



Spring Arbor of Albemarle

Residential Assisted Living



315 Park Ridge Rd • Albemarle, NC 28001
phone: (704) 982-8205 • fax: (704) 984-6356



Spring Arbor Staff Directory

Phyllis Meservey Executive Director
LeAnn Nance, RN Resident Care
Coordinator
Suzanne Whealan Business Office Manager
Terri Azcue Food Service Manager
Robin Moose Activity Director
Hub Honeycutt Maintenance Director

Happy Birthday, Residents

| | |
|----------------|--------|
| DAISY AUSTIN | MAY 2 |
| ELOISE CLARK | MAY 5 |
| ABBIE SHUMATE | MAY 16 |
| GEORGE HARWOOD | MAY 20 |

Happy Birthday, Employees

| | |
|------------------|--------|
| THERESA WILLIAMS | MAY 3 |
| CLARA DAVIS | MAY 5 |
| PAT BLANKENSHIP | MAY 12 |
| MONTRICE FLOYD | MAY 15 |
| MITZI NETTLETON | MAY 21 |

WELCOME, NEW RESIDENTS

RUTH COTTER
CLARENE COLEY

CONGRATULATIONS TO PEGGY MORTON FOR WINNING THE "KNOCK YOUR SOCKS OFF" AWARD FOR MARCH AND TO STEPHANIE MILLER FOR WINNING THE EMPLOYEE OF THE FIRST QUARTER. CONGRATULATIONS, LADIES!

DOG SHOW IS MAY 19 AT 10 A.M.
MRS. SPRING ARBOR PAGEANT
IS JUNE 29 AT 2 P.M.

May 2012

FAMILY NIGHT

We will have Family Night on Tuesday, May 22, at 5:30 p.m. with the D&D Gospel Group entertaining us. We encourage our families to sign up with activities by Thursday, May 17, so we can prepare enough food. Remember, due to limited seating only two guests per resident. Come out and enjoy the evening with us.

MAY IS OLDER AMERICANS MONTH

In recognition of Older Americans Month, we will sponsor bingo at the Sr. Center, have the older adult groups from churches in for lunch, a community Blitz, and Bayada will have a community education event here.



Lyndy Steed, Volunteer, Rose Thompson and Carolyn Kelly enjoy a rest under this 100-year-old tree at Memorial Park in Concord.


Calendar Key


- A Activity Room
- CK Country Kitchen
- DR Dining Room
- WR Wellness Room
- LB Library
- SR Sunroom
- SU Sign Up

Calendar subject to change; please check activity board daily.

EVENTS FOR MAY

- MAY 1
HINSON STRING BAND
- MAY 3
THEME LUNCH
- MAY 5
"GREEN PASTURES"
- MAY 7
CONCERT BY BETTY GRIFFIN
- MAY 8
PALESTINE HANDBELLS
- MAY 10
TRIP TO INDIAN MOUND
- MAY 16
BINGO AT SR. CENTER
- MAY 19
DOG SHOW
- MAY 20
INDIAN HILL CHURCH WILL SING
- MAY 22
FAMILY NIGHT
- MAY 25
TRIP TO WASHINGTON, D.C.
- MAY 29
SALISBURY LINE DANCERS
- MAY 30
MEET & GREET SOCIAL
- MAY 31
GRANDMA'S ATTIC

| | Sunday | Monday | Tuesday |
|-----------|--|--|--|
| |  Mother's Day | | 1 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 10:00 Women's Bocce at Rock Creek 10-11 Hinson String Band(SR) 11-11:30 Checkers(A) 1-1:30 Jenga(A) 2-3 Bingo for ALL W/ Roy(SR) 3:30-4:30 Reading W/ Ruth 6:30-7:30 Movie Night(A) |
| 6 | 9:30 Sunday School With Michael Denning(SR) 2:30 Open Door Baptist Sunday Service(SR) | 7 | 8 |
| | 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 9-1 Horseshoes in Troy W/ Sr. Games 10-11 Movie Hour(A) 11-11:30 Checkers(A) 1-2 Music W/ Micheal(SR) 2-3 Concert by Betty Griffin(DR) 3:30-4 Circle of Friends(CK) 6:30-7:30 New Foundation(DR) | 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 9:45 Cornhole W/ Sr. Games 10-11 South Stanly Middle School to Visit(SR) 11-11:30 Scrabble(A) 1-1:30 Dominoes(A) 2-3 Bingo for All(CK) 3-3:30 Life Focus(LB) 5-8 Putt-Putt W/ Sr. Games 6:30-7:30 Palestine Handbells(DR) | |
| 13 | HAPPY MOTHER'S DAY! | 14 | 15 |
| | 10:00 South Stanly Baptist Sunday School(SR) | 8:00 Walking Club W/ Faye 9-9:30 Jenga(A) 10-11:30 Movie & Popcorn(A) 1-2 Micheal Will Play Piano(SR) 2-3 Singing W/ Roy Barbee(SR) 3:30-4 Special Memories(LB) 4-4:30 Life Focus(LB) 6:30-7:30 Praise Service W/ Landmark Baptist(DR) | 8:00 Walking Club W/ Faye 9:00-9:30 Checkers(A) 10-11 Raymond Brenton Will Have Devotions(SR) 11-11:30 S.A.I.L. (WR) 1-1:30 Scrabble(A) 2-3 Bingo for All(CK) 3:30-4 Blurt(A) 4-4:30 Life Focus(LB) 6:30-7:30 "The Way of the Cross"(DR) |
| 20 | 12:00 Sunday Family Lunch(SU) 3:00 Singing With Indian Hill Church(SR) | 21 | 22 |
| | 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 10-11:30 Ceramics W/ Nancy(A) 1-2 Music W/ Micheal(SR) 2-3 Bingo for All W/ Lin Care(SR) 3:30-4 Blurt(A) 4-4:30 Life Focus(LB) 6:30-7:30 Devotions W/ Jim Yow(SR) | 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 10-11:30 Minute to Win It! At Care Cafe 11-11:30 Painting(A) 1-1:30 S.A.I.L.(WR) 2-3 Bingo for All(SR) 3-3:30 Scrabble(A) 5:30-7:00 Family Night W/ D&D Gospel Group(DR) | |
| 27 | HAPPY MEMORIAL DAY! | 28 | 29 |
| | 3:00 Sunday Service With Ken Burris(SR) | 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 10-11:30 Wal-Mart 11-11:30 Checkers(A) 1-1:30 Painting(A) 2-3 Spring Chicks' Social(SR) 3:30-4 Password(A) 4-4:30 Life Focus(LB) 6:30-7:30 Movie Night(A) | 8:00 Walking Club W/ Faye 9:00 Stretch & Bend(A) 10-11 Salisbury Line Dancers(DR) 11-11:30 Special Memories(LB) 1-1:30 S.A.I.L.(WR) 2-3 Bingo for All(SR) 3:30-4 Wii(SR) 4-4:30 Life Focus(LB) 6:30-7:30 Community Bingo(DR) |

| Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|
| <p>8:00 Walking Club W/ Faye 2 9:00 Stretch & Bend(A) 10-11:30 Dollar Tree & Food Lion 10-11 Music W/ Lynn Huneycutt(SR) 1-1:30 Special Memories(LB) 2-2:30 Resident Council(DR) 2:30-3:30 Crochet Class(CK) 4-4:30 Life Focus(LB) 6:30-7:30 Share W/ Mary(SR)</p> | <p>8:00 Walking Club W/ Faye 3 9:00 Stretch & Bend(A) 10-11 Dev. W/ Brad Lynch(SR) 10- Until Men's Bocce W/ Sr. Games 12-1 Theme Lunch: "Never Too Old to Play"(DR) 1-1:30 Circle of Friends(LB) 2:30-4:30 Manicures(A) 6:30-7:30 Singing W/ Kenneth Mask(SR)</p> | <p>8:00 Walking Club W/ Faye 4 9:00 Stretch & Bend(A) 9-10 Beth Will Play the Piano(SR) 10-11:30 Meals on Wheels 10:45 Billiards W/ Sr. Games 1:30-2:30 Visions Will Sing(SR) 3-4 Yard of the Month 4-4:30 Life Focus(LB) 6:30-7:30 Bingo W/ Rainbow Girls(DR)</p> | <p>9:00 Walking Club 11:00 Sittercise(A) 2-3 "Green Pastures" Will Sing(DR) 7-8 Lawrence Welk Show(A)</p> |
| <p>8:00 Walking Club W/ Faye 9 9:00 Stretch & Bend(A) 10-11:00 Dev. W/ Darrell Huneycutt(SR) 1-1:30 S.A.I.L.(WR) 2-2:30 Special Memories(LB) 2:30-3:30 Crochet Class(CK) 4-4:30 Life Focus(LB) 6:30-7:30 Share W/ Shepherds Chapel Youth(SR)</p> | <p>8:00 Walking Club W/ Faye 10 9:00 Stretch & Bend(A) 10-11 Singing W/ Delane Burris(SR) 9:30 Trip to Indian Mound & Lunch 11-11:30 Checkers(A) 1-1:30 Dominoes(A) 2:30-4:30 Manicures(A) 6:30-7:30 "Tapestry" Will Sing(DR)</p> | <p>8:00 Walking Club W/ Faye 11 9-10 Music W/ Beth (SR) 10-11 Movie Hour(A) 11-12 Price Is Right(A) 1-1:30 Scrabble(A) 2-3 Cronhole(A) 3:30-4:00 Word Puzzles(A) 6:30-7:30 Game Night(A)</p> | <p>9:00 Walking Club 10:30-11:30 Sunshine-Sing-a-long W/ Bethel UMC (SR) 2-2:45 Candy Bingo(A) 6:30-7:30 Movie Night(A)</p> |
| <p>8:00 Walking Club W/ Faye 16 9-9:30 Scrabble(A) 10-11:30 Wal-Mart 11-12 Price Is Right(A) 1-1:30 Word Search(A) 1:30-3:30 Community Bingo at the Sr. Center 3:30-4:00 Reminiscing W/ Ruby Pickler(SR) 6:30-7:30 Share W/ Mary Hall(SR)</p> | <p>8:00 Walking Club W/ Faye 17 9-9:30 Domineos(A) 10-11 Painting(A) 11-1 Little Tokyo for Lunch 2:30-4:30 Manicures(A) 4-8 Sr. Games Closing Banquet in Troy 6:30-7:30 Devotions W/ Keith Menius(SR)</p> | <p>8:00 Walking Club W/ Faye 18 9-10 Music W/ Beth(SR) 10-11 Park Ridge 1st Grade Will Sing(SR) 11-11:30 Circle of Friends(LB) 1-1:30 Checkers(A) 2-3 Birthday Party(DR) 3:30-4 Password(A) 4-4:30 Life Focus(LB) 6:30-7:30 Game Night(A)</p> | <p>9:00 Walking Club 10:00 ANNUAL DOG SHOW 2-2:45 Snack Bingo(A) 7-8 Wine & Cheese Social(A)</p> |
| <p>8:00 Walking Club W/ Faye 23 9:00 Stretch & Bend(A) 10-11:30 Wal-Mart 10-11 Cornhole(A) 1-1:30 Circle of Friends(LB) 2-3 Ridgecrest Band(SR) 2:30-3:30 Crochet Class(CK) 4-4:30 Life Focus(LB) 6:30-7:30 Game Night(A)</p> | <p>8:00 Walking Club W/ Faye 24 9:00 Stretch & Bend(A) 10-11 Auction(A) 11-1:30 Applebee's for Lunch 1-1:30 Dominoes(A) 2:30-4:30 Manicures(A) 6:30-7:30 Praise Service W/ Landmark Baptist(DR)</p> | <p>8:00 Walking Club W/ Faye 25 9-10 Music W/ Beth(SR) 10-11 Trip to Washington, D.C. 11-11:30 Scrabble(A) 1-1:30 Special Memories(LB) 2-3:30 Singing & Dev. W/ Alb. Church of Christ(SR) 4-4:30 Life Focus(LB) 6:30-7:30 Movie Night(A)</p> | <p>9:00 Walking Club 11:00 Sittercise(A) 2-2:30 Drink Bingo(A) 3-4 Dev. & Singing W/ Parker's Grove Baptist(SR) 7-8 Lawrence Welk(A)</p> |
| <p>8:00 Walking Club W/ Faye 30 9:00 Stretch & Bend(A) 10-11:30 Cooking Class(CK) 1-1:30 Circle of Friends(LB) 2-3 Meet & Greet Social(DR) 2:30-3:30 Crochet Class(CK) 4-4:30 Life Focus(LB) 6:30-7:30 Share W/ Mary Hall(SR)</p> | <p>8:00 Walking Club W/ Faye 31 9:00 Stretch & Bend(A) 10-11 Grandma's Attic(A) 11-11:30 The Colors of Purple(A) 11:30-2:00 Harmanco's 2-3 Newsletter Crew(A) 2:30-4:30 Manicures(A) 6:30-7:30 Bingo W/ Central Meth UMW</p> | |  |

May 2012

EMMA L. MORTON



Emma enjoys playing bingo and attending worship service at Spring Arbor and she is the current reigning Mrs. Spring Arbor.

Emma was born June 11, 1930, in Stanly County to Jonas Pierce and Emma Alma Lefler. She is the youngest of seven brothers and sisters. Emma was married to Ezra M. Morton for 30 years. She worked in the Wiscasset Cotton Mill for 25 years and then assisted her husband in the office of East Albemarle Texaco until Ezra passed away in 1979.

Emma has two daughters: Jane Myers and Peggy Furr. She has three grandchildren: Bridgette Myers, Allen Furr and Justin Furr and two great-grandchildren.

Emma went to Stanly Community College to become a Certified Nursing Assistant and worked at Britthaven Nursing Home for 13 years. She is a member of Anderson Grove Baptist Church and her favorite pastime is working jigsaw puzzles in which many of have been framed.

WELLNESS: ARTHRITIS



Bill Palmer and Dot Corne enjoy the Easter Bunny!

Millions of people suffer from arthritis. This affects people of all ages; although it affects older adults and women more often. It causes stiffness, pain and tenderness around the joints. It is most often found in the hands, feet, knees and hips. There are more than 100 different types of arthritis.

Arthritis does not need to restrict you from your normal daily routines. There are things you can do to help yourself live more comfortably.

- Plan your day—do most important things first
- Keep moving—do not sit for long periods of time
- Avoid fatigue—take short naps or rest periods
- Conserve your energy—put things used often in easy to reach places
- Have good posture—this reduces stress on your joints
- Use more of your body when lifting.