

# LA CIRCULAIRE DU MARQUE



**NOVEMBER 2010**

## Office Hours

Mon. thru Fri. 8:30am - 4:30pm  
Sat. 10am—4pm  
Sun. 12pm—5pm

## Important Numbers

(703) 754-7711 Office  
(703) 754-7711 Emergency  
(703) 754-7758 Fax  
www.TheMarque55.com

Office Services Offered: Copies, fax,  
& notary public. Free to residents.

## EXTRAS

### Storage Units Available:

Floor Bins: \$30 per month  
(climate controlled)  
Garage Units: \$50—\$100 per month  
(non-climate controlled)

### Garage and Carport Parking Available:

Carport Parking: \$75 per month  
Garage Parking: \$175 per month

### Guest Suites Available:

Suite 148 and 149: \$100 per night  
Suite 439: \$150 per night (sleeps 6)  
Call the office for reservations.

Drycleaners—pick up and delivery on  
Tuesday and Friday mornings in the  
lobby coat closet. Forms in the office.

## HOUSEKEEPING

If you are **locked out of your apartment** after hours, call the answering service and they will contact Roberta to let you in. *There is a \$50 charge for this service—no exceptions.* You can also call Priority Lock and Key (703) 330-0249. They will charge \$75 for the service.



If you should lose your house keys, mail box key, access card or remote, the following are the replacement costs:  
House or Mail Key: \$15  
Access Card/FOB: \$35  
Parking Remote: \$50

**TRASH**—It *MUST* be bagged before you put it into the trash chutes. It needs to fit with *NO* force. Glass *ONLY* goes into the recycling bins located in each trash room. Do *NOT* leave anything on the trash room floor. Newspapers can be recycled in the garage trash cans near the elevator doors. Break down cardboard boxes and place them in the dumpster on the EAST side of the building.

**PETS**— They must be walked *ONLY* in the designated areas on the sides of the buildings. You must pick up after them and properly dispose of waste in the green pet waste containers each and every time. Also, please be mindful of excessive barking. **Pets are NOT allowed in the common areas of our building.** *Please be sure your pet is registered with our office.*

**DELIVERIES**—The Marque is an access controlled building—meaning we control who comes in and out of the building. Please do **NOT** let anyone in the building who you do not know. If you order food or anything else that needs to be delivered, please go down to the front door and meet the delivery person—do not buzz them in to roam the halls without supervision.

**Lost and Found**—We have a lost and found bin located in the front office. Stop by if you are missing something or if you have found something that isn't yours!

## SAVE THE DATE

## MOVIES AT THE MARQUE

Wed., Nov. 3 at 1:30pm

Sat., Nov. 6 at 7:00pm

Sun., Nov. 7 at 1:30pm

Wed., Nov. 10 at 1:30pm

Sat., Nov. 13 at 7:00pm

Sun., Nov. 14 at 1:30pm

Wed., Nov. 17 at 1:30pm

Sat., Nov. 20 at 7:00pm

Sun., Nov. 21 at 1:30pm

Wed., Nov. 24 at 1:30pm

Sat., Nov. 27 at 7:00pm

Sun., Nov. 28 at 1:30pm

**Stop by our theater for some popcorn and a movie! Popcorn provided, *but you need to make it yourself*—instructions are on the machine! Kids...if you want to suggest a movie—stop by the office!!**

**Happy Birthday to residents who  
were born in the month of  
~NOVEMBER~**



**Stop by the Café for our resident birthday celebration on the 2nd Wednesday of each month at 7pm—cake will be served.**



## NEW RESIDENTS

**Welcome to The Marque!**

**Be sure to check out our social clubs and activities. New members are always welcome.**

**Submit any new ideas for clubs to the front office.**

**Club Chairperson contact list and phone numbers are located in the front office.**

**Phone and E-Mail lists are also located in the front office!!**

**Kids...Do you want to start a club? Stop by the office and let us help you!**



## THANKFULNESS & PARTICIPATION

BY: DR. PEGGY PETTIT



November is the month that celebrates our National Thanksgiving holiday that stems from a group of pioneer settlers in the new world in 1621. In 1863 President Lincoln proclaimed the fourth Thursday in November would be a national holiday for giving thanks.

In chatting with a variety of residents regarding for what they were thankful, many shared that they were thankful for the opportunity to live here at The Marque. When asked why, they said, "... it is close to where their children live, is clean, attractive and safe." Additionally, many said that the deciding factor for them are the amenities and variety of social activities offered.

Taryn Lee, MD, Director of the Geriatrics Consult Service at New York-Presbyterian Hospital in an article on How to Age With Grace and Vigor, stated, "Social networks are essential to health; keep up with friends and make new ones. Exercise your mind and stay active as much as you can." Doctor Lee further said if you want to keep your brain young, take a deep breath, toss the junk food, get off the couch, and plan a game night or afternoon with your friends. Numerous studies have shown that an active social lifestyle might protect older adults against dementia. Social interaction/participation improves your brain health and promotes a better quality of life.

Last month's article spoke of the common phrase circle of friends. Here at the Marque circle of friends has been defined as a benefit for residents that participate in the many activities which are offered. Participation is sharing something in common with others, is a process of taking part in different spheres of social life and re-

flects an ownership interest. Social participation is the key concept of this article. Social participation refers to collective activities that individuals are involved in as a part of their everyday lives.

There are many negative stereotype images of aging such as financial struggles, poor health, lacking understanding of health insurance, poor personal hygiene, reclusive and/or antisocial behavior. Fortunately here at The Marque for most of those areas and for most of our residents that stereotype is not applicable. However, we do have many residents that participate only in special holiday food activities sponsored by The Marque. Now we all know that sharing our cooking and eating with one another is pleasurable; however, do you ever wonder if there may be pleasure derived from participating in the many Marque activities that are offered every day of the week.

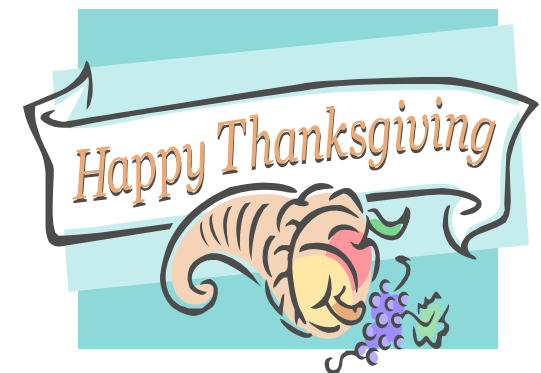
In September 2002 panelists, appearing before the US Special Senate Committee on Aging, castigated media and marketing executives for bombarding audiences with what they said are negative images of aging in print, on television and on the big screen. What's worse, they said, is that most people internalize these images without realizing how damaging they can be on an older person's finances, relationships and physical and mental health. The damage is real, reports Dr. Becca R. Levy, an epidemiologist at Yale University. Dr. Levy's 20-year study published in the Journal of Personality and Social Psychology found that older people with positive perceptions of aging lived seven and a half years longer.

We are in hope that as colder weather approaches and daylight becomes less many residents will look for the sharing of fun while playing board games, bingo, cards, or shooting pool. Monday has the Canasta group and newcomers are welcomed which include those who need to learn how to play. Tuesday provides Arts & Crafts, Bingo and Yoga while Wednesday has Daytime Mexican Train Dominoes, exercise and Bingo.

Thursday morning offers exercise and in the evening bridge. Friday there is exercise in the morning and Mexican Train Dominoes in the evening. There is always a Saturday and Sunday movie as well as Billiards Saturday evening.


Movies are provided five days per week: Monday, Wednesday, Thursday, Saturday and Sunday. Each month the specific event calendar is included in the newsletter. Some may want to play cards or other games but do not know how. If you wish to learn how to play any of these games give me a call and arrangements will be made for someone to teach you how to play.

We all have much to be thankful for this Thanksgiving. For some, areas of thankfulness are the activities that have such a positive influence for those who participate. We have a diverse, independent group of people at The Marque and through participation we foster ties and shared norms between us. Many researchers and individuals claim that participation has a range of positive outcomes on communities and individuals. Humans enjoy being connected as it is a major determinant of well being and satisfaction; consequently, participation can provide individuals an opportunity to develop confidence and experience a sense of belonging. So my friends and future participants, HAPPY THANKSGIVING and see you at one or more of our many fun participatory activities.





# ~CALENDAR~ NOVEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ~Exercise 10:30am ~Canasta 1:00pm ~Billards 7:00pm	2 ~Arts & Crafts 2:00 pm ~Bingo 7:00pm ~Yoga 5:30pm	3 ~Grocery 10:00am ~Mexican Train Dominos 1:00pm ~Pinochle 1:00pm ~Movie 1:30 pm ~Bingo 7:30 pm	4 ~Chair Aerobics 10:30am ~Tile Rummy 1:00 pm ~Western Movie Club 1:30pm ~Yoga 5:30 pm ~Bridge 7:00pm	5 ~Exercise 10:30am ~Domino's 7:00 pm	6 ~Movie 7:00 pm ~Billards 7:00pm ~Dominos 7:00pm
7 ~Movie 1:30pm	8 ~Exercise 10:30am ~Canasta 1:00pm ~Billards 7:00pm	9 ~Arts & Crafts 2:00 pm ~Bingo 7:00pm ~Yoga 5:30pm	10 ~Grocery 10:00am ~Mexican Train Dominos 1:00pm ~Pinochle 1:00pm ~Movie 1:30 pm ~Birthday Party 7:00pm ~Bingo 7:30 pm	11 ~Chair Aerobics 10:30am ~Tile Rummy 1:00 pm ~Western Movie Club 1:30pm ~Yoga 5:30 pm ~Bridge 7:00pm	12 ~Exercise 10:30am ~Schwan's 10:30am ~Domino's 7:00pm	13 ~Movie 7:00pm ~Billards 7:00pm ~Dominos 7:00pm
14 ~Movie 1:30pm	15 ~Exercise 10:30am ~Canasta 1:00pm ~Billards 7:00pm	16 ~Arts & Crafts 2:00 pm ~Yoga 5:30pm ~Bingo 7:00pm	17 ~Grocery 10:00am ~Daytime Mexican Train Dominos 1:00pm ~Pinochle 1:00pm ~Movie 1:30 pm ~Bingo 7:00 pm	18 ~Chair Aerobics 10:30am ~Tile Rummy 1:00 pm ~Western Movie Club 1:30pm Farmers Market 2-6pm ~Yoga 5:30 pm ~Bridge 7:00pm	19 ~Exercise 10:30am ~Domino's 7:00pm	20 ~Movie 7:00 pm ~Billards 7:00pm ~Dominos 7:00pm
21 ~Movie 1:30 pm	22 ~Exercise 10:30am ~Canasta 1:00pm ~Billards 7:00pm	23 ~Red Hat Club 12:00pm ~Arts & Crafts 2:00pm ~Yoga 5:30pm ~Bingo 7:00pm	24 ~Grocery 10:00am ~Daytime Mexican Train Dominos 1:00pm ~Pinochle 1:00pm ~Movie 1:30 pm ~Bingo 7:00 pm	25 Happy Thanksgiving!!  Office Closed  	26 ~Exercise 10:30am ~Schwan's 10:30am ~Domino's 7:00pm	27 ~Movie 7:00pm ~Billards 7:00pm ~Dominos 7:00pm
28 ~Movie 1:30 pm	29 ~Exercise 10:30am ~Canasta 1:00pm ~Billards 7:00pm	30 ~Arts & Crafts 2:00pm ~Yoga 5:30pm ~Bingo 7:00pm				