaired Pointer named Tonya, who brought her immense joy and even won several dog shows.

Life at Chesterbrook Residences



Mary moved to Chesterbrook three years ago and, though it took her some time to adjust, she has truly found her place in the community. Her favorite activity is ping pong, which she loves for its competitive spirit. Mary's skills have earned her championship titles in both Virginia and Ohio!

Her advice to others is simple yet profound: Take one day at a time. She reminds us that while some days are great and others are challenging, living is a blessing. "Try to make every day a good day," she says. When faced with tough times, Mary believes in the power of prayer. "It helps to have a God to depend on."

CHESTERBROOK CELEBRATES 17 YEARS!! THANK YOU FOR BEING A PART OF OUR COMMUNITY!!



Chesterbrook Birthdays!

Resident Birthdays

12/02 - Glenda R.

12/23 - Cathy K.

12/28 - Nancy O.

12/30 - Georgianne E.



Team Member Birthdays

12/3 : Hoai H. - Dietary

12/9: Mike B. - Nursing

12/19: Jose G. - Maintenance

12/23: Anastacia T. - Dietary

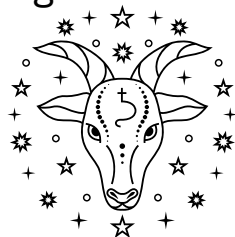
12/26: Ivy O. - Nursing

12/27: Bezuwork A. - Nursing

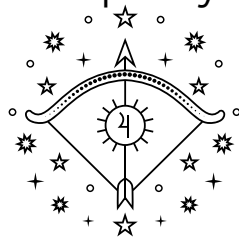
HOROSCOPE

Sagittarius (November 23- December 21)

Sagittarius this season is your time to shine! Don't get involved in matters that don't concern you. Put your best foot forward in everything that you do, and things will come to fruition quickly for



you!



Capricorn (December 22- January 19)

Capricorn, this is a good time to reflect and take care of yourself, particularly your inner spirit. By changing your inner perspective, you can gain insight on how to better approach the world as well as others. By doing this, you will shine brighter than ever before!

UNCORKED WITH BREMDA FEATURING WASHINGTON STATE



MORE HIGHLIGHTS FROM OUR ANNIVERSARY CELEBRATION! THEMED PEARLS & ROSES!



THE SAME

**THE SAME BLUE OF THE ANCIENT SKY
THE SAME CAPITOL AND DISORIENTED SENATE
STRAINING ITS EYES TO SCAN THE FUTURE**

**THE SAME CRIMES AND GAMES
THEFT AND ASSASSINATIONS
AND THE SAME BARBARIANS AT BORDERS**

**SKIES ARE CROWDED AGAIN
BY INVISIBLE CROSSES
FOR SIX MILLION WHO DIED
NAILED TO SIX-POINTED STARS**

**SO THE SAME JOSEPHUS
LOOKS IN THE EYES OF THE CEASARS
TO RECORD THE SAME WAR
WHILE JERUSALEM BLEEDS AS BEFORE**



**WRITTEN BY HENRYK GRYNBERG
RESIDENT OF CHESTERBROOK**

ROASTING MARSHMALLOWS AT OUR BONFIRE SOCIAL



CHESTERBROOK'S CASSEROLE COOK-OFF!



Residents Voted Blindly For Their Favorite!

Sarah & Louise's Tuna Noodle Casserole VS Amy & Patty's Tamale Casserole



HIGHLIGHTS FROM OUR LAST RESIDENT COUNCIL MEETING

The Chesterbrook Resident Council convened on November 14, 2024, in the Multipurpose Room.

Maintenance Director Jesus Urrutia announced that the original generator is now fully operational. For the past three weeks, a rental generator had been in use while the maintenance company repaired the original unit. Fortunately, the issue was minor and covered under warranty. Urrutia reminded residents to remain calm and stay in their apartments during fire drills.

Additionally, residents are encouraged to contribute to the Chesterbrook Employees Holiday Gift Fund, which is a great way to show appreciation to staff.

New Business:

The Gift Shop is currently seeking new volunteers. Additionally, the shop's hours of operation have been updated to Tuesdays and Thursdays.

The next Resident Council meeting is scheduled for December 12, 2024, at 2:00 PM in the Multipurpose Room. A complete copy of the resident council notes and previous notes can be found in the back lobby in the purple binder. Please DO NOT remove original copies from the binder. Ask the front desk if you would like a personal copy. Thank you.

TASTE & TALK: POCKY SAMPLER! WE FOUND 9 FLAVORS!



MEET OUR NEW MARKETING & COMMUNITY RELATIONS DIRECTOR: SARAH MALABY

GREETINGS!

I HOPE THIS MESSAGE FINDS YOU WELL. MY NAME IS SARAH MALABY, AND I'D LIKE TO INTRODUCE MYSELF AS THE NEW DIRECTOR OF COMMUNITY RELATIONS AND MARKETING AT CHESTERBROOK RESIDENCES. I'M EXCITED TO JOIN SUCH A PASSIONATE TEAM AND CONTRIBUTE TO OUR SHARED MISSION OF CREATING A CARING AND SUPPORTIVE COMMUNITY FOR OUR SENIOR POPULATION, WHILE PROMOTING QUALITY RELATIONSHIPS IN THE COMMUNITY.

COMING FROM A BACKGROUND IN EVENT PLANNING, AS WELL AS EXPERIENCE IN SOCIAL SERVICES, I HAVE BEEN FORTUNATE ENOUGH TO GAIN VALUABLE INSIGHT INTO THE UNIQUE NEEDS OF THE POPULATION WE SERVE AND HAVE FORGED STRONG RELATIONSHIPS WITH SURROUNDING COMMUNITIES.

WHEN I'M NOT WORKING, YOU CAN FIND ME VOLUNTEERING IN THE ARLINGTON AREA, SPENDING TIME OUTSIDE ON NATURE WALKS, OR IN THE AISLES OF A CRAFT STORE WORKING ON MY LATEST PROJECT. I ENJOY LIVE MUSICAL PERFORMANCES, TRAVELING, AND NEVER TURN DOWN AN OPPORTUNITY TO TRY SOMETHING NEW!

I'M THANKFUL FOR THE OPPORTUNITY TO JOIN CHESTERBROOK RESIDENCES AND AM LOOKING FORWARD TO GETTING TO KNOW OUR COMMUNITY MEMBERS AND WORKING WITH THE DEDICATED TEAM TO CONTINUE MAKING CHESTERBROOK AN ENJOYABLE EXPERIENCE FOR ALL.

**FEEL FREE TO CONTACT ME AT
COMMUNITY.RELATIONS@CRI-VA.ORG OR
703-531-0781.**

**MY OFFICE IS LOCATED ON THE FIRST FLOOR NEXT TO
LINSEY!! I HOPE TO CATCH YOU AT THE CRAFT KOTTOH
AND I ARE HOSTING ON THE 10TH AT 2PM!**

I LOOK FORWARD TO MEETING YOU SOON!



Davis Center Appreciation - A Gift to Our Helpers

Thank you!



You are doing
GREAT!

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



Famous December Birthdays

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

- A. Gregg **ALLMAN**
- B. Bob **BARKER**
- C. Ellen **BURSTYN**
- D. Melvil **DEWEY**
- E. Kirk **DOUGLAS**
- F. Ira **GERSHWIN**
- G. J. Paul **GETTY**
- H. Fiorello **LA GUARDIA**
- I. Margaret **MEAD**
- J. Archie **MOORE**
- K. Lee **TREVINO**
- L. Reggie **WHITE**

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

Bonus: Match the person to the correct clue.

- | | |
|---|-------------------------------|
| 1. <i>The Last Picture Show</i> actress _____ | 7. PGA golfer _____ |
| 2. NFL football player _____ | 8. TV game show host _____ |
| 3. Lyricist _____ | 9. Librarian _____ |
| 4. Singer/musician _____ | 10. New York City mayor _____ |
| 5. Anthropologist _____ | 11. Champion boxer _____ |
| 6. Oil billionaire _____ | 12. Actor _____ |

December Trips

- Outings -

12/4 - 11:10 AM (WEDNESDAY)

MASS AT ST.ANTHONYS 😊

12/5 - 7:30 PM (THURSDAY)

FESTIVAL OF LIGHTS RIDE 😊

12/6 - 10:15 AM (FRIDAY)

CINEMATIC SUPPER - WICKED (\$)

12/11 - 7:30 PM (WEDNESDAY)

FESTIVAL OF LIGHTS RIDE 😊

12/13 - 10:15AM (FRIDAY)

VISITING THE HIRSHHORN MUSEUM 😊

12/18 - 11:30 AM (WEDNESDAY)

LUNCH OUTING: RUTHIES ALL DAY (\$)

12/18 - 7:30 PM (WEDNESDAY)

FESTIVAL OF LIGHTS RIDE 😊

12/21 - 1:15 PM (SATURDAY)

SCENIC RIDE: MCLEAN 😊

12/27 - 10:15AM (FRIDAY)

WOMEN'S MILITARY MUSEUM 😊

12/27 - 6:00 PM (FRIDAY)

SHABBAT AT TRS 😊

- Shopping-

12/8 - 2:00 PM (SUNDAY)

BURLINGTON / HOMEGOODS (\$)

12/9 - 9:30 AM (MONDAY)

GIANT MCLEAN (\$)

12/15 - 2:00 PM (SUNDAY)

DOLLAR TREE - VIENNA (\$)

12/16 - 9:30 AM (MONDAY)

WALMART / TARGET (FAIRLAKES) (\$)

12/23 - 9:30 AM (MONDAY)

GIANT - MCLEAN (\$)

12/28 - 2:00 PM (SATURDAY)

GIANT - MCLEAN (\$)

12/30 - 9:30 AM (MONDAY)

LIDL GROCERY STORE (\$)

**(\$)

 INDICATES TRIPS THAT HAVE A COST ASSOCIATED WITH THEM

**😊

 INDICATES THE TRIP IS FREE!!