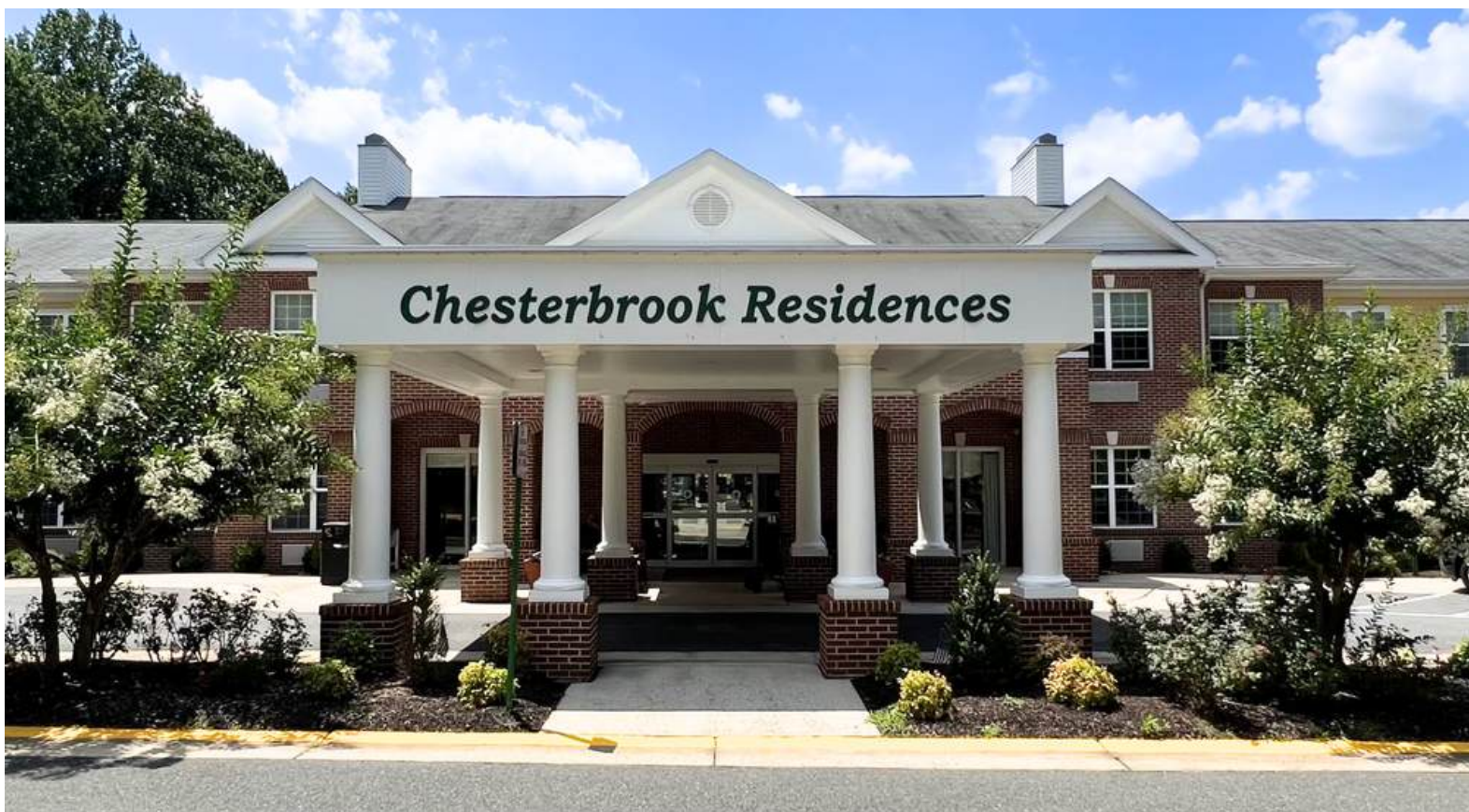


THE BIG SCOOP

CHESTERBROOK RESIDENCES

LIFE ENRICHMENT NEWSLETTER & UPDATES

JANUARY 2025



“To appreciate the beauty of a snowflake it is necessary to stand out in the cold.” – Aristotle

“January is the month of rejuvenation and renewal; let it invigorate your spirit and energize your goals.”
– Naide P. Obiang

Message from the Executive Director



Wow, can you believe it's already January? A new year is here, and with it comes the chance for fresh starts and new opportunities. As I sit down to write this, I'm reflecting on just how special 2024 was for all of us here at Chesterbrook. From our festive celebrations to quiet moments spent connecting, I feel so fortunate to be part of this incredible community.

Our team has been working hard to put together engaging activities and events to kick off the year with fun and energy. Whether it's joining a fitness class, trying your hand at a new hobby, or simply enjoying time with friends, there's something for everyone to enjoy.

As always, my favorite part of each day is seeing your smiles and hearing your stories. Your warmth and spirit are what make our community so special. If you have ideas or suggestions for things you'd like to see this year, please don't hesitate to share them with the life enrichment team, Beza, Glenn, Carla, or Linsey, Resident Services—we'd love to hear from you!

My door is always open, and I'd love to hear your thoughts, suggestions, or even just a friendly hello. Together, we'll make this year one to remember. Thank you for being part of this wonderful family. Here's to health, happiness, and lots of laughter in the year ahead!

Warmly,



Brenda Riggs
Executive Director



MARJORIE L.

RESIDENT SPOTLIGHT



Life at Chesterbrook Residences

Marjorie moved to Chesterbrook Residences the day before Thanksgiving. Since then, she has met lots of wonderful new people and loves it so far! One of her favorite activities here is BINGO! Her favorite kind of music is county. Yee haw!

Early Life

Marjorie Lawrence was born in raised in West Virginia. She attended nursing school in Maryland but eventually landed in northern Virginia for her husband's job. She has two wonderful children, Debbie and Kevin.

Marjorie's life-long career was working as a registered nurse. She worked at Alexandria Hospital and with a group of Urologists. She enjoyed it very much!

A piece of advice that she would give to everyone is to be kind to people and enjoy life!



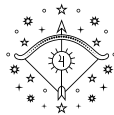
CHRISTMAS CELEBRATION WITH SANTA!!!



Chesterbrook Birthdays!

Resident Birthdays

01/ 02 - Delphine N.
01/03 - Dick N.
01/09 - Harry B.
01/13 - Suwimon C.
01/13 - Bill C.
01/16 - Barbara B.
01/21 - Barbara H.
01/21 - Gertrude M.
01/25 - Ken M.
01/28 - Mary M.
01/29 - Sarah H.



Team Member Birthdays

01/05 - Mazal A. - Nursing
01/07 - Birtukan M. - Nursing
01/11 - Santigie T. - Nursing
01/15: Marcelina A. - Dietary
01/18: Sonia P. - Housekeeping
01/19: Victoria S. - Nursing
01/21: Zainab K. - Nursing
01/24 - Celestin F. - Nursing
01/29 - Selamawit A. - Nursing



HOROSCOPE

Capricorn

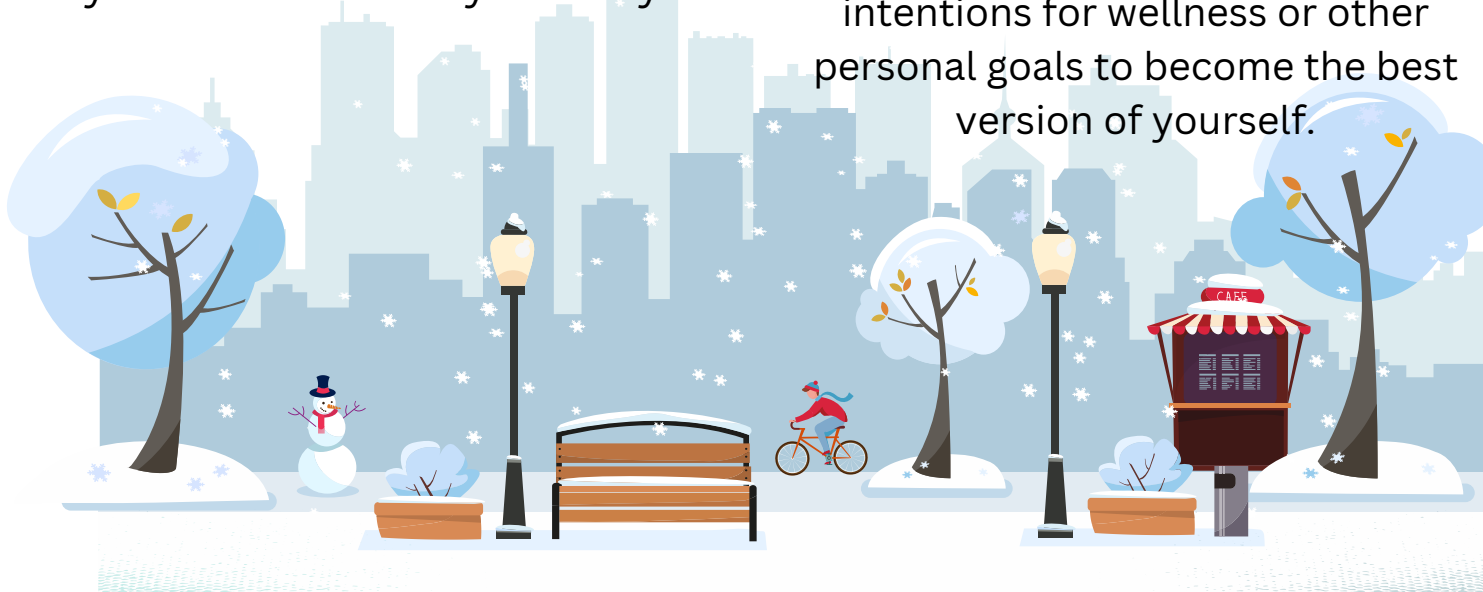
(December 22- January 19)

Capricorn, this month will be focused on relationships and money. With communication skills sharpening your ability to express your feelings flows more freely, so take the time to tell your loved on how you really feel.



Aquarius (January 20- January 18)

This month has a lot of action for Aquarius. Mid-month will give you a sudden burst of inspiration to break any bad habits in the new year. By the end of the month, you will be clear-minded and would do well to set new intentions for wellness or other personal goals to become the best version of yourself.



FIVE HILLS GARDEN CLUB VISITS & CRAFTS! SNOWMEN CANDLES & CHRISTMAS WREATHS!





OUR BIO

**OUR FAMILY IS TREES
INCREASINGLY RARE
WE'RE ALSO RELATED TO BIRDS
OF PASSAGE
WE LIVE LOW AT THE EARTH**

**LOVE COMES TO US LATE
TO WARM UP AT FIREPLACE
TO FILL UP AND SIP UP THE CUP**

**WE'RE BORN WITH A VERDICT
IN ABSENTIA
BY TRIAL THAT CONDEMNS
A PRIORI**



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



VISITING THE HIRSHHORN MUSEUM IN D.C.!!



<-- **Basquiat x Banksy**



Laurie Anderson: Four Talks --->



Barbara Kruger: Belief+Doubt

HANNUKAH BINGO PARTY WITH TEMPLE RODEF SHALOM STUDENTS!

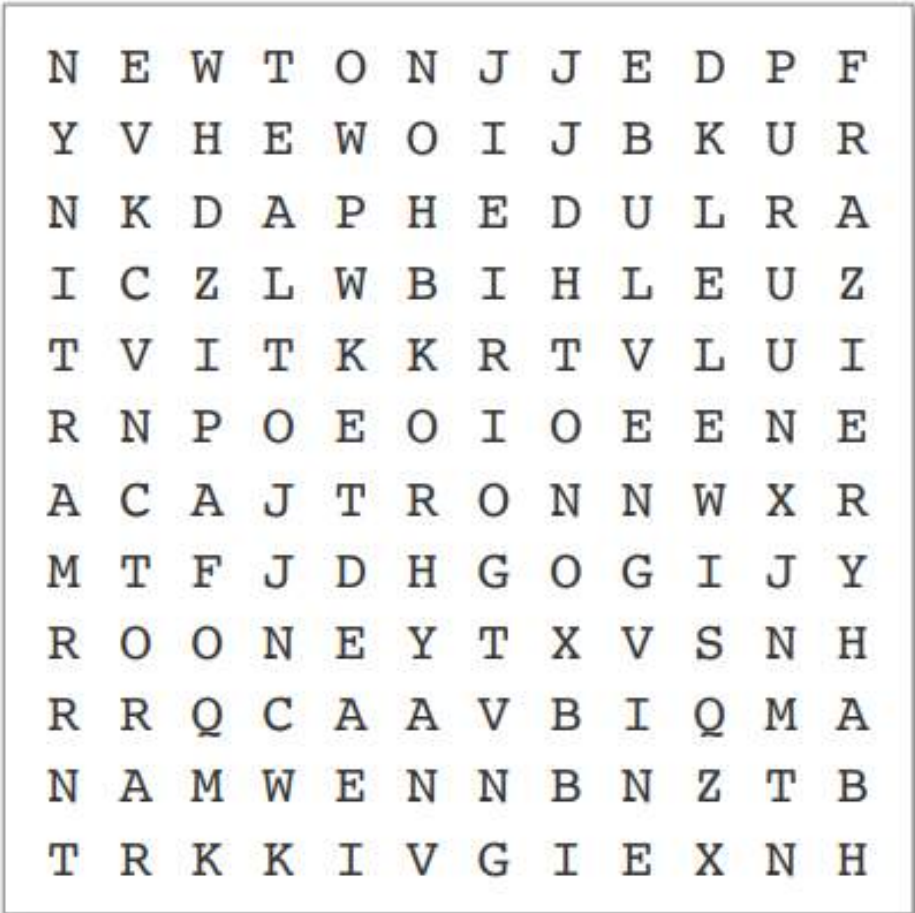




Famous January Birthdays

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

- A. Joe **FRAZIER**
- B. Wayne **GRETZKY**
- C. Stephen **HAWKING**
- D. J. Edgar **HOOVER**
- E. Janis **JOPLIN**
- F. Diane **KEATON**
- G. Shari **LEWIS**
- H. Dick **MARTIN**
- I. Paul **NEWMAN**
- J. Isaac **NEWTON**
- K. Andy **ROONEY**
- L. Betty **WHITE**



Bonus: Match the person to the correct clue.

- | | |
|---------------------------------------|------------------------------------|
| 1. <i>Golden Girls</i> actress ____ | 7. Lamb Chop puppeteer ____ |
| 2. Rock singer ____ | 8. Comedian ____ |
| 3. Actor ____ | 9. Physicist ____ |
| 4. <i>60 Minutes</i> commentator ____ | 10. FBI director ____ |
| 5. Hockey's "Great One" ____ | 11. Astronomer ____ |
| 6. Heavyweight boxer ____ | 12. <i>Annie Hall</i> actress ____ |

MEET OUR NEW DIRECTOR OF ADMISSIONS & RECERTIFICATION SPECIALIST: KOTOH KALOKOH

Kotoh was born in West Africa, Sierra Leone. He moved to the United States in 2000, to flee a civil war in his native country. Kotoh began working in senior living because he loves helping people and making a difference, especially for those in need.

Over the next year, Kotoh's goals are to:

- help more in the community**
- get the building to full capacity**
- be more involved activities**
- troubleshoot problems and answer more questions for the residences**
- continue being a people person, great friend, and advocate for all in needs.**

Fun fact- Kotoh is a huge sport fan and a soccer player at heart. If there is a game happening, he is either playing or watching. He enjoys spending time with kids. He likes pineapple and tomato on his pizza.

"I want to wish everyone a Happy New Year! If you ever need a listening hear or someone to advocate for you, I am available and willing to help." - Kotoh

FEEL FREE TO CONTACT ME AT ADMISSIONS@CRI-VA.ORG

OR

703-531-0781.

**MY OFFICE IS LOCATED ON THE FIRST FLOOR NEXT TO
BREMBA!!**

I LOOK FORWARD TO MEETING YOU SOON!



FLICKS & FORKS: FEATURING WHITE CHRISTMAS



SAYING GOODBYE TO OUR WONDERFUL MADEIRA INTERNS, KAM, LILY, KYLA, & ABBY! OUR NEXT GROUP OF INTERNS WILL RETURN IN FEBRUARY!



We ♥ our Volunteers

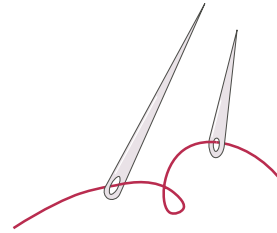


8 CRAZY NIGHTS! HANUKKAH CELEBRATIONS WITH VOLUNTEERS TEMPLE RODEF SHALOM!



A SPECIAL THANKS TO ALL OF OUR VOLUNTEERS!

Teddy Bear Craft at Longfellow Middle School



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

January Trips

- Outings -

01/08 - 11:10 AM (WEDNESDAY)
MASS AT
ST. ANTHONYS 😊

01/03 - 10:15 AM (FRIDAY) 😊
SCENIC RIDE WITH HOT COCOA

01/10 - 10:15 AM (FRIDAY)
PRINTING & ENGRAVING
MUSEUM 😊

01/24 - 10:15 AM (FRIDAY) 😊
VISIT NAT'L AFRICAN AMERICAN
HISTORY MUSEUM

01/15 - 11:30 AM (WEDNESDAY)
LUNCH OUTING:
THE VIENNA INN (\$)

01/24 - 6:00 PM (FRIDAY)
SHABBAT AT TRS 😊

01/27 - 1:15 PM (MONDAY) 😊
LOW VISION SUPPORT GROUP

01/31 - 10:15 AM (FRIDAY)
VISITING D.C. AIR &
SPACE MUSEUM 😊

- Shopping -

01/05 - 2:00 PM (SUNDAY)
TARGET (FALLS CHURCH) (\$)

01/06 - 9:30 AM (MONDAY)
GIANT (MCLEAN) (\$)

01/12 - 2:00 PM (SUNDAY)
TJ MAXX / LIDL (\$)

01/13 - 9:30 AM (MONDAY)
WALMART (FAIRLAKES) (\$)

01/20 - 9:30 AM (MONDAY)
DOLLAR TREE - VIENNA (\$)

01/27 - 9:30 AM (MONDAY)
GIANT (MCLEAN) (\$)

**(\$)

 INDICATES TRIPS THAT
HAVE A COST ASSOCIATED WITH
THEM

**😊

 INDICATES THE TRIP IS
FREE!!