

THE BIG SCOOP

CHESTERBROOK RESIDENCES

LIFE ENRICHMENT NEWSLETTER & UPDATES

FEBRUARY 2025



“In February, love is carried on the breeze.” – Unknown

“No winter last forever;
no spring skips its turn.”
– Hal Borland





Message from the Executive Director

Dear Chesterbrook Family,

Can you believe we're already in February? The new year is off to a wonderful start, and I love seeing our community filled with energy, laughter, and meaningful connections.

This month, love is in the air—not just because of Valentine's Day, but because of the kindness, support, and friendships. Whether it's sharing a meal, enjoying an activity, or simply offering a smile, these little moments bring warmth to our days.

As always, I welcome your thoughts, ideas, and suggestions. My door is always open, and I love hearing from you. Let's continue making Chesterbrook a place where everyone feels at home. Wishing you a February filled with love, laughter, and joy!

Warm Regards,



Bremda Riggs
Executive Director

P.S Please join us for a special Friday evening Valentine's Dinner for residents and families. More information on the next page.



JULIA K.

RESIDENT SPOTLIGHT



Early Life

Julia was born and raised in Newburgh, NY. Her grandparents were immigrants from Europe.

She had 3 careers, one in a dental field, one at Lady Cliff, and the other at a nature museum. She still maintains her friendships with those she knew through her work in the dental field!

Julia has two daughters. Both are local to the area and that is how she ended up moving to Virginia after retiring.

Life at Chesterbrook Residences

Julia's loves nature and watching tennis. In fact, she played tennis herself for 50 years!

Julia moved to Chesterbrook in July, 2021. She is very active in the community and enjoys most of the daily activities, particularly Current Events with Kent and the gardening club. With Julia's help Chesterbrook is spearheading a composting program that we hope can start a trend in senior living!

A piece of advice she would give is to be kind to everyone and to be grateful. Her favorite quote is "this too shall pass." It has gotten her through a lot of hard times in her life. ! Be sure to say hi when you see her!!

Valentine's

DAY DINNER



FRIDAY, FEBRUARY 14
4:00 TO 6:00 P.M.



Select from two delicious dinner options and enjoy music by a violinist while you eat.



SEAFOOD DINNER

POACHED SALMON
MASHED POTATOES
ASPARAGUS SPEARS
TOMATO SOUP

CHICKEN DINNER

STUFFED CHICKEN
WITH MUSHROOMS
QUINOA | SPINACH
TOMATO SOUP

The evening's dessert special will be red velvet cake.

Residents, their first four guests, and kids under 12 dine free.
\$12 per person for each additional guest.

PLEASE RSVP AT THE FRONT DESK OR CALL 703-531-0781.

Chesterbrook
RESIDENCES

A Caring Assisted Living Community

703-531-0781 | chesterbrookres.org | 2030 Westmoreland Street | Falls Church, VA

A nonprofit, nondenominational community sponsored by Chesterbrook Residences, Inc.



CSM Senior Living Management - Professional Management of Retirement Communities since 1981.



small pet
friendly

LUNAR NEW YEAR CELEBRATION WITH ANNIE!!

2025



Chesterbrook Birthdays!

Resident Birthdays

02/01 - Susy J.
02/09 - Joan P.
02/25 - Walter L.
02/27 - Chester D.
02/28 - Ann L.



HOROSCOPE

Aquarius (January 20- February 18)

The month of February brings a new sense of creativity, so express any new ideas. This is a great season for transformation and self-discovery. Your perspective may alter encouraging you to make changes in old habits and try new ventures. Relationships are enriched, fostering deeper understanding and compassion with loved ones.

Team Member Birthdays

2/03 - Etsubdenk B. (Dining)
02/08 - Shitaye C. (Nursing)
2/10 - Richard S. (Dining)
2/22 - Dhan P. (Nursing)
2/22 - Aden T. (Nursing)
2/24 - Medhanit D. (Nursing)



Pisces

(February 19- March 20)

Pisces this is a great month to dream big and bring any new ideas into reality. It's a time for channeling spirituality and artistic expression. You may feel an enhancement in emotional connections with close relationships, as well as with self. Communication is clear so trust in your ability to lead and inspire.



**PREPARING FOR THE MCLEAN CHOCOLATE FESTIVAL, EVERY YEAR
CHESTERBROOK IS A BIG VENDOR AND IT TAKES A VILLAGE TO GET US
READY!**

**THANK YOU TO OUR BOARD MEMBERS & VOLUNTEERS
FOR STEPPING UP TO HELP!**



*Thank you,
Volunteers!*





Famous February Birthdays

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

- A. Charles **BARKLEY**
- B. Red **BUTTONS**
- C. Johnny **CASH**
- D. George **HARRISON**
- E. Ted **KOPPEL**
- F. Charles **LINDBERGH**
- G. John **MCENROE**
- H. Jane **SEYMOUR**
- I. Mark **SPITZ**
- J. Elizabeth **TAYLOR**
- K. George **WASHINGTON**
- L. Vanna **WHITE**

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

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|-----------------------------|
| 1. Cleopatra actress _____ | 7. NBA great _____ |
| 2. First U.S. president _____ | 8. Tennis player _____ |
| 3. Television actress _____ | 9. Country singer _____ |
| 4. Actor/comedian _____ | 10. Olympic swimmer _____ |
| 5. Aviator _____ | 11. Newscaster _____ |
| 6. Beatles member _____ | 12. Game show hostess _____ |

CHECK OUT OUR BOOTH AT THE MCLEAN CHOCOLATE FESTIVAL!



IN STATE OF GRACE

I HEAR WINGS OF WORDS
AS THEY LAND ON MY LIPS
AND TELL ME TO WRITE THEM DOWN
BEFORE THEY FLY AWAY
WHERE I NO LONGER CAN

THEY SPEAK BY MY LIPS
AS IF I AM AN INSTRUMENT
OR SOMEONE WHO LIVES IN ME
AND WILL WHEN I DON'T

OR SOMEONE WHO'LL TELL ME
TO COME BACK TIME AFTER TIME
AND WHISPER THE WORDS
THAT FLY ON THE WINGS
OF INVISIBLE BIRDS



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

HONORING MARTIN LUTHER KING THROUGH SERVICE! CHESTERBROOK RESIDENTS AND VOLUNTEERS HELPED PREPARE 6 PANS OF CASSEROLES TO LOUDOUN HOMELESS SHELTER!



CELEBRATING OUR JANUARY BABIES BIRTHDAYS WITH BOB CLARK!!

POTOMAC SCHOOL 2ND GRADERS VISIT AND EXERCISE WITH US!



They'll be here
again in
February!



THE POTOMAC SCHOOL

CUSTOM KEYCHAIN CRAFT: MAKE YOUR KEYS STAND OUT!



POWERBACK BAKE-OFF SYDNEY'S BLONDIES VS. FLO'S BANANA BREAD!



POWERBACKS FAREWELL PARTY, RAISING A GLASS TO THIS WONDERFUL TEAM!

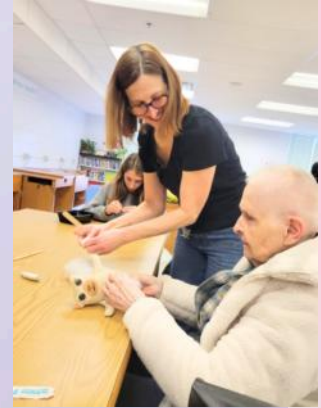
We will miss you



A Loving Goodbye to the
POWERBACK TEAM
Thank You So Much To each Of You For Every Ounce
Of Love You Have Poured Into This Community!
Our Lives Are So Much Better Because You Were In Them!



Teddy Bear Craft at Longfellow Middle School With Students



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



February Trips

- Outings -

02/07 - 10:15 AM (FRIDAY) 😊

SCENIC RIDE WITH HOT COCOA

02/12 - 11:30 AM (WEDNESDAY)

LUNCH OUTING:

MCLEAN FAMILY RESTAURANT (\$)

02/15 - 10:15 AM (SATURDAY)

SHABBAT AT TRS 😊

02/16 - 1:30 PM (SUNDAY)

PLAY IN ARLINGTON

(COMMUNITY THEATER) (\$10)

02/21 - 10:15 AM (FRIDAY)

VISIT NAT'L AFRICAN AMERICAN

HISTORY MUSEUM 😊

02/22 - 12:30 PM (SATURDAY) 😊

MUSICAL AT MADEIRA - HADESTOWN

02/24 - 1:15 PM (MONDAY) 😊

LOW VISION SUPPORT GROUP

02/26 - 11:10 AM (WEDNESDAY)

MASS AT ST. ANTHONYS 😊

02/28 - 10:15 AM (FRIDAY)

SCENIC RIDE - DC 😊

- Shopping -

02/01 - 2:00 PM (SATURDAY)

GIANT (MCLEAN) (\$)

02/03 - 9:30 AM (MONDAY)

WALMART / TARGET (FAIRLAKES) (\$)

02/10 - 9:30 AM (MONDAY)

GIANT (MCLEAN) (\$)

02/13 - 10:15 AM (THURSDAY)

TJ MAXX & PANERA (\$)

02/15 - 2:15 PM (SATURDAY)

GIANT (MCLEAN) (\$)

02/17 - 9:30 AM (MONDAY)

UNIQUE THRIFT & CHICKFILA (\$)

02/19 - 12:30 PM (WEDNESDAY)

BANK & ERRAND RUN

02/24 - 9:30 AM (MONDAY)

DOLLAR TREE (VIENNA) (\$)

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

** 😊 INDICATES THE TRIP IS FREE!!



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*
 adminassistant@cri-va.org

Glen Lizaso Shirley Songco, ext. 100
Van Driver *Evening & Weekend Receptionist*
 receptionist@cri-va.org



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

**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**