



  
**SPRING ARBOR**  
SENIOR LIVING  
By HHHunt

5125 Michaux Road • Greensboro, NC 27410  
Phone: (336) 286-6404 • Fax: (336) 286-6557



## June 2019

### Management Team

- *Executive Director*  
**Sharon Vroom**  
gbed@hhhunt.com
- *Resident Care Coordinator*  
**Dottie Gibson**  
gbrcd@hhhunt.com
- *Cottage Program Manager*  
**Lindsey Johnson**  
gbcpm@hhhunt.com
- *Cottage Care Coordinator*  
**Michael Mabe**  
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- *Marketing Director*  
**Michele Peraldo**  
gbmktg@hhhunt.com
- *Community Relations Liaison*  
**Debby Wilson**  
gbcr1@hhhunt.com
- *Business Office Manager*  
**Jennifer Neelon**  
gbbom@hhhunt.com
- *Food Service Director*  
**Antonela Romandi**  
gbfs@hhhunt.com
- *Maintenance Director*  
**Dwayne Salmons**  
gbm@hhhunt.com



*Our Family Caring  
for  
Your Family*

### ACTIVITY Highlights

- June 3rd**  
Piano with Eric
- June 4th**  
Bunny Visits with Christi
- June 4th**  
Assisted Living Trip to Nail Salon
- June 5th**  
Precious Moments Church Service
- June 7th**  
Magnolia Melodies Music Therapy
- June 10th**  
Cottage Armchair Travel
- June 12th**  
Tunes & Tots Begins
- June 12th**  
Bus Ride to Homeland Creamery
- June 13th**  
Joyful Kindermusik Sessions in Cottage
- June 14th**  
Cottage Family Night & Rehab Care Introduction
- June 14th**  
Father's Day Celebration
- June 17th**  
Men's IHOP Breakfast
- June 24th**  
Ice Queen Truck Visits
- June 26th**  
Greensboro Grasshoppers Game
- June 27th**  
Joyful Kindermusik Sessions in Cottage
- June 28th**  
Piano with Pat Wade
- June 28th**  
Monthly Birthday Party

### DIRECTOR'S Corner



Happy Summer. Lots of wonderful things going on at Spring Arbor in June. Please join us for Family Night with light refreshments on Thursday, June 13th at 6pm. We will have representatives from Kindred at Home and Rehab Care Plus discussing what they have been doing with many residents to gain independence and keep them safe.

We will celebrate Father's Day on Friday, June 14 and enjoy lunch from Libby Hill. Please RSVP to the receptionist by the 3rd at gbrecp@hhhunt.com or (336)286-6404

We will celebrate The Longest Day for Alzheimer's on Thursday, June 20th. We will have dinner and a Silent Auction. Please join us starting at 4:30pm for dinner and bid on some great auction items. All proceeds will go to the Alzheimer's Association.

Enjoy the sunshine and flowers!  
Warm Regards,  
Sharon



## Birthdays



### June 1st

Mary June Sangalang

### June 4th

Ritu Chhabria

### June 6th

Cherylene  
Cheatwood

### June 8th

Joan Isley

### June 9th

Joan Brown

### June 10th

Dottie Gibson

### June 14th

Louise Kocher

### June 16th

Cindy Alvarez

### June 17th

Helen Thornberry

### June 20th

Elaine Wint

### June 21st

Harriett Martin

Joyce Gibson

Franck Sile

### June 22nd

Vanessa Murphy

### June 24th

Sophia Moss

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We will celebrate ALL the June Birthdays on Friday, June 28. See you there!

## From The DESK of ...



*"The secret of joy in work is contained in one word - excellence. To know how to do something well is to enjoy it." -Pearl S. Buck*

### SHARITA YORKE With AI

Sharita was born in Wiesbaden, Germany as her father was in the military. She grew up in Tacoma, Washington, has traveled and lived in many places, even South Korea!

## Spring Arbor Giraffes

Spring Arbor Giraffes are staff members that go above and beyond their call of duty! In each area of Spring Arbor we have boards where family members, staff members and guests can shoutout a staff member that went above and beyond!

This month's giraffes are Sharon Sales and Bonita Cunningham! These two ladies are a great team in Cottage 2 and work hard to make each day of their residents' lives memorable. Although they do a lot to go above and beyond, Sharon and Bonita do something every day that stands out! During their time off they go and buy ingredients for fresh juice so that Cottage residents have something during the day to sip on and stay hydrated! Everyone, including

Sharita attends Guilford Tech Community College where she has finished her pre-req classes and applied to Nursing and Dentistry, and has been accepted into both. She is very excited to start them soon!

"My experience at Spring Arbor is rewarding; from seeing the residents smile to enjoying this stage of their lives." She enjoys hearing the residents' life stories and having conversations with them. Sharita has two children and a great family of her own! She spends time after work at her son's soccer and baseball games and her daughter's gymnastics.

"I enjoy life and live by the motto: *Treat everyone with kindness and respect, not because they are nice, but because you are!*" -

residents, family members and staff enjoy this! We are grateful to have team members like Sharon and Bonita on our team!



Staff Members Bonita and Sharon

### COTTAGE Care

June is a busy month for us in The Cottage. We are excited to see some warm weather and get out of the building more! We will be taking more bus rides around Greensboro and stopping at some of our favorite snack spots. Also, we will be traveling in our chairs to the sunny state of Florida for our second Arm Chair Travel activity on **June 10th at 2:00 PM.**

We are excited to start our partnership with Joyful Kindermusik two Thursdays a month in The Cottages! We are also excited to continue our partnership with **Tunes & Tots with Robin** beginning on **June 12th at 10:30 AM!**

In addition, we welcome you all to come and enjoy our second **Cottage Family Night** and also **Rehab Care Introduction Night** on **June 13th.** Dinner will begin at 4:30!

Lastly, we can't forget the special men who we all love! We will be celebrating our fathers on **June 14th at 11:30 AM!** Please RSVP to the receptionist at the front desk [gbrecp@hhhunt.com](mailto:gbrecp@hhhunt.com) or (336)286-6404.

*"My father gave me the greatest gift anyone could give another person, he believed in me." Jim Valvano*



### Resident Spotlight



#### AL & MARIE SMITH

Al and Marie Smith are new to the Spring Arbor family! Al is originally from Mt. Gilead, NC. He enjoys watching all kinds of sports from baseball, basketball, and football. His favorite professional football team is the Washington Redskins. Al was an electrician and served in the Navy.

Al and Marie both enjoy watching television and visiting their two children, Andrea and Louis.

Marie is originally from Virginia. Marie was an educator in her past career. She likes to spend time reading and cooking.

Marie and Al love to travel together and spend time with their family. Together, they have traveled from the east coast to the west coast! Their most favorite place that they have traveled to is Hawaii.

"If I could do anything, I would love to spend the rest of my life traveling."  
-Al Smith

#### Thanks, Dad

Dads play an important role in the lives of their kids. Dads not only serve as role models, but they also offer their children plenty of wisdom and advice on all aspects of life. We salute all the dads in our community. We hope you have a wonderful Father's Day. Join us to celebrate Spring Arbor Dads on June 14th.



### WISE + WELL

Wise + Well is an HHHunt wellness program that includes a partnership with Rehab Care and their Wellness Coordinator, Mickey! Wise + Well classes are held in both Assisted Living and Cottage and provide Spring Arbor Residents with an exercise program. Mickey does a great job and his classes range from physical fitness to teamwork!



#### Mickey's Schedule:

Tuesdays:

AL WR 1:30-2:15

C1 AR 2:45-3:15

Wednesdays

AL WR 9:30-10:15

C 1:1s 10:45-11:30

Thursdays

AL WR 3:30-4:15

C1 AR 2:15-3:00

Fridays

AL WR 3:30-4:15

C1 AR 2:15-3:00

## ROCK ON - Benefits of the Rocking Chair

Summer has begun at Spring Arbor! Nothing is better than sitting in a rocking chair sipping on lemonade or sweet tea, visiting with family or just catching up with friends. Every rocking chair is rocking and everyone is relaxed enjoying the fresh air and great stories.

Generations of Americans grew up with the rocking chair. It was a common and functional piece of furniture in almost every home; an American phenomenon. Rocking chairs became a cradling device for mother and child, rocking a fussy child helps them relax and go to sleep. Rocking triggers a calming effect, soothe emotional wounds, and provide comfort in times of illness - and it's very relaxing!

Rocking is good for the mind, body and spirit and can even help those with an otherwise sedentary lifestyle to achieve muscle tone through the manageable, non-weight bearing exercise of rocking in a rocking chair. Rocking reduces anxiety in seniors; it has been seen that those who rock regularly need less or no medication to deal with depression related issues. Those with Alzheimer's and dementia can rock away their anxiety and depression.

The rocking chair has proven to be beneficial for the golden years; seniors who take to rocking rather than sitting passively have healthier, more active and enjoyable lives. The biggest fan of the rocking chair is believed to be former President John F. Kennedy, who was prescribed one for his back pain and liked it so much that he even had one on Air Force One.

Take a lesson from our residents. Slow down, relax and rock for a while! Enjoy your summer, stop by and enjoy the summer and rocking with us!



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