



Assisted Living and Memory Care

Our *family* serving your family with professional, compassionate *care*.

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May 2012

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Activities

May 3

Andrews Sisters Tribute
First in Flight Entertainment

May 4

Craft Fair

May 10

Dixie Penn Quintet

May 11

Mother's Day Brunch

May 12

Memory Walk

May 17

Golden Triad Chorus
Sweet Adelines

May 24

New South Brass Quintet

May 25

Monthly Birthday Party

May 31

Lisa Dames as Patsy Cline

DIRECTOR'S Corner

May is National Book, Barbecue and Nursing Month, but most of all it's a time for us to celebrate *our* mothers. My mother passed away a few years back, so for me celebrating Mother's Day with all of our special "mothers" here at Spring Arbor is truly a blessing. You make me smile and you help to make my day(s)! It does not matter to me whether or not you are a mother ... each and every one of you are extraordinary women and I am thankful to have you in my life!

Please remember all the fun activities we have planned for May ... Concerts on the Lawn, Mother's Day Tea (we will be using my mother's tea cups that she collected for many years), cookouts and just enjoying this time of the year.

Becky Vance

Executive Director

Resident Care Coordinator

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Cottage Care Coordinator

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CONCERTS ON THE LAWN

Thursdays in May
6:30 p.m.

Bring Your Lawn Chairs,
Dancing Shoes and
Join in the Fun!

MAY 3-10-17-24-31



Happy Mother's Day



PARTY Time

Happy Birthday

Residents

- 10 - Jennie Smith
- 14 - Ruth Greene
- 23- Columbus Jobe

Staff

- 4 - Keydra Humphrey
- 7 - Crystal Carter
- 7 - Pansy Graves
- 9 - Debby Wilson

If there are 23 people in a room, there's a 50% chance that two of them will have the same birthday. It's been proven mathematically.



Alvera Frauenheim enjoying a visit from her great-grandson.



FROM THE DESK OF ...

Happy Spring! Everything is in bloom and it seems as if Mother Nature is reaching out to us! Here at Spring Arbor, we are not only passionate about serving our residents, but also serving the greater community! As a part of the Spring Arbor extended family, you can be a part of our outreach! We offer a wonderful Caregiver Support Group, we have resource information on subjects such as VA benefits and Elder Law matters, and also offer programs to support and educate seniors (and their families) regarding aging and transition. Please tell your friends and family about these resources.

As a CSA (Certified Senior Advisor), I offer two presentations that I am always excited to share with others. They are presentations designed to get folks thinking about "what happens if" ... They are not dismal, but actually

empowering! They are entitled: *Planning to Live ... Aging and the Big Picture*, and *Senior Perspectives*. I welcome opportunities to share my knowledge and resources with you, your group or organization. I will look forward to sharing with you soon! Please do stop by my office or give me a call if I can be of assistance in any way!

Amanda Moore, CSA
Director of Community Relations



News Flash!

You will see a new face around Spring Arbor this month. **Brittany Hargrove**, a recreation therapy student from UNC-G, will be doing her practicum here for the next six weeks.

You're invited—**Rita Wright** of our food service staff is getting married June 16 at 2 p.m. and has extended an invitation to all residents and team members.

Danette Hayden (2nd shift Med Tech) is graduating from GTCC nursing school this month.

Cindy Alvarez's (1st shift Med Tech) youngest daughter, Rosa, is graduating from GTCC Dental Hygiene School this month.

Sharon Grasty (2nd shift Med Tech) announces the arrival of a new granddaughter, Zariah, on April 2.





Resident Spotlight



COTTAGE CARE

Welcome to May in the Cottage!

As you've probably noticed, we have planted flowers and even some vegetables for our residents to enjoy. If any of you have any ideas or suggestions, we'd love to talk with you. This is such a beautiful time of the year and we are already seeing the residents go out to the courtyard and the gazebo to enjoy the sunshine. We hope you'll join your loved one while you're here visiting, by either taking them out to the gazebo, taking them for a walk or by just sitting with them in the Cottage enjoying the A/C on a hot day.

We want to thank those who attend our Caregiver Support Group. We have enjoyed getting to know one another and hope this has been beneficial for you. We do want to let you know that we will *not* be meeting in May, as we have the "Concerts on the Lawn" each Thursday evening. We will resume as scheduled for the last Thursday in June.

Mark your calendars for **May 12**, and join us for the Alzheimer's Walk. We hope you will join our team as we raise money to help find a cure for Alzheimer's. See you there in my walking shoes!

Jeanette Savage
Cottage Care Coordinator



Resident Bessie Terrell moved into Spring Arbor of Greensboro when it opened in October. She was raised in Paris, Illinois, in a family of eight children. Bessie attended Western College in Oxford, Ohio; then, she went to Cornell University in Ithaca, New York, where she received a master's degree in Botany. That was where she met her husband-to-be, Edward Terrell, and they were happily married for 60 years. They spent several years in North Carolina, where Ed taught biology at Pembroke and then at Guilford College in Greensboro before moving to Maryland. Ed went to work for the USDA in plant research and published over 100 papers in his field. Bessie volunteered at Brookside Gardens, at the church library and at a local clothing closet. She loved handwork and knitted dozens of caps for preemie babies. Bessie and Ed had two sons, a daughter and four granddaughters. Today, Bessie loves to read, knit and socialize with her many friends at Spring Arbor.

REMEMBER TO "Always laugh when you can. It is cheaper than medicine ..."
CoolINSmart.com

FYI

At SPRING ARBOR our residents receive a 'pendant' when they move into an assisted-living apartment. We use a staff call system known as SARA (Situational Awareness and Response Assistant) provided by Status Solutions. SARA, an automated alerting system, is designed for residents to contact staff for assistance when needed. Transmitters are placed throughout the community and SARA alerts staff of who is making the call and where they are located.

In addition to the pendant, resident apartments have two call stations; one in the bathroom and the other is placed near the resident's bed. A goal of Spring Arbor is to have the residents feel confident that staff is accessible at all times and SARA helps us accomplish this!

Happy Mother's Day

OLDER AMERICANS MONTH 2012

Never Too Old to Play!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults. The theme for Older Americans Month 2012—***Never Too Old to Play!***—puts a spotlight on the important role older adults play in sharing their experience, wisdom and understanding, and passing on that knowledge to other generations in a variety of significant ways.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking, as well as arts and recreational groups.

Lifelong participation in social, creative and physical activities has proven health benefits, including retaining mobility, muscle mass and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals and life choices and gave them a sense of identity and roots.

While Spring Arbor provides services, support and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate you—*our* residents!



Spring Arbor
of Greensboro

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