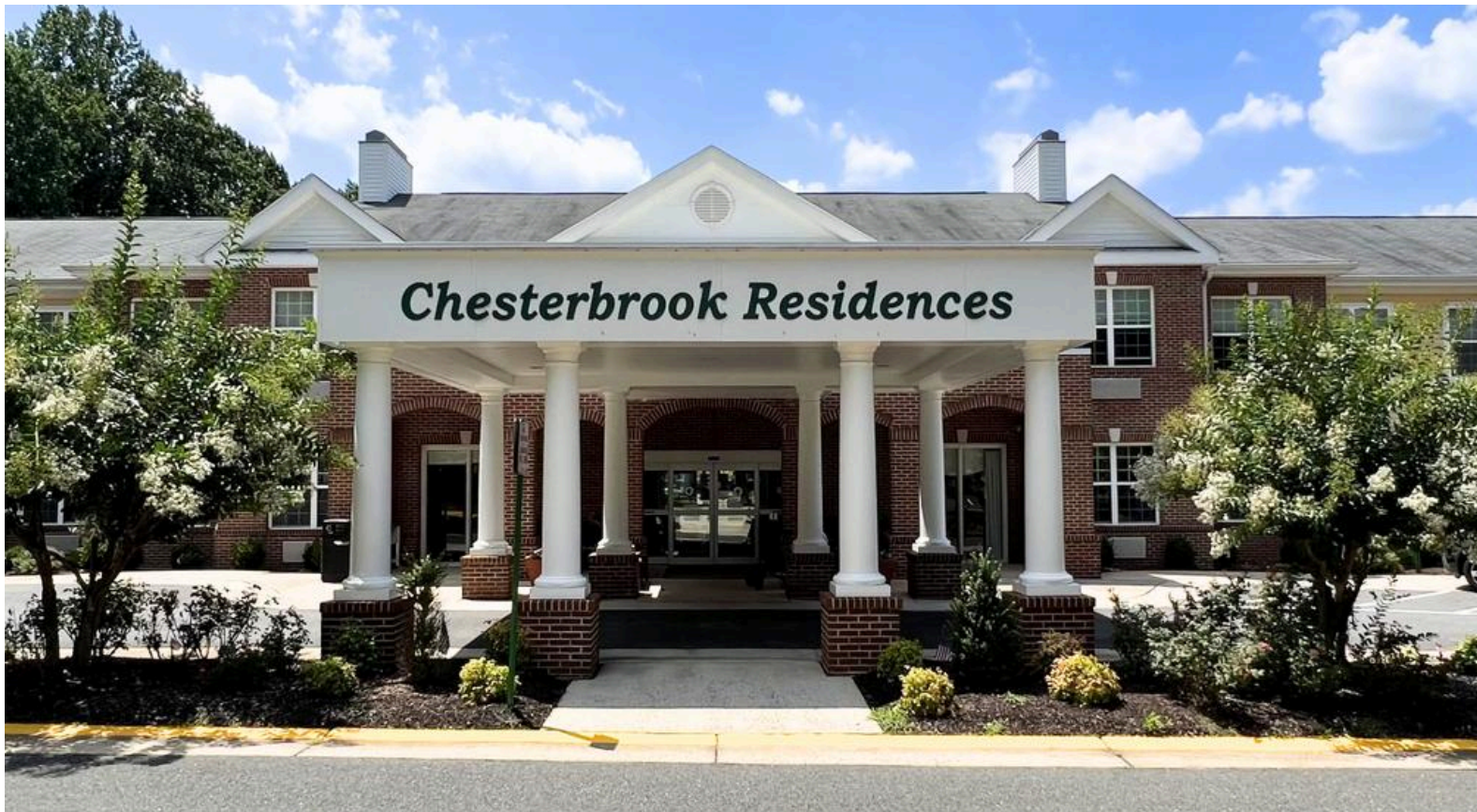


THE BIG SCOOP

CHESTERBROOK RESIDENCES

LIFE ENRICHMENT NEWSLETTER & UPDATES

MAY 2025



"Spring is nature's way of saying 'Let's party!'"
– Robin Williams

**"May the month of May
be a month of sunshine,
happiness, and endless
blessings."**
- Anonymous



RESIDENT SPOTLIGHT

MILT A.



Milt & His Partner in Crime,
Theresa
(Visiting Meadowlark
Botanical Garden Last Year)

Milt was born in Seattle, Washington, and learned to surf when he moved to San Diego, California, at the age of 14! He moved to Northern Virginia to be closer to his sister in McLean.

Milt taught high-school English, and his favorite part of teaching were his students!

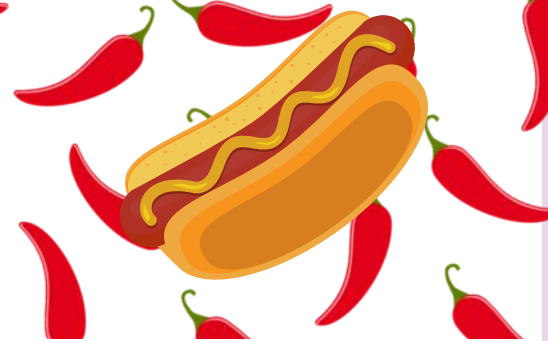
Milt does not have any children, but has nine nieces and nephews we loves very much. Milt has had dogs while he was growing up, and had labs going into his adulthood.

Milt came to Chesterbrook in September of 2023, and continues to be amazed by the welcoming community and the good food! Milt does not have a favorite program here, as he enjoys many of them but prefers socializing.

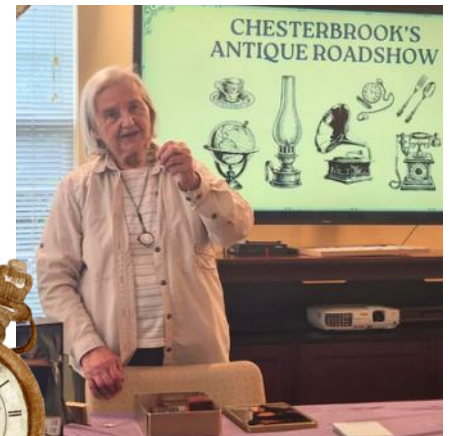
Milt loves learning, teaching, and cooking, and hopes to go skiing again! His current passion is exercise, as he wants to build up his strength. His favorite music to listen to is classical and country music, and his favorite artists include Shania Twain and James Taylor.

Milt's motto is "Do It!.", and a piece of advice he thinks everyone should know is: "pay attention to politics, it affects everyone. " Make sure you say hi if you see him in the hall!!

LUNCH AT D.C.'S ICONIC: BEN'S CHILLI BOWL!



CHESTERBROOK ANTIQUE ROAD SHOW



Chesterbrook Birthdays!

Resident Birthdays

05/03 - Lois L.	05/22 - Virginia H.	05/28 - Erika B.
05/05 - Debbie C.	05/23 - Tim S.	05/29 - Joan M.
05/11 - Deane R.	05/23 - Tom S.	05/30 - Raymond M.
05/18 - Walter R.	05/26 - Bill H.	
05/20 - Daniel B.	05/26 - David N.	

Team Member Birthdays

05/01 - Jamima M. (Nursing)
05/03 - Solomon N. (Nursing)
05/28 - Hawi S. (Nursing)



Taurus

(April 20 - May 20)

Taurus it's a great time to explore your creativity! May is a month for self-expression, personal growth and connections. Expect new opportunities for social interactions, connect with friends or give a new social group a try.

HOROSCOPE



Gemini

(May 21- June 21)

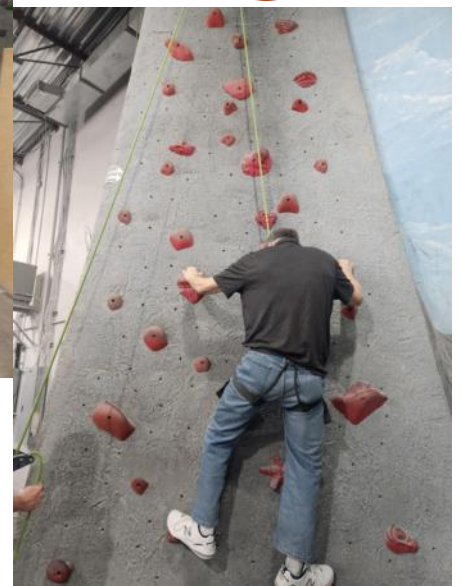
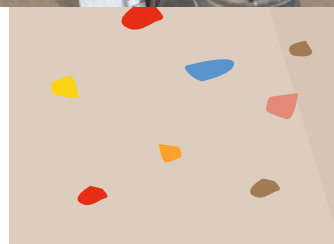
During May, Geminis will have a mix of challenges and positive influences. Avoid being impulsive during conflicts in personal relationships. Health shows improvement but be sure to keep up with preventative care.



THEMED MOVIE NIGHT: THE PAJAMA GAME FEATURING PA"JAM"A SPRITZERS!



PARKINSONS ROCK CLIMBING AT SPORTROCK STERLING!



PASSOVER CELEBRATION WITH MEMBERS OF TRS!



PRIVATE SHOPPING & STYLING AT TALBOTS IN TYSONS!!



QUESTION OF BEING

WE TRY OUTER SPACE OF UNREACHABLE
STARS

TO TOUCH THE VACUUM AND KNOW
WHAT THAT NOTHING IS MADE OF
OR WHAT IS MADE OUT OF NOTHING
AND WHETHER TO BELIEVE AN ALMIGHTY
SPIN

MAY TAKE US TO DIFFERENT DIMENSIONS
WHERE WE CAN BE PART OF INFINITY THAT IS
AND THE ONLY THAT IS

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



EASTER BRUNCH FEATURING THE EASTER BUNNY HIMSELF!!



May Trips

- Outings -

05/02 - 10:15 AM (FRIDAY)
FLOWER FESTIVAL AT NATIONAL
CATHEDRAL 😊

05/03 - 01:00 PM (SATURDAY) 😊
SCENIC RIDE - MCLEAN - 45 MIN

05/09 - 11:00 AM (FRIDAY)
LUNCH AT MATCHBOX (\$)

05/10 - 12:45 PM (SATURDAY)
MUSICAL AT MARSHALL HIGH
SCHOOL - "ANYTHING GOES" 😊

05/16 - 10:15 AM (FRIDAY)
BON AIR ROSE GARDEN 😊

05/21 - 12:30 PM (WEDNESDAY)
VISIT MGM CASINO (\$)

05/23 - 10:15 AM (FRIDAY)
VISIT THE BIBLE MUSEUM (\$14)

05/30 - 10:15 AM (FRIDAY) 😊
PRINTING & ENGRAVING MUSEUM

😊 <--- INDICATES THE
TRIP IS FREE!!

- Shopping -

05/03- 02:05 PM (SATURDAY)
GIANT - MCLEAN (\$)

05/05- 09:30 AM (MONDAY)
TRADER JOE'S (\$)

05/07 - 12:30 PM (WEDNESDAY)
BANK & ERRAND RUN (\$)

05/12 - 09:30 AM (MONDAY)
GIANT - MCLEAN (\$)

05/14 - 12:30 PM (WEDNESDAY)
WEGMANS - TYSONS (\$)

05/17 - 2:15 PM (SATURDAY)
DOLLAR TREE - VIENNA (\$)

05/19 - 09:30 AM- (MONDAY)
WALMART / TARGET AT
FAIRLAKES (\$)

05/26 - 09:30 AM (MONDAY)
GIANT - MCLEAN (\$)

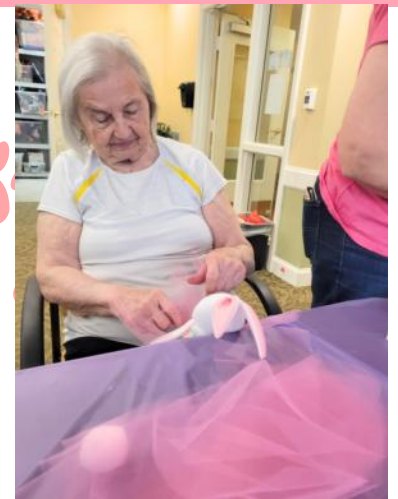
05/28 - 12:30 PM (WEDNESDAY)
BANK & ERRAND RUN (\$)

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

TASTE & TALK: CELEBRATING BOBA TEA DAY WITH A BOBA TEA SAMPLER!



SPRING BUNNY CRAFTING WITH LOYE!!!



PICNIC AND STROLL THROUGH MEADOWLARK PARK!



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

CELEBRATING GRILLED CHEESE MONTH WITH A GRILLED CHEESE COOK OFF!



CULTURE & CUISINE: EL SALVADOR WITH BREMDA & LARITZA!





MOVING DAY DC

SATURDAY,
MAY 3, 2025

REGISTER

Event Details

Location: National Mall - Lincoln Memorial | [MAP](#) |
[MORE DETAILS](#)

Event Start: 9:30 AM

**This Is Was Our District Goal!!
DC is very close to reach their goal !!**

**Chesterbrook's Is
Proud To Announce
We Exceeded Our Goal!**



GOAL
\$110,000

99%
OF GOAL

RAISED
\$108,982

Teams Registered: **50**

Our Team is Fighting Back Against Parkinson's!

Our team is coming together to raise awareness and funds for Moving Day, A Walk for Parkinson's. Whether you choose to join our team or make a donation, your support will help the Parkinson's Foundation improve the lives of the one million people living with Parkinson's and the nearly 90,000 individuals who will be diagnosed this year. Together, we are making progress toward better treatments, vital resources and, ultimately, a cure.

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



GOAL
\$500

145%
OF GOAL

RAISED
\$728

TIE DYE CREATIONS WITH OUR NURSING TEAM!!



CELEBRATING EARTH DAY WITH A LITTER PICK UP & PICNIC!!



LOVE
OUR
PLANET





Chesterbrook RESIDENCES

At Your Service:

Bremda 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

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

Glen Lizaso
Van Driver

Driver #:

703-300-3856



**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**