



Assisted Living and Cottage Care

Our family serving your family with professional, compassionate care.

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October 2014

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ACTIVITY Highlights

- Oct. 1
Kmart Shopping
- Oct. 2
Cotton Exchange
- Oct. 3
Krispy Kreme
- Oct. 6
Pumpkin Patch
- Oct. 9
Cracker Barrel
- Oct. 13
Moose Lodge
- Oct. 15
Wilmington Railroad
- Oct. 16
Cardinal Lanes Bowling
- Oct. 21
Community Bingo
- Oct. 23
Trip to Wallace
- Oct. 28
Big Lots
- Oct. 29
Fall Festival

Butterfly Garden



Linda Dixon and Elizabeth Wilson enjoy watching all the different beautiful butterflies at the Butterfly Garden.

DIRECTOR'S Corner

I hope everyone is well and ready for the change in season. Fall is a time of year that brings back many childhood memories for me.

My grandmother loved poetry. She would recite poems she learned as a child and then teach me.

One poem in particular was called "Golden Keys."

*A bunch of golden keys is mine
To make each day with
gladness shine.*

*"Good Morning!" that the
golden key
That unlocks every door for me.
When at the table, "If you
please"*

*I take from off my bunch
of keys.*

*When friends give anything
to me,*

*I'll use my little "Thank
you" key.*

*"Excuse me," "Beg your
pardon," too.*

*When by mistake some harm
I do.*

*When evening comes, "Good
Night!" I say,*

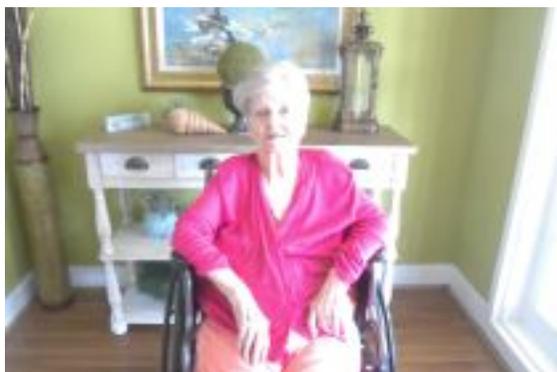
*And close the door to each
glad day.*

*I'll often use each golden key,
And then a child polite I'll be.*

What was one of your favorite memories from childhood?



Resident in the Spotlight Eudie Roberts White



Eudie Roberts White was born Feb. 2, 1919, in Thomas County, Georgia. Her family owned a tobacco farm.

Upon moving to Wilmington, Eudie attended real estate school. She went on to become the first woman to own and operate her own real estate company. The company was Rick Realty and it was very successful; she was a well-known agent.

Throughout her career she enjoyed playing bridge at the Senior Center

and was an accomplished golfer. Eudie is a lady of many talents.

For the last 27 years Eudie has been married to Henry White, and until moving into Spring Arbor in September 2013, they resided on Highland Drive here in Wilmington.

Eudie was blessed with two sons. Her older son was a dentist and sadly he passed away a few years ago. Her younger son still resides here in Wilmington. She's a very devoted wife and mother. Eudie has two grandsons who both live in North Carolina.

Stand Strong

"The greatest glory in living lies not in never falling, but in rising every time we fall." —Nelson Mandela

Birthdays

Residents

Oct. 1

Wyarian Taylor

Oct. 2

Bonita Wood

Veralene Anderson

Oct. 20

Geraldine Barmer

Oct. 28

Ruby Ivey

Staff

Oct. 4

Melondy Jones

Oct. 5

Vernell Richardson

Oct. 6

Doris McKinnon

Oct. 24

Donna Cribb

Oct. 26

Dusti Lee Foley

Oct. 29

Andrea Swinson

New LOGO

Spring Arbor has introduced a new logo, Art from the Heart. See page 4 for more information.

SPRING ARBOR News

Happy Anniversary

Residents

Martha Melin - 10 years

Margaret Kipp - 4 years

Elizabeth Teachey - 1 year

Barbara Borkenhagen - 1 year

Staff

Roberta Atkinson - 15 years

Tasha Williams - 10 years

Michell Obrochta - 3 years

James Carroll - 1 year

Fall Festival

Come join us for our Fall Festival Wednesday, Oct. 29, from 2:30 to 4 p.m. Wear your Halloween costumes and be ready for some tricks and treats. If you would like to bring anything, please contact Penny.



Carter Family

Is that blue tongues I see? The temperature was hot outside so what a great day to have some good, cold snow cones. It was a perfect day for Dura Carter's two grandsons to enjoy blueberry snow cones; both are pictured above with Dura's son, Frank. All the residents had blue tongues!



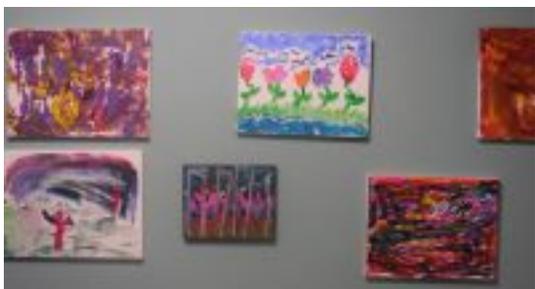


JACKSONVILLE ROAD TRIP

Art FROM THE Heart



Art From The Heart is an art program, where residents create whatever comes to them naturally using various types of media; paintbrush, sponge, shaving cream, etc. Pictured above our residents are putting how they feel on canvas.



On a beautiful summer day the staff and residents decided not to stay local for a lunch outing. The entire cottage took a scenic drive to Jacksonville for a bite to eat. See the joy on all the residents' faces as they enjoy the view on our drive to and from Jacksonville. We ate a delicious lunch from Popeyes.



Pictured above is Audrey Edwards, Charlotte Leonard and Mae Knight.



REMEMBER

Silent Auction

It's time for the 3rd Annual Silent Auction and Wine & Cheese Fundraising Social on Nov. 14 from 5:30 to 7:30 p.m. to benefit the Alzheimer's Foundation. Family and friends, please be thinking about items you can donate for this cause!



As summer is coming to an end we still have many beautiful days where family and friends can get together for a picnic at Empire Park, pictured above. We enjoyed good food and games.

Can't Predict

Love is like a picnic, you can plan it but you can't predict the weather.

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.



Spring Arbor
of Wilmington

Residential Assisted Living & Cottage Care

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