



Spring Arbor of Rocky Mount Residential Assisted Living

1251 South Winstead Ave. • Rocky Mount, NC 27803
phone: (252) 443-3999 • fax: (252) 443-3202



Administrative Staff

Executive Director Debbie Hamiel
Cottage Care Coordinator Idexter Joyner
Business Office Manager Sue Jefferys
Activity Director Darlene Moore
Food Service Manager Cynthia Battle
Maintenance Director Dennis Bunn



It's ready, set, go! The kindergarten class from Falls Road Baptist Church school came to Spring Arbor for their annual Easter egg hunt. After they finished finding all of the eggs, everyone came inside for refreshments and the children sang songs for us.

Wilson Rose Garden

On Monday, May 14, we will take a trip to the Wilson Rose Garden. There, we will experience the beauty and aroma of 1,200 rose bushes! This garden collection features 180 varieties of roses and several modern art structures. A rest area and restrooms are available. Admission is free. Join us for a wonderful afternoon in the Wilson Rose Garden.

May 2012



It's Strawberry Time

May is National Strawberry Month. Strawberries are low in calories and high in Vitamin C. They contain antioxidants and may reduce the risk of heart disease and cancer. Research indicates strawberries may help improve memory. Spring Arbor residents agree that one of their favorite things about strawberries is that they make GREAT ice cream. We will be going out to pick some of this delicious fruit on May 9. Please join us on Saturday, May 12, when we fix homemade ice cream on the front porch using the fresh strawberries that we picked. We will be celebrating Mother's Day with the homemade ice cream social.

Activity Highlights

- 05/09 Out to Pick Strawberries
- 05/10 Cookout with the Ruritan Club
- 05/12 Strawberry Ice Cream Social
- 05/13 Mother's Day
- 05/14 Wilson Rose Garden Trip
- 05/21 National Backyard Games Week
- 05/28 Memorial Day



- Residents**
- 05/01 Jane Langston
 - 05/01 F. Scarmack
 - 05/18 Emma Hamill
 - 05/23 T. Fountain
 - 05/29 Mary Joyner

Welcome, New Residents

- Edna Hooks
- Fannie Unrue

We Love Our Volunteers




Students from the Rocky Mount Academy assist Dennis Bunn, Maintenance Director, with some outside chores. The boys helped with planting a tree and filling the bird feeders, while the girls helped with decorating a tree for Easter and visiting the residents.



Residents Rachel Lucas, Mary Staton and Susie Crickmore attend a luncheon for the Meals on Wheels volunteers. These three ladies ride along each month to deliver meals with Darlene Moore, Activity Dir. and Sue Joyner, Community Relations Coord. We had a good time at the luncheon and appreciate so much these ladies volunteering with us.

Sunday	Monday	Tuesday
<p>Mother's Day</p>	<p><i>May</i></p>	<p>1</p> <p>May Day</p> <p>9:00 Walking Buddies</p> <p>9:30-10 Morning Stretch</p> <p>11:00 Penny Ante-AR</p> <p>2-4 Out Shopping/Walmart</p> <p>7-8 Peoples Fellowship Church</p>
6	7	8
<p>9-9:30 Sunday School-AR</p> <p>3:15 Snack & Chat</p>	<p>9:00 Walk Club</p> <p>9:30-10 Move & Groove</p> <p>10:30-11:30 Bible Study/Stonecroft Ministries</p> <p>2-3 Bingo-DR</p>	<p>9:00 Walking Buddies</p> <p>9:30-10 Morning Stretch</p> <p>10:30 Dietary Meeting With Cynthia-DR</p> <p>2-3 Nickel Jackpot-AR</p>
13	14	15
<p>Mother's Day</p> <p>9-9:30 Sunday School-AR</p> <p>3:15 Snack & Chat</p>	<p>9:00 Walk Club</p> <p>9:30-10 Move & Groove</p> <p>10:30-11:30 Bible Study/Stonecroft Ministries</p> <p>1:30 Wilson Rose Garden</p> <p>3:15 Snack & Chat</p> <p>4-5 Piano/James Pender</p>	<p>9:00 Walking Buddies</p> <p>9:30-10 Morning Stretch</p> <p>11-11:45 Spelling Round</p> <p>2-4 Out Shopping/Walmart</p> <p>7-8 Music & More With Ronald Thomas</p>
20	21	22
<p>9-9:30 Sunday School-AR</p> <p>3:15 Snack & Chat</p>	<p>National Backyard Games Week</p> <p>9:00 Walk Club</p> <p>9:30-10 Move & Groove</p> <p>10:30-11:30 Bible Study/Stonecroft Ministries</p> <p>2-3 Bingo-DR</p> <p>3:30 Beanbag Toss/Porch</p>	<p>9:00 Walking Buddies</p> <p>9:30-10 Morning Stretch</p> <p>11-11:30 Hand Bells-AR</p> <p>3:30 Ladder Ball on the Porch</p> <p>7-8 Promise Land Ministry</p>
27	28	29
<p>9-9:30 Sunday School-AR</p> <p>2-4 Out Shopping/Walmart</p> <p>3:15 Snack & Chat</p>	<p>Memorial Day</p> <p>9:00 Walk Club</p> <p>9:30-10 Move & Groove</p> <p>12:00 Memorial Day Picnic-DR</p> <p>2:00 Patriotic Music-Foyer</p> <p>3:15 Snack & Chat</p>	<p>9:00 Walking Buddies</p> <p>9:30-10 Morning Stretch</p> <p>11-12 Price Is Right</p> <p>2-3 Music-Foyer</p> <p>3:15 Snack & Chat</p> <p>7-8 Card Games</p>

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">2</p> <p>9:00 Roll-N-Stroll</p> <p>9:30-10 Sit & Get Fit</p> <p>11-11:30 Hand Bells-AR</p> <p>2-4 Manicures</p> <p>4-5 Golden Oldies With Jean</p>	<p style="text-align: right;">3</p> <p>9:00 Walking Buddies</p> <p>9:30-10 Muscles in Motion</p> <p>11-11:45 Trivia-AR</p> <p>2-3 Bingo-DR</p> <p>3:30 Pet Visits With Shasta & Mac</p>	<p style="text-align: right;">4</p> <p>9:00 Sidewalk Step</p> <p>9:30-10 Sit & Get Fit</p> <p>10:15 Snack & Chat</p> <p>12:00 Theme Dining/Cinco de Mayo</p> <p>2:30 Social Hour</p>	<p style="text-align: right;">5</p> <p>9:00 Roll-N-Stroll</p> <p>10-11 Puzzle This</p> <p>2:30 Movie Matinee/Popcorn & Drinks</p> <p>7-8 Lawrence Welk on PBS</p>
<p style="text-align: right;">9</p> <p>9:00 Roll-N-Stroll</p> <p>9:30-10 Sit & Get Fit</p> <p>10:15 Out to Pick Strawberries</p> <p>12:00 Shopping for Residents</p> <p>2-4 Manicures-AR</p>	<p style="text-align: right;">10</p> <p>9:00 Walking Buddies</p> <p>9:30-10 Muscles in Motion</p> <p>11:00 Cookout in the Park/Down East Luncheon Ruritan Club</p> <p>2-3 Bingo-DR</p> <p>3:30 Checkers-AR</p>	<p style="text-align: right;">11</p> <p>9:00 Sidewalk Step</p> <p>9:30-10 Sit & Get Fit</p> <p>10:15 Snack & Chat</p> <p>11:00 Price Is Right</p> <p>2:00 Music-Foyer</p>	<p style="text-align: right;">12</p> <p>9:00 Roll-N-Stroll</p> <p>11-12 K-9 Buddies</p> <p>2:30 Mom's Homemade Strawberry Ice Cream Social/Porch</p> <p>7-8 Lawrence Welk on PBS</p>
<p style="text-align: right;">16</p> <p>9:00 Roll-N-Stroll</p> <p>9:00-9:30 Sit & Get Fit (Note Time Change)</p> <p>9:45 Meals on Wheels</p> <p>2-4 Manicures</p> <p>3:15 Snack & Chat</p>	<p style="text-align: right;">17</p> <p>9:00 Walking Buddies</p> <p>9:30-10 Muscles in Motion</p> <p>11:00 Out for Lunch/</p> <p>2-3 Bingo/Luncheon Pilot Club</p> <p>3:30 Pet Visits With Shasta and Mac</p>	<p style="text-align: right;">18</p> <p>9:00 Sidewalk Step</p> <p>9:30-10 Sit & Get Fit</p> <p>10:30-11:30 Bill's Ministry-AR</p> <p>2:30 Fruit Smoothies-AR</p> <p>7-8 Card Games-AR</p>	<p style="text-align: right;">19</p> <p>9:00 Roll-N-Stroll</p> <p>10-11 Puzzle This</p> <p>2:30 Movie Matinee/Popcorn & Drinks</p> <p>7-8 Lawrence Welk on PBS</p>
<p style="text-align: right;">23</p> <p>9:00 Roll-N-Stroll</p> <p>9:30-10 Sit & Get Fit</p> <p>10-10:45 Manicures-AR</p> <p>12:00 Shopping for Residents</p> <p>3:15 Snack & Chat</p> <p>3:30 Horseshoes</p>	<p style="text-align: right;">24</p> <p>9:00 Walking Buddies</p> <p>9:30-10 Muscles in Motion</p> <p>10:30-11:30 Bingo-AR</p> <p>2:30 Goofy Golf</p>	<p style="text-align: right;">25</p> <p>9:00 Sidewalk Step</p> <p>9:30-10 Sit & Get Fit</p> <p>10:15 Snack & Chat</p> <p>11:00 Price Is Right</p> <p>2:30 Popsicles on the Porch</p>	<p style="text-align: right;">26</p> <p>9:00 Roll-N-Stroll</p> <p>10-11 Puzzle This</p> <p>2-3 Red, White and Blue Bingo-DR</p> <p>7-8 Lawrence Welk on PBS</p> <p>7-8 Community Baptist Church of Enfield</p>
<p style="text-align: right;">30</p> <p>9:00 Roll-N-Stroll</p> <p>9:30-10 Sit & Get Fit</p> <p>11-11:30 Hand Bells-AR</p> <p>2-4 Manicures-AR</p>	<p style="text-align: right;">31</p> <p>9:00 Walking Buddies</p> <p>9:30-10 Muscles in Motion</p> <p>10:00 Resident Council Meeting-SR</p> <p>2-3 Bingo-DR</p> <p>3:15 Snack & Chat</p>	<div style="text-align: center;">  </div>	<p>Activities Are Subject to Change</p> <p>AR=Activity Room</p> <p>SR=Sun Room</p> <p>DR=Dining Room</p> <p>L=Library</p> <p>F=Foyer</p>

May 2012

Jewel Thorne Recognized for 15 Years of Service



Debbie Hamiel, ED and Jewel Thorne, SIC

Jewel Thorne has been employed at Spring Arbor since January 1997. She was recently recognized for her 15 years of dedicated service with a "Length of Service Award." This award consists of a bonus, a plaque and a pin.

In her time away from Spring Arbor, Jewel enjoys spending time with her family. She and her husband of 25 years, Ayan, have one son, Biyan. Biyan will graduate from Southern Nash High School on June 9 and plans to attend St. Augustine's College in the fall and study computer science.

Congratulations, Jewel, on 15 years! Thank you for being such a dedicated member of the Spring Arbor-Rocky Mount team.

Shannet Shanndasani Recognized for 10 Years of Service

Shannet has been employed at Spring Arbor since January 2002. She was recently recognized for her 10 years of dedicated service with a "Length of Service Award."

When Shannet started working at Spring Arbor, she was an RA (resident assistant), but she soon trained as an SIC (supervisor in charge) and worked on third shift for nine years until she moved to first shift last year. Shannet says that her favorite part of working at Spring Arbor is working with the residents and making sure that they are taken care of. In the 10 years that she has been working at Spring Arbor, she has not called out sick one time.

Shannet has two adorable children, Nizir, 9 years old, and Anadia, 7. We have enjoyed watching them grow up. Thank you, Shannet, for being such a dedicated member of the Spring Arbor Team!!



Debbie Hamiel, ED and Shannet Shanndasani, SIC