



Spring Arbor of Williamsburg Residential Assisted Living



935 Capitol Landing Road • Williamsburg, VA 23185
phone: (757) 565-3583 • fax: (757) 565-3584



May 2012

Happy Birthday

Resident

Hope Jenner	5/6
Lloyd Stephens	5/7
Edna Parker	5/7
Laquita Gibbs	5/12
Lucille Jerozal	5/19
Ronelda Johnson	5/20

Staff

Tanner Odden	5/17
Belinda Holloway	5/20



Easter Egg Hunt!



Decorating Easter Eggs!



Please Join Us May 11,
10 a.m. - 3 p.m.
For Our Spring Vendor Fair.
Mary Kay, Thirty-One,
Tupperware, Fire Crystal Jewelry,
Beauty Control, and more ...
For More Information Please
Contact Jane Bradley.



These Ladies Are Great Jewelry Designers.

Spring Arbor Family Support Group Meeting:

Wednesday, May 30,
5:30-6:30 p.m.

Please join us in the
Activity Room!





Spring Arbor of Williamsburg Administration

Executive
 Director Cynthia Odden
 Resident Care
 Coordinator Melissa Milam
 Business Office
 Manager Laura Baker
 Activities
 Director Jane Bradley
 Marketing
 Director Mary Scalisi
 Food Service
 Director Glen Belvin
 Maintenance
 Director Leon Parson

Important Numbers
Front Desk 565-3583
Fax 565-3584

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

Indy 500

"The Greatest Spectacle in Racing"
 takes place in Indianapolis on May 27.

Family Night!



Wine & Cheese Social



Celebrating All Twisted Up Day By Having A Soft Pretzel Social!



Time To Check Out Some Good Books To Read!





St. Patrick's Day Party! Do You Have Your Green On?



Month of May Puts Focus on the Seriousness of Arthritis

May is Arthritis Awareness Month. Now, more than ever, it's the perfect time to take arthritis seriously. That's because a study by the Mayo Clinic says that rheumatoid arthritis patients have not been showing improvement in survival rates over the last four to five decades.

More than 46 million adults have some form of arthritis, which causes chronic joint inflammation and progressive destruction of the cartilage at the end of bones. The disease can result in the inability to use the affected joints. Left untreated, it can cause permanent disability. By 2030, experts project that 67 million U.S. citizens ages 18 and older will have doctor-diagnosed arthritis. (Arthritis is most common in women, older adults and overweight people.) Among those are likely to be middle-aged men and women who perform high levels of physical activity.

If you are trying to manage the pain of arthritis and want to avoid prescription medications, some soothing, nonmedical solutions include acupuncture, massage, ultrasound, meditation, hypnosis and biofeedback. Ask your doctor for more information.

Cynthia Odden, Executive Director



Activities!



Lunch Bunch At Shorty's Dinner! These Ladies Are Enjoying Lunch.



Looks Like Everyone Is Having A Great Time!



Painting With Karen!



Our Residents Have so Much Talent.





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