



Spring Arbor of Richmond Residential Assisted Living

May 2012



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Spring Arbor of Richmond

Linda Underdown
Executive Director

Jennie Haden

Resident Care Coordinator
Assistant Executive Director

Paige Carpenter

Director of Marketing

Laura Gadsby

Business Office Manager

David Camacho

Food Service Director

Jason Waller

Maintenance Director

Audrey O'Brien

Activities Director

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



Activities assistant Judy Reynolds tends the aquaculture system in which we are growing grasses for the James River.

“Green Efforts” at Spring Arbor of Richmond

At Spring Arbor of Richmond, we care about water quality, conservation, and ecology. For the past two months, we have been participating in a special project with the Chesapeake Bay Foundation. We have been growing grasses that will be transplanted by Activities and other staff members in the James River on May 1. Many schools are

doing this, but we are the only senior living facility engaged in this project! Adding grasses to the Chesapeake Bay and its tributary rivers will enhance water quality and help feed the fish in the rivers and Bay.

Other “green” projects at Spring Arbor include our recycling efforts. We recycle newspapers, paper and plastic bags, and cans and bottles. For further information, ask Audrey or Judy in Activities.



Planting the grasses that will soon be transplanted in the James River: Linda Underdown, Bob Beard, Judy Reynolds



Happy Mother's Day

Mother's Day Is
Sunday, May 13.

Special Mother's Day Meal
from 11:30 a.m. to 1 p.m.

Guest Cost: Just \$7.

Guests: Please Sign Up
by May 7.



Memorial Day Cookout
Monday, May 28
11:30 a.m. to 1 p.m.

Guests: \$7. Sign up by May 21.



Wit & Wisdom

“Those who bring sunshine into the lives of others cannot keep it from themselves.”

—J.M. Barrie

“Just living is not enough. One must have sunshine, freedom and a little flower.”

—Hans Christian Andersen

“A day without sunshine is like, you know, night.”

—Steve Martin

“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.”

—Morris West

“Change, like sunshine, can be a friend or a foe, a blessing or a curse, a dawn or a dusk.”

—William Arthur Ward

“We have been friends together in sunshine and in shade.”

—Caroline Norton



Drink Plenty of Water

Now that May has arrived, the hot days of summer will soon be here. It is particularly important to drink plenty of water to stay hydrated. At Spring Arbor, we have water bottles in refrigerated units in our dining room and Cafe. We also have a water cooler in the Activity Room and a water fountain near the large bulletin board and the Med Room. Please be sure to drink lots of water every day, and take a bottle with you when you sit or walk outside. Water is nature’s perfect “health drink”!

Horse Play

There will be no horsing around in Louisville, Ky., as owners, trainers and jockeys get serious about the Kentucky Derby. Here are a few facts you may not know about the first gem in horse racing’s Triple Crown, annually the first Saturday in May:

Open for business. Aristides, a 3-year-old colt, won the first Derby on May 17, 1875.

Bet on it. The track lowered the minimum wager on a race from \$5 to \$2 in 1911.

Sounds good. New York journalist Bill Corum coined the phrase “run for the roses” in 1925.

Mint juleps are a popular drink on race day. We will serve these at our Spring Arbor Kentucky Derby Day Party on May 5.



Gertrude Wilson & Lorraine Ashby at a tea party

We love parties! In May we’ll have our Kentucky Derby Day Party, a wine and cheese party to welcome new residents, a monthly birthday party, and more. Family and friends are always welcome!

Complimentary pass. In 1969, Richard Nixon was the first sitting president to attend the event.



Kentucky Derby Day Party
(Hats Optional but Encouraged!)
Saturday, May 5
at 3 p.m. in the Sun Room
Family Members Welcome!



**Spring Arbor of Richmond
Wishes All Our Mothers
a Very Happy Mother's Day
on Sunday, May 13!**

Mother's Love

Her love is like an island
In life's ocean, vast and wide,
A peaceful, quiet shelter
From the wind, the rain, the tide.
'Tis bound on the North by Hope,
By Patience on the West,
By tender counsel on the South,
And on the East by Rest.
Above it like a beacon light
Shine Faith, and Truth and Prayer;
And through the changing scenes
of life, I find a haven there.
--Unknown Author



Beautiful Blooms

Enjoy the colorful flowers of May.



Spring Arbor's Garden Box

Our Garden Box

At Spring Arbor, we plant herbs, vegetables, and more, in our garden box outside. The garden box is great for anyone who might have difficulty bending low for gardening. Check the May calendar for gardening activities.



Citrus Can Calm

Feeling stressed? Grab a piece of fruit—preferably an orange, tangerine or grapefruit. Citrus fruits contain folic acid, which can reduce the levels of serotonin released in your body. Too much serotonin can cause stress.



Celebrate!

Happy Birthday

Jack Clements
May 2

Lorraine Ashby
May 7

Marilyn Bruce
May 7

Artie Schweickert
May 15

Martha Chisholm
May 20

Mary Jane Dorr
May 22

Betty Kohler
May 28

Margery Wickline
May 29

Shirley Quarles
May 30

Staff Birthdays

Vanessa Gutierrez
May 18

Jennie Haden
May 19

Lisa Testa
May 26

Happy Fifth Anniversary!

Grace Bilbray
Arrived May 4, 2007.

Margery Wickline
Arrived May 11, '07.

Earl Templeton
Arrived May 24, '07.

Spotlight on Volunteer Phillip Jones



Phillip Jones engages in light-hearted banter with Sara Rich, as Grace Kay looks on.

Spring Arbor of Richmond volunteer Phillip Jones was our very first Food Service Director. Phillip left Spring Arbor to study for ministry in North Carolina, and is now an ordained minister. He is currently studying for his Master's in Divinity degree at Virginia Union Theological Seminary. Phillip helps us with parties, various other activities, and one-on-one visits with residents. He is an awesome volunteer, and we are all delighted to have him as a member of our dedicated volunteer corps!



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