



Assisted Living and Cottage Care

Our family serving your family with professional, compassionate care.

1251 South Winstead Ave. • Rocky Mount, NC 27803

phone: (252) 443-3999 • fax: (252) 443-3202



October 2014



Executive Director

Debbie Thomas

rmexecdirector@hhhunt.com

Resident Care Coordinator

Jamie Driver

rmresidentcare@hhhunt.com

Cottage Care Coordinator

Idexter Joyner

rmccc@hhhunt.com

Business Office Manager

Jennifer Jacenko-Erb

rmadminassistant@hhhunt.com

Activity & Wellness Coordinator

Darlene Moore

rmad@hhhunt.com

Food Service Director

Cynthia Battle

rmfsd@hhhunt.com

Maintenance Director

Dennis Bunn

Receptionist

Sue Joyner

ACTIVITY Highlights

Oct. 1

Balloon Day

Learn to Twist a Dog Balloon

Oct. 3

World Smile Day

Smile a While Lunch

Oct. 11

Shiloh Baptist Church

Oct. 13

Piano Music with James Pender

Oct. 14

Dietary Meeting with Cynthia

Oct. 16

Out for Lunch/Western Sizzlin'

Oct. 17

Brother Bill's Gospel Hour

Oct. 19

Doughnut Day

Got to Make the Doughnuts

Oct. 21

Music & More with Ronald

Thomas

Oct. 24

Guitar Music & Singing with Maria

Bryant

Oct. 31

Halloween Party



Don't be **AFRAID** to join us on Oct. 31 for our annual Halloween Party. Wear black and orange or even a costume if you like. There will be plenty of fun, food and prizes!

DIRECTOR'S Corner



The days are growing shorter, there's a crispness in the air, and the trees will soon be wearing gorgeous new colors—yes, fall is officially here! Hope you take some time to enjoy a walk around our community and take in the sights.

It always seems as though time speeds up this month and before you know it, the holidays will be here. We hope you can join us for some of the holiday fun. Watch your newsletter for upcoming events and feel free to take in as many as you like.

October is also the prime month for a flu shot. The Nash County Health Department will be here this month to provide flu shots for our residents. Please let us know if your loved ones have already received theirs.

Debbie

"Autumn is a second spring when every leaf is a flower."

-Albert Camus



From the Desk of...

BIRTHDAYS

RESIDENTS

Oct. 1

Margie Matthews

Oct. 3

Anna Jorgensen

Oct. 10

Sarah Fortesque

TEAM Members

Oct. 2

Audrey Sears

Oct. 8

Shannet Shannadasani

Oct. 16

Janice Bynum

Oct. 16

Regina Wainwright

Oct. 18

Susie Bell

Positive Thought

"The best way to cheer yourself is to try to cheer somebody else up."

—Mark Twain



A new logo has been introduced for Spring Arbor's Art from the Heart program. See page 4 for more details.



Meet **Ramsey Langley, RN**. Ramsey is our new Health Services Coordinator/RN Consultant. She may look familiar to some of you since she started working here at Spring Arbor in 2008 as a Resident Assistant. She left us in order to complete her nursing degree at Edgecombe Community College. Ramsey graduated in 2013. She works four hours a week doing resident assessments, TB skin tests and is part of the new hire orientation.

Ramsey has worked full time at Nash

General on the cardiac floor for a year. She has a beautiful one year old daughter, Raegan. Raegan's best friend is their dog, Deuce, a doberman. Raegan just had her first trip to the Asheboro Zoo where all the animals she saw were "dogs."

Ramsey relates that, "The best thing about being a nurse is going home at night knowing that you helped someone that day and made a positive impact on their lives. People are so appreciative about what you do as a nurse. It's very rewarding".

Nurses don't wait until October to celebrate Make A Difference Day-they make a difference every day!

~Author Unknown

COMMUNITY NEWS

Resident, **Ann Reid**, welcomed her first great-grandchild, Carter Reid Szabo on Sept. 2. He weighed 7lbs., 5oz. Congratulations!



Our new favorite game, other than Bingo, of course, at Spring Arbor is Noodle Hockey. It is full of lively action as each team tries to send the beach ball through their own goal.



Danny Vester, son of resident **Lettie Vester**, stopped in to share his *Atlantic Giant* pumpkin with us. His pumpkin weighed in at 1,296 lbs. and was grown in Spring Hope, NC. Danny had recently returned home from Cullman, Alabama where his pumpkin was weighed and officially became the record breaking pumpkin for the southeastern United States. Congratulations, Danny!

See you at the Spring Hope Pumpkin Festival!



RESIDENT Spotlight



Meet **Latham Nelson Leggette**. He was born on Sept. 13, 1924 near Robersonville, North Carolina, in Martin County. His parents Henry and Martha Leggette farmed.

Upon graduating from high school in 1941, as an honor student and with a scholarship, at the age of 16, he attended Smithdeal-Massey College in Richmond, VA.

At the age of 18, Nelson volunteered the draft and was called in to service. He spent the next 24 years in service to his country during three wars, WWII, Korea, and Vietnam. He retired as a Colonel. He completed his college degree at Wesleyan College after the service and obtained a Ph.d. in Seattle.

He and his lovely wife Irene will be married for 65 years in November. They have three children, Latham Jr., Craig, and daughter, Terri. They are also blessed with one grandchild and one great-grandchild.

Nelson Leggette was a volunteer here at Spring Arbor for many years. He taught a Sunday school class, and he also conducted several Veterans Day programs for us over the years. We are proud that Nelson Leggette is a member of our Spring Arbor family.



SMILES

A new business was opening, and one of the owner's friends wanted to send him flowers for the occasion. The flowers arrived at the new business site with a card that read "Rest in Peace." The owner was angry and called the florist to complain. After he had told the florist of the obvious mistake and how angry he was, the florist replied, "Sir, I'm really sorry for the mistake, but rather than getting angry, you should imagine this: somewhere today, there is a funeral taking place, and they have flowers with a note saying, 'Congratulations on your new location!'"



Q: What happens if you eat yeast and shoe polish?

A: Every morning you'll rise and shine!

COTTAGE Care

Cottage See Clear Program

Residents with dementia already face many challenges trying to maintain some independence in their world. An inability to see clearly compounds those challenges.

Part of daily grooming support at The Cottage includes a visual check that our residents are wearing his or her own glasses, and that the glasses are clean and in good repair.

This program assures that residents' eyeglasses are identified and worn daily, and are cared-for and cleaned on a regular basis.

The care and cleaning portions of this program can easily become a daily life skill activity for residents, initiated by staff.

The program includes:

Identification-A photograph is taken of each pair of eyeglasses along with the resident's name in the photograph.

Care-Glasses are inspected when helping a resident put on/take off, and before cleaning. Any loose screws are tightened as needed. More serious repair needs are reported.

Cleaning-Glasses are cleaned with warm soapy water and dried with a soft cloth.

Training Program

Cottage staff recently attended a training program titled "Effective Communication Techniques in Dementia Care" presented by Christine Stempel, RN/Director of Quality & Education.

ART From The HEART

HHHunt Senior Living has introduced a new logo for Spring Arbor's **Art from the Heart** programs. You may have recently noticed the addition of the logo to our wall galleries of art in both the Assisted Living and Cottage areas of the community.

Art stimulates the brain. It can be a useful way to reduce stress and anxiety, to help get in touch with feelings, to learn something new or to explore a new means of creativity, or simply to feel better about oneself. Art provides exercise for the brain and can help maintain or strengthen existing cognitive function. Engagement in art may also assist in creating new communication pathways for those with impaired verbal skills. Art encourages conversation and is often just plain old fun!!

Our **Art from the Heart** program is accessible to all residents. Some residents enjoy creating art from their own imagination, while others prefer a visual prop to help stimulate their creativity. Some residents are able to work independently, others benefit from cueing and prompting from a partner-artist. Painting has proven the most popular approach to art in Spring Arbor, but some communities are also exploring art using chalks, pencils and/or clay. Some residents prefer not to create art themselves, but instead enjoy viewing and discussing works of art created by other professional or amateur artists. Each community's **Art from the Heart** program is directed by the interests and preferences of our residents.

We invite you to participate in **Art from the Heart** in our Spring Arbor community. You can actively paint or create right along with our resident artists, you can teach a class, or you can simply engage as a coach or helper! Please consider joining us!!

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Art—The expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.



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of Rocky Mount

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