Blue Ridge Hall

NEWSLETTER

April 1, 2023

Embracing New Discoveries



"Your wings already exist, all you have to do is fly." - Unknown. Captured above, **Jane** reminisces on some old songs from her childhood.

Some recent events include...

A Science Experiment...







As a part of our neighborhood goal of doing one science experiment a month, March's included creating an erupting volcano! After a few unsuccessful attempts, the volcano itself was officially finished and ready for the next step.

Paint Hour...



Paint Hour is not only a popular activity but also the perfect way to relax, paint and spend time with friends. Photographed is **Shelby**, **BJ** and **Betty** as they paint and share stories.

St. Patrick's Day!



For St. Patrick's Day, the neighborhood got together for an Irish celebration! Resident's enjoyed themselves with Irish music and good

food. Captured above, **Ann** checks out the food and drink table!



The Butterflies are Back!



From pea sized caterpillars to beautiful red and orange butterflies, we've watched the whole process from start to finish! When the weather is just right, we'll release our new friends back home to nature.

A Birthday Celebration!



Friends gathered on March 20th to celebrate their good friend and neighbor, **Ann** as she celebrates her 89th birthday. Captured in the photo is Ann and her daughter along with the rest of the neighborhood joining together for some cake and celebration!

The Magic Table...



After waiting several weeks, the Tovertafel is officially installed

in the Blue Ridge Hall living room. This *Tovertafel* or "Magic Table" is a newly invented projecting technology from Holland, specifically made for those living with dementia. This device is designed to encourage social interaction and mental stimulation. It has the ability to calm or mentally



increase activity in the brain. Photographed are **Nancy**, **Betty** and **Shelby** as the first three ladies to try out this wonderful device.

Gardening Club!



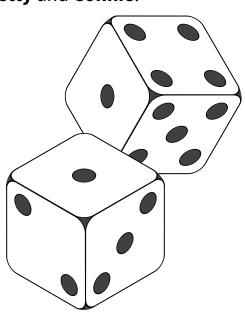
Gardening club is back and will now take place once a week in the Blue Ridge Hall courtyard. With beautiful daffodils and hyacinths, there will be much more to come as Spring times rolls around! Captured above are **Fran** and **Shelby** as they plant the first few hyacinths.

Game Day...



Game time can get a little competitive over in Blue Ridge Hall! Photographed above the group gathers for another intense game of "Shake, Rattle and Roll!" Photographed below are **Betty** and **Connie**.





Connie's Birthday Party!



With March being our month of many birthdays, Connie celebrated her birthday with both old and new friends! Photographed are **Donielle** and **Connie**.

Upcoming occasions in April...

- 4/1: April Fool's Day Short Stories to Make You Laugh
- 4/2: Palm Sunday Palm Leaf Cross
- 4/3: National Rainbow Day Rare and Amazing Rainbows, Rainbow Craft
- 4/5: National Bell Bottoms Day Fashion Over Time
- 4/6: World Table Tennis Day Table Tennis!
- 4/7: Good Friday Good Friday Church Service (CH. 977)
- 4/8: National Zoo Lovers Day Visual Trivia: Zoo Animals
- 4/9: Easter Easter Sunday Service (CH. 977)
- **4/12: International Day of Human Space Flight** Rocket Launcher, Stained Glass Planets
- 4/16: National Orchid Day Travel Video: Singapore Orchid garden
- **4/16: Nature Week! -** Golf Cart Scenery Drives, Nature Seeking, Nature JINGO, Let's Go Camping!, Nature Scavenger Hunt
- **4/17: National Cheeseball Day** Cooking Corner: Cheeseball!, Cheese and Cracker Outdoor Social
- 4/21: A Trip to Dinosaur Land!
- 4/22: Earth Day The History of Earth Day, Nature Chats, Nature iSpy

Jill Asamoah, ADC/MC, CDP
Activity Dementia Coordinator
Westminster Canterbury
SHENANDOAH VALLEY
Connected for Life

Cognitive Loss Support Groups offered by SVWC

Living With Cognitive Loss

When: 1st and 3rd Wednesday @ 11:00am
Where: Private Dining Room
us group is open to individuals living with dementia h

This group is open to individuals living with dementia here at SVWC.

Please contact Chaplain Bill at x971 for questions or details

Families Supporting Families Living With Cognitive Loss

When: 3rd Wednesday of Every Month @7:00pm Where: Zoom Meeting

This group is a virtual support group for family members of loved ones living with cognitive loss. It is open to the SVWC community and any family member is welcome to attend, including those who do not live at SVWC.

If interested, please contact Abigail at x656 for the Zoom link.

Life's Care Partner: A Supportive Hand

When: 4th Thursday of the month @ 11:00am Where: Activities Room

This is a support group open to individuals at SVWC who are caring for a loved one living with dementia.

Please contact Donielle at x916 or Jill at x649 for questions or details

Care Partners Connected By Cognitive Loss

When: 1st Thursday @11:00am
Where: Shenandoah Valley Westminster Canterbury/ Virtually
This is a Frederick County/Winchester area support group for
those caring for a loved one with any type of dementia
(Alzheimer's Parkinson's, MCI, etc.)
Please contact Abigail at x656 to attend

Parkinson's Support Group

When: 1st and 3rd Tuesday of the month @ 11:00am

Where: Activities Room

This is a support group for those living with Parkinson's Disease and their loved ones.

Please contact Danielle at v916. A biggil at v656 or Kate Henson.

Please contact Donielle at x916, Abigail at x656 or Kate Henson at k.m.goodloe@gmail.com for questions or details

Memory Café

When: 2nd Monday of each month @ 10:00am

Where: The Hideaway Café

141 S. Loudoun Street, Winchester, VA 22601

This is a comfortable safe space where care partners and their loved ones living with any type of dementia can gather to socialize, play games, and enjoy activities together.

Please contact Donielle at dpalmer@svwc.org for questions or details

