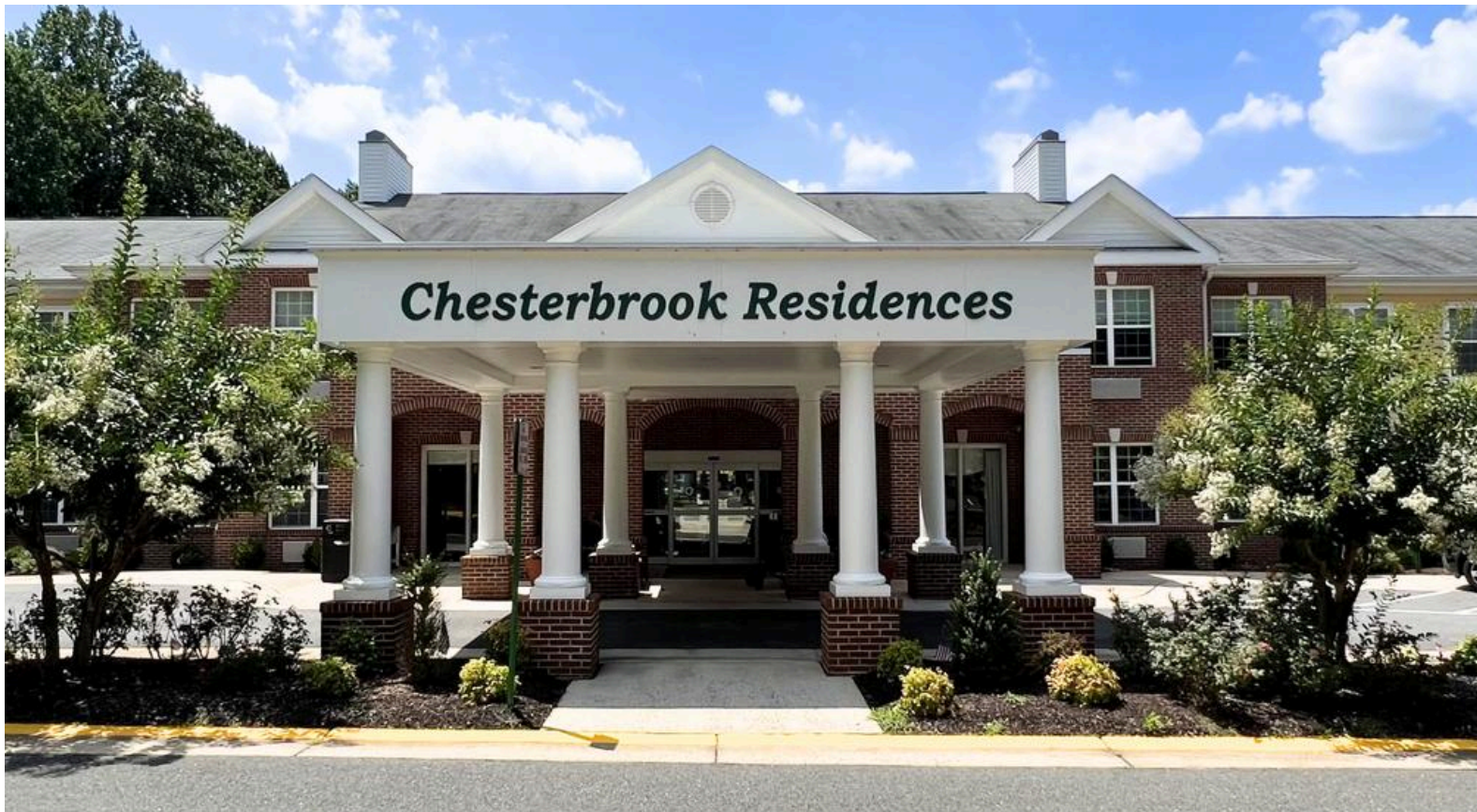


THE BIG SCOOP

CHESTERBROOK RESIDENCES

LIFE ENRICHMENT NEWSLETTER & UPDATES

JUNE 2025



"Keep your face in the sunshine and you will never see the shadows." – Helen Keller

"June is the pearl of summer, shining with warmth and joy."

-L.M. Montgomery



RESIDENT SPOTLIGHT

C H E R Y L

Cheryl was born in Hadford, California and grew up all over the Golden State. As a kid, she was surrounded by dogs, who, unfortunately, had a habit of running away from home. Cheryl began her career as a medical admin secretary and trained to become a medical transcriptionist. During this time, she had two sons, who, like their mother, also grew up around dogs. Eventually, Cheryl retired in 2012 when one of her sons called her to let her know that he was building a house for her in New Mexico. Cheryl lived with her son there for six years, when her son moved to Northern Virginia, and she followed him.

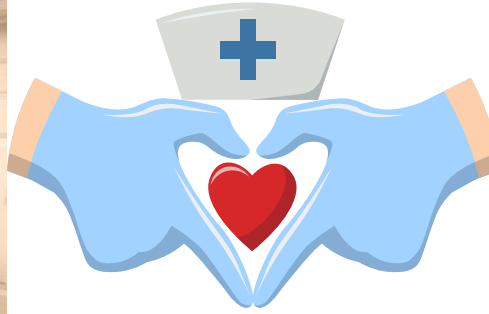
After retiring, Cheryl threw herself into some of her other passions, including God, her faith, crafts, Scrabble, and the people around her. Her favorite foods are chocolate and rib eye steak, and her favorite music genres are spiritual music and rhythm and blues. She is a fan of BB King, Stevie Nicks, and Barbara Streisand!

Cheryl only came to Chesterbrook last week but has already fallen in love with the place and feels like she has found a home here. So far, Cheryl has enjoyed walking and mild exercise and cannot wait to try more activities at Chesterbrook! Her advice to the community is to treat everyone like you want to be treated, and a quote she would like to share is "Treat everyone with love and kindness!"

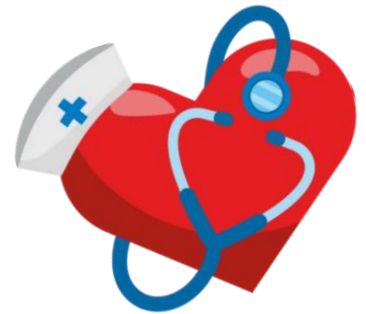
Be sure to say hi if you spot her in the halls!!



Thank you, Chesterbrook nurses! We appreciate you!!



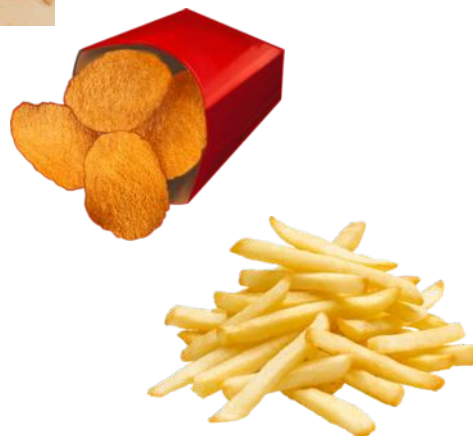
**NURSES
Week**



CHESTERBROOK'S DRIVE THRU TASTE TEST: NUGGETS & FRIES!



Verdict -
Chesterbrook Residents Say:
Best Nuggets = Chickfila!
Best Fries = McDonalds!



CELEBRATING CINCO DE MAYO! ELOTE, MARGARITAS & SALSA!!



VOLUNTEER APPRECIATION LUNCHEON !! THANK YOU TO ALL OF OUR WONDERFUL VOLUNTEERS!!



Chesterbrook Birthdays!

Resident Birthdays

06/13 - Allen E.
06/19 - Terry D.
06/30 - Karin F.
06/30 - India I.

Team Member Birthdays

06/04 - Cecelia K. (Nursing)
06/07 - Sarah M. (Marketing)
06/17 - Angele P (Nursing)
06/19 - Roman N. (Nursing)
06/22 - Connie A. (Dietary)



HOROSCOPE



Gemini

(May 21- June 21)

June is a month that looks promising for personal and professional growth for Geminis. Focus on spending time with loved ones and strengthening those relationships. This month encourages you to embrace your individuality and pursue your goals passionately.

Cancer

(June 22- July 22)

For Cancers the month of June will have marginal improvements. Be careful in relationships and spoken words as you may be more irritable this month.

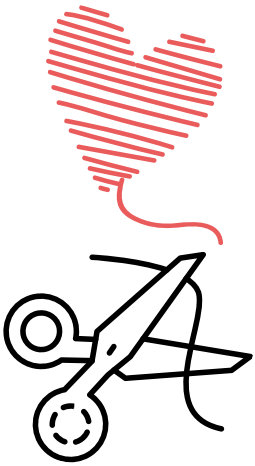
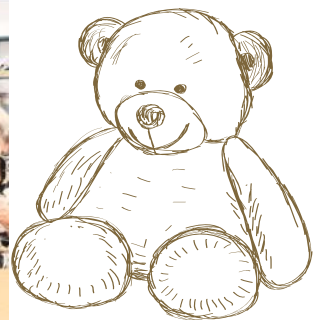
Prioritize alone time and rest during the busy season.

Try new self-care techniques or beauty tips to promote wellness and relaxation.

POTOMAC SCHOOL VISITS & DELIVERS MAY DAY FLOWERS!!!



TEDDY BEAR CRAFT WITH LONGFELLOW! PROJECT FINALLY FINISHED!



SECONDS OF LIFE

FEEL THEM IN YOUR HEART
EVERY SECOND
EVERY MOST NEEDED
WHILE THEY KEEP DRIPPING
ALL THE TIME

STRAIGHT FROM HEART
AND STRAIGHT TO EARTH
HEMOPHILIA OF LIFE
THAT FERTILIZES EARTH
AND VICE-VERSA



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

PEONIES & PEARLS – CHESTERBROOKS MOTHER'S DAY BRUNCH!



June Trips

- Outings -

06/06- 10:15 AM (FRIDAY) 😊
VISIT AIR & SPACE MUSEUM

06/08- 01:00 PM (SUNDAY)
SCENIC RIDE & ICE CREAM 😊

06/11- 11:45 AM (WEDNESDAY)
TJ MAXX & LUNCH AT PANERA (\$)

06/13- 10:15 AM (FRIDAY)
VISIT WOMEN'S MILITARY
MUSEUM 😊

06/20- 10:15 AM (FRIDAY) 😊
SWIMMING AT SPRING HILL REC

06/20- 6:00 PM (FRIDAY)
SHABBAT AT TRS 😊

06/27- 10:15 AM (FRIDAY)
THRIFT SHOPPING & LUNCH AT
FIRST WATCH (\$)

😊 <--- INDICATES THE TRIP IS
FREE!!

- Shopping -

06/02- 9:30 AM (MONDAY)
TRADER JOE'S (\$)

06/04- 12:30 PM (WEDNESDAY)
BANK & ERRAND RUN (\$)

06/07- 2:15 PM (SATURDAY)
DOLLAR TREE (\$)

06/09- 9:30 AM (MONDAY)
GIANT - MCLEAN (\$)

06/14- 2:15 PM (SATURDAY)
GIANT (\$)

06/16- 9:30 AM (MONDAY)
TARGET/WALMART (\$)

06/23- 9:30 AM (MONDAY)
GIANT (\$)

06/25- 12:30 PM (WEDNESDAY)
BANK & ERRAND RUN (\$)

06/30- 9:30 (MONDAY)
WEGMANS (\$)

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

FLOWER FESTIVAL AT THE NATIONAL CATHEDRAL!



POPSICLES ON THE PATIO: PHOTOSHOOT & SOCIAL!



STROLL THROUGH BON AIR ROSE GARDEN IN ARLINGTON!!



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

PARKINSONS MOVING DAY!! CHESTERBROOK PROUDLY RAISED \$732 !



VISITING THE BIBLE MUSEUM IN D.C. !



SHRED IT EVENT! \$300 RAISED!!



CULTURE & CUISINE: THE PHILIPPINES WITH SHIRLY, MERCY & SUZETTE



PHILIPPINES

Homemade Lumpia, Pancit & Adobo Pork



GOODBYE TO DAVIS CENTER STUDENTS!

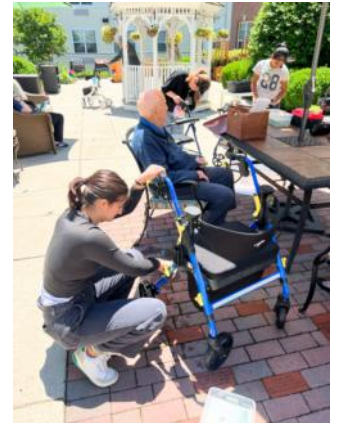
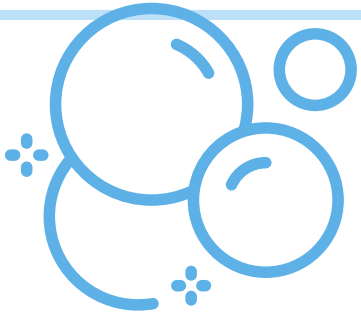


THANK
YOU

FOR ALL
YOUR HARD
WORK!



VOLUNTEERS HELP WITH OUR WHEELCHAIR & WALKER WASH DAY!



VISITING MGM CASINO





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*
Driver #: 703-300-3856 adminassistant@cri-va.org

Glen Lizaso Shirley Songco, ext. 100
Van Driver *Evening & Weekend Receptionist*
Driver #: receptionist@cri-va.org
703-300-3856



**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**