

December 2011

Culpepper Place of Springfield

Senior Living

A Premier Senior Address



3540 E. Cherokee, Springfield, MO 65809 417-889-2222

The Tribune



Laure' & Cappy

I was born on July 12, 1927, in Orange, New Jersey. I am the only child of George and Anna Down, who had come to the city from Honesdale, Pennsylvania. We lived in a two family house. My Aunt Blanche, Uncle Jack, and cousin Leonard, lived downstairs. We lived upstairs. I said I was an only child, but the truth is that Leonard was the perfect substitute for a pesky, "pain in the neck" brother.

I have had a lifelong love of dogs and music. My first dog was a Sheltie mix named Fluffy. She was the constant companion of my 5th grade class.. Each night, a different student would take her home. At year's end, the sixth grade teacher absolutely refused to allow a dog in her classroom, so I was the lucky person that got to keep Fluffy. She lived to be sixteen years old.

My first instrument was a harmonica. My mother was a kind, no nonsense housekeeper. Once, when I proudly played, "America" for her on my harmonica, she smiled, indulgently. When I asked her if she recognized the tune, she wistfully replied, "It sounds familiar". Needless to say, I was on my own, musically.

I always loved to hear marching bands. I particularly loved the sound of the trumpet. I was given my first small trumpet, or coronet, for Christmas when I was about ten years old. Little did I know then how many wonderful adventures my trumpet and I would have together.

I was quite accomplished by the time I was twelve. That summer, and for eleven more after that, I became the camp bugler at Fireplace Lodge, in East Hampton, Long Island. What an opportunity!



Laure' & Don's 50th Anniversary

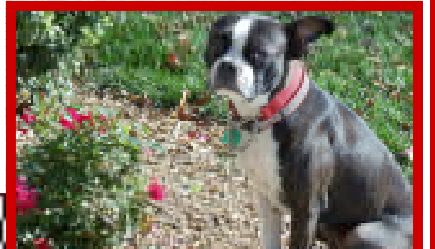
I attended college at the Eastman School of Music in Rochester, New York. The winters were cold, but the bustle of practicing and studying kept me busy and warm. I'm not sure that college prepared me for what came next.

My music led me to a small town in rural West Virginia. I taught at the State School for the Deaf and Blind. It was here that I met Don. He taught history and coached the wrestling team. I'd like to think that it was my good looks and sense of humor that attracted him to me, but in truth, I may have been the only eligible lady that could both speak and hear. We fell in love and were married on September 4, 1950.

We have two children, Gail and Ross, four grandchildren, and one great granddaughter. Don's work brought us to Springfield in 1966. We were fortunate to have 62 years together. Laure' enjoys spending time with her dog, Cappy, and her family and ifriends.



Really Mom, I didn't do it!!!



What's Happening Culpepper?

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Arlene teaches Bette, Nadine & other residents and family members to make holiday cards.



Bev & Yodie celebrating Veteran's Day.



Karen honoring our Veterans.



Bette, Nadine, Irene and others making apple tarts for our Veteran Celebration.

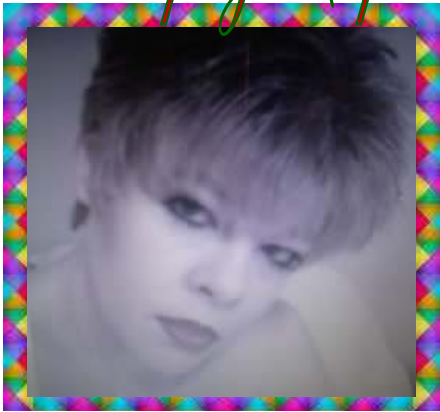


Gertrude and daughter, Vera along with Beulah present Danielle Conti with Harmony House over 30 pillow, blankets, and other baby bedding that they have made for children at the crisis center.



The Ladies received flowers and hugs from the gentlemen with the MSU Choir.

Employee Spotlight... Shannon Leff



Hi, my name is Shannon Leff. I am honored to be chosen employee of the month. I work in the med room as a med tech and I enjoy it very much. I have a 5 pound poodle whom I cherish very much. Let me tell you a little bit about myself...

I was born in Carlsbad, NM. When I was 10 years old my family and I moved to Dallas/Ft. Worth. I lived there for many years. I graduated high school and college in Texas. I went to Arlington Court Reporting College for four years. I realized that was not the career I would be interested in doing. I graduated with a paralegal degree and worked in a huge law firm in the heart of Dallas. I left Dallas/Ft. Worth after several years and moved to Phoenix, AZ in 2006 and really loved it. I loved the weather and basically I was very busy in Phoenix with work and hobbies. I was a board member of the Arizona Beauty Pageants for several years. Being a board member had a few special privileges. I would receive beautiful evening gowns for free to wear to the pageants. I then moved to MO yet I continued to work with the Pageant over the phone and email/mail. I then became involved with CASA (Court Appointed Special Advocate). I would be the voice, eyes and ears for abused and neglected children. I resigned from the Pageant in order to put more time for CASA.

My favorite thing to do is to write. I write poetry and have them copyrighted. My long term goal is to write a book and/or music.

I came to Culpepper Place in March of this year and I really like it. I enjoy talking with the residents because they all have a story to be told and I love to hear stories about the lives of the men and women I am honored to visit with on a daily basis.



12/6 The Duttons Christmas Show/ Branson
12/7 Penney's/Macy's
12/9 Holiday Songs w/ Bro. David
12/13 Music w/Charming Echoes @ West
12/14 Spring Creek Tea Room

Upcoming Events



12/17 Christmas Open House
12/20 See Christmas Lights
12/21 Music w/ Susan Grace
12/22 Maranatha Choir @ West
12/27 Music w/ Young @ Heart Seniors
12/30 New Years Celebration

Happy Birthday!!!
Happy Birthday!!!



Gordon 12/4



Lorene 12/4



Irene 12/23

Nurses Notes.. with Melinda
Nurses Notes.. with Melinda
Winter Blues



Seasonal affective disorder is a type of depression that occurs as days grow shorter in the fall and winter. Cold temperatures and decreasing amounts of sunlight may cause people to act adversely as fall and winter progress. Symptoms include decrease activity level, poor sleep, fatigue, body aches, sadness, crying spells, and depression. Symptoms worsen during the darkest months. Symptoms may occur in the fall and last until spring. Treatment can include medications for symptoms, exposure to fluorescent lights and social support. Here are a few simple tips to deal with the winter blues:

1. Be social-get involved in activities
2. Exercise-it reduces stress and improves sleep cycle
3. Get outside-some sunny days, although not many in winter months will be better than none.
4. Music-can elevate mood
5. Read-reading can help pass the time and it keeps the mind sharp.

Practice these tips and remember spring will come soon. –Melinda Puckett LPN

More of What's Happening...



Carlene and family celebrating a lovely Thanksgiving.



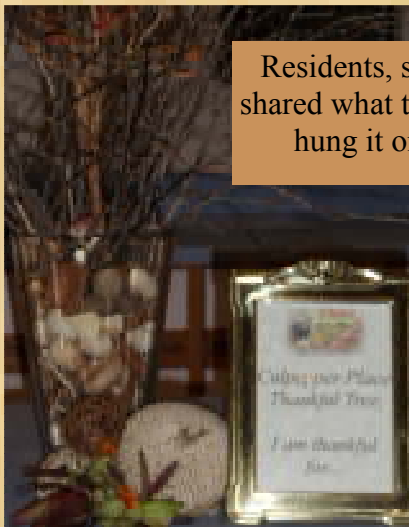
The kids from the Boys & Girls Club helped us with our "Thankful Tree".



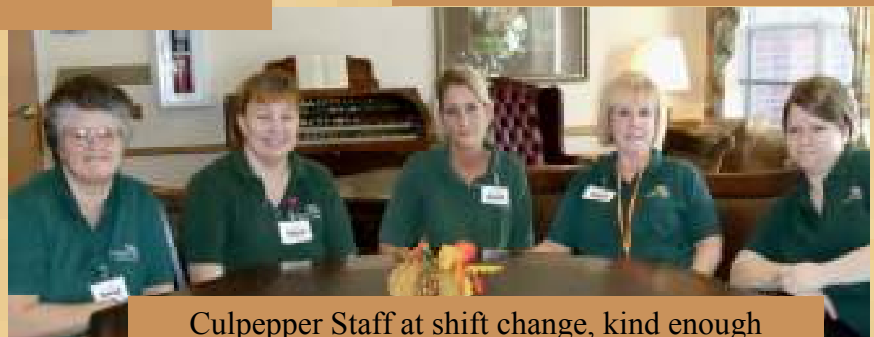
Gertrude and her family enjoying a holiday get together.



Beulah & her cute and very busy Great Granddaughter.



Residents, staff, families & friends shared what they were thankful for & hung it on our Thankful Tree.



Culpepper Staff at shift change, kind enough to stop for a Happy Thanksgiving Picture.

Karen's Korner...

The picture on the left is me (front) and my sister, Denise, in 1962, I believe. We were in Derby Kansas, and would soon be returning to Germany for my dad's last stint in the Air Force before he retired. As a child with a German mom, we had different types of traditions, with the Americanisms thrown in for good measure. One thing I remember quite well is that my friends always had their homes decorated for the holiday season. In our house, "Saint Nicholas" did not bring our decorations until Christmas Eve, so miraculously, Christmas morning, the house would be decorated. I'm sure my mom and dad worked feverishly all night to get the house looking good. My mom still celebrates Saint Nicholas day usually on the 5th of December, by gifting us with an ornament for our tree every year. I have many fond, loving memories of past holidays. Merry Christmas!



Welcome



Richard Hays Room 214



Wagon