

Culpepper Place of Springdale

Family News Letter

January 2012

A Premier Senior Address



Exciting events this month:

1/1/12: Happy New Year

1/4/12 :Music with Jasper & Evelyn

1/6/12: Music with Curt

1/12/12: Out to the Movies

1/13/12: Guy Wilcox

*1/19/12: Lunch at Golden Corral
& Music with Frank and Shirley*

1/26/12: Casino

Resident Spotlight: Jean Strong

Jean Strong retired from Time Life-Books in 1986 after a 40-year journalism career. She moved from Washington DC to Northwest Arkansas in 1990. In September 2011, she moved from her Springdale home on Niagara Street to Culpepper Place, Springdale. "My employers included weekly and daily newspapers in Iowa, national magazines (Life, Fortune and Farm Journal) in New York City and Philadelphia, and Time-Life Books in Alexandria, VA." She freelanced from Iowa for eight years in the 1960s. "I happened to be working on Capitol Hill in DC on a writing/publishing project when the Watergate scandal occurred," she said. "That was a very interesting time to be there." "My job titles have ranged from editor & manager, feature writer/photographer, reporter, researcher, editor, freelance writer, associate editor, project director, author and publisher." "I never married because I was busy and happy (most of the time) with my career. Unforgettable people I have met include England's Princess Margaret, actress Gina Lollobrigida, photographers Margaret Bourke-White and Alfred "Eisie" Eisenstadt, jeweler Harry Winston, the King of Morocco, writer Truman Capote, wrestler Gorgeous Georgia and plane crash and shipwreck survivors. Since retiring I have published four non-fiction books and numerous magazine articles. I am working on my autobiography," she said. Jean is acting chairman of the board for Mae Farm, a 15-acre agritourism center under development along Highway 71-B, north of Lokomotion in Fayetteville. It was previously a golf practice range. Last year Mae Farm hosted several events and for three months, a helicopter parked on the property between popular site-seeing flights. In season, the farm features an organic garden with heritage plants and a shaved ice drinks and produce trailer. A pony ring and a hot food trailer are in 2012 plans with monthly antique fair vendors and other events. A hoop house and pavilion are also planned. Owner/steward Cynthia Haseloff envisions Mae Farm as an agritourism destination for northwest Arkansas and the U.S. She and Jean have been planning and implementing development since 2010. Buildings include a steward's cottage and a chicken tractor (movable chicken house). An old stone farmhouse and hen house are slated for renovation as funds permit; they will be the nucleus for "a forgotten man 1820s-1950s farm." Once a resident manager is on site, small endangered livestock breeds will be introduced. The farm house will be a residence and/or classroom center. As chairman, Jean is consultant, confidant and investor for Cynthia's project. "In season, I operate our 72-inch riding mower to help keep the property neat and attractive,"

Resident Spotlight: Jean Strong

Jean said. At a CP morning activity session in November, Jean discussed her first book "A Prairie Almanac, 1839 to 1919, the eyewitness story about everyday life of pioneers, as told by Isaac N. Kramer." In December, she conducted a Happiness Survey based on a 14% sample of CP residents. Results of the "How Happy Are You?" question revealed that, on a scale of 1 to 4, 22% of the residents considered themselves Joyous, 56% Happy, 33% Content, 0% Unhappy.

Recipe for Happiness

The first eight ingredients in a "Recipe for Happiness" include:

1. Loving close-knit family, 67%
2. Laugh, smile, be happy attitude, 56%
3. Relationship with God/Jesus, 56%
4. Treasure friends and be a good one, 33%
5. Financial independence (start saving in 30s for retirement years), 22%
6. Seek challenging work you enjoy, 22%
7. Read books and learn, 22%
8. Think positively, no negative thoughts, 22%

Twelve additional ingredients noted in the survey garnered 11 percent each:

9. Develop enjoyable hobby
10. Get enough sleep
11. Let there be Music
12. Be content with what you have
13. Be the best that you can be
14. Don't marry or have children
15. Listen to your parents
16. Appreciate brothers and sisters
17. Serve others
18. Maintain a non-judgmental attitude
19. Love every life form
20. Recognize your many blessings.



Jean and Trey

Happy Birthday



Lawrie 1/1



Verna 1/11



Jessa 1/15



Marguerite 1/15



Red 1/22



Rebecca 1/18



Hello everyone I hope your New Year has been off to a good start. Our Christmas Party was exciting I have heard from many of you what a good time you had. Speaking of good times keep your eye on our activity calendar activities has a lot of things planned for the new year I can hardly wait. We are moving into our colder winter weather so make sure you dress nice and cozy I hope by now you have gotten acquainted with Jean and Jane Wilmoth and welcomed them to the Culpepper family show them the ole Culpepper spirit!!! Until next time God Bless and remember my door is open to each and everyone

*Employee
Of
The
Month*



Betyina Harkey

Health & Wellness



WINTER HEALTH TIPS Part One:

The mention of winter evokes images of sparkling snowflakes and skaters gracefully gliding across the ice. But winter can also be a time of illness and injury, if people fail to take adequate health and safety precautions.

***Colds** More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the United States, most people average about three colds every year. Once it enters the body through the nose or throat, the cold virus begins to multiply, causing any of a number of symptoms: sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing. A cold usually lasts a week or two. The best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much bed rest as possible and drink plenty of fluids, especially fruit juices. Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure or even shorten the course of the illness. While there is no vaccine to protect you from catching a cold, there are ways to lessen your chances of coming down with the illness. Keep up your natural resistance through good nutrition and getting enough sleep and exercise. Turn your thermostat down and keep the humidity up in your home. Dry air dries out the mucous membranes in your nose and throat and causes them to crack, creating a place where cold viruses can enter your body. Avoid direct contact with those who have colds and wash your hands frequently.*



Activity News:

The Holidays are over and we're back to normal. We really enjoyed going to the movies to see "We bought a zoo" Marcus thought he was at a family reunion! We always love it when Travis comes for his art class. One of our Favorite places to eat, Golden Corral is on the schedule this month so check your calendar. As always our monthly trip to the Casino is planned and if we win big, plan on stopping for ice cream to celebrate.





Pat with Santa and His Little Helper Andrew



Nadine must be on Santa's Nice List



Jerrilyn is wearing a big smile ...not sure if she's naughty or nice though



Lawrie and Andrew enjoying the Christmas party



This little guy is keeping an eye out for the naughty and the nice



Looks like Santa took Pauline by surprise!



Jody can really tickle the ivories



Lawrie & Marline



Too Cute...