



By HHHunt

5308 River Road • Fredericksburg, VA 22407
phone: (540) 369-3849 • fax: (540) 368-2049



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MANAGEMENT Team

Executive Director

KATHY BARNES
fbbed@hhhunt.com

Resident Care Director

ZAINAB JALLOH
fbrcc@hhhunt.com

Assistant Resident Care Director

KERLINE DEVIS
arcc@hhhunt.com

Cottage Care Director

EDWIN KHONYONGWA
fbccc@hhhunt.com

Marketing Director

CINDI BOWEN
fbmktg@hhhunt.com

Business Office Manager

MARK TOROSIAN
fbbom@hhhunt.com

Activity and Wellness Director

STEPHANIE COURTNEY
fbad@hhhunt.com

Food Service Director

ASHLEY BARKER
fbfsd@hhhunt.com

Maintenance Director

ERIC HARVEY
fbm@hhhunt.com

ACTIVITY Highlights

What's Going on This Month?

Mar. 1st

World Day of Prayer

Mar. 2nd

Lent Begins

Mar. 6th

Davis Bradley Performs

Mar. 7th

Justified Gospel Group

Mar. 8th

Daylight Saving Time Begins

International Women's Day

Mar. 12th

Plant a Flower Day

Mar. 14th

National Pi Day

Mar. 17th

Better Balance Class
St. Patty's Activities all day!

Mar. 18th

Fxbg Senior Singers

Mar. 19th

First Day of Spring

Let's Laugh Day!

Mar. 20th

Denim & Lace Performs

Mar. 21st

Jimmy Lambert plays guitar

Mar. 23rd

Nail Salon Open

Trio of Hope Jazz

Mar. 27th

Flat Run Ramblers

Mar. 30th

Honoring Vietnam Veterans

DIRECTOR'S Corner

Spring is on the way! My favorite season of the year because it means that we will soon see flowers blooming, feel warmer temperatures, and enjoy more outdoor activities. Thank goodness last month on Groundhog Day Punxsutawney Phil reportedly communicated in "groundhogese" that he could not find his shadow. According to the modern-day legend: If Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring. Bring on March 19th – the official first day of Spring! March 19th is the vernal equinox this year. "Equinox" comes from the Latin words for "equal night" and falls on either March 19, 20, or 21st each year.

We wanted to take an opportunity to remind you of our refer a friend program. When you refer a friend to us and they move into our Spring Arbor house you get a \$500 credit toward your rent. What a deal! Please let us know if you have someone in mind who would enjoy our accommodations and amenities. We would love to schedule a tour with them.

Best, Kathy

"Blossom by Blossom the Spring Begins..." ~Algernon Charles Swinburne



Birthdays

RESIDENTS

March 2

Arlene Stromburg

March 3

Sandra Shield

March 4

Ted Norris

March 15

Helen Boswell

Mary Cottrell

March 19

Mary Jo Sbitani

March 21

Kathleen Schafer

March 22

Joyce Strickland

STAFF

March 2nd

Mary Glasshoff

March 3rd

Tonya Hunter

March 4th

Pamela Quicano

Vivienne Russell

March 8th

Matthew Siakor

March 10th

Pam McGinniss

March 12th

Colleen Watson

March 14th

Christina Chukwu

March 15th

Comfort Botchway



Staff Spotlight



Vivienne Russell

With a smile as bright as a ray of sunshine, it's no surprise this month's staff spotlight hails from Kingston, Jamaica. Vivienne is a popular Med Tech who can usually be found by following the sound of her singing. Although fairly new to Spring Arbor, Vivienne has been a caregiver for more than 15 years. "As a child, my grandmother always took me along when she went to care for her elderly friends, and I grew a passion from

that," she said.

A mother of two boys, Vivienne enjoys spending her free time cooking, doing hair and watching Judge Judy. When asked how she spends a typical Friday night, she responded "Friday night is for church! I'm always there."

This year, Vivienne has plans to travel back to her native Kingston. "I was there in November, and given the chance to go anywhere, I'll always go back home," she said. No worries, though, she'll happily return to Spring Arbor, where she says the best part of every day is when she's able to care for the residents.

Make sure to say hello next time you see her in the halls, and wish her a Happy Birthday on March 4th.

Music Speaks!

Did you know that Spring Arbor residents are eligible to receive music therapy services through our Hearts in Harmony program, in collaboration with Music Speaks? Music therapy offers numerous benefits to the aging adult including improvements in memory and recall, reduction in depression and anxiety, reduction in pain, and improvements in speech and decision making. It can help to reduce isolation and create meaningful connections with others, as well as offer an opportunity for reminiscing. Music Therapy is provided by Board Certified Music Therapists twice a month. If you feel your family member may benefit from music therapy, please speak with our Activities and Wellness Director.

Geography 101: Giant's Causeway

Legend says a giant named Finn MacCool built the thousands of interlocking basalt columns that sit along the north coast of Northern Ireland to use as stepping stones to fight his rival in Scotland. With 40,000 pillars of varying heights forming a path into the Atlantic Ocean, it's not a stretch to imagine the mythical scene taking place. But geologists have a scientific explanation for the stone structures: They were formed by fast-cooling lava from volcanic eruptions 50 to 60 million years ago. Visitors are free to walk on the causeway and explore one of Europe's most scenic spectacles.

COTTAGE Care

I hope your Valentine's Day was as wonderful as was ours.

Our activities in The Cottage continue to be filled with fun and action. This March, we are not slowing down. If you ask us, we are already in a green mood, ready for St. Patrick's Day.

As a way of keeping our Cottage Residents active and continuing to participate in familiar life skills, some of our residents will be going to shop at the Assisted Living Country Store each Wednesday. During this shopping experience, Cottage Residents will remain safe and secured, accompanied by staff.

If you visited recently, you may have already noticed that we have moved our hydration station from The Cottage front lobby to the activity room. This is just another way of making sure that our Residents are always well hydrated, even in winter.

Your visits to the Cottage are always much appreciated. Depending on what time of the day you visit us, you might observe one of our signature programs such as Royal Treatment, Refresh, Rest and Relaxation, Mail Call, Sing Fit, or Baby Joy. These are just a few more ways that we keep our residents engaged in meaningful activities that mirror prior-life patterns. If you have questions about these programs, please don't hesitate to reach out to me.

Best,
Edwin

Resident Spotlight--TED NORRIS



Through rain, sleet, snow and hail, Cottage resident Ted Norris has weathered it all. A mail carrier for the United States Postal Service for 12 years, Mr. Norris happily spent at least 8 hours outside each day while working. "I really enjoyed that job. I got to spend a lot of time in the fresh air, and I was lucky enough to fall into a good group of fellow employees. It made life easy," he said.

Born in Mt. Kisco, NY, Ted spent his school-age years living in Panama thanks to his father. "Dad was a civilian employee in Panama working as an engineer. He worked hard, and he worked smart," adding that his father was always fair with his children. "He always told us that when you have something to do, you get it done. Then you can take time to enjoy yourself." Ted took those words to heart and found his enjoyment on a Honda Gold Wing motorcycle, one he rode every chance he could. "I took that thing all over. Rode all the way to Canada on it one time," he said. "I would saddle up and let it rip. I really enjoyed riding."

Following his father's advice, Ted made sure he worked hard, prior to letting loose on his bike. A former Sergeant in the United States Marine Corp, Ted spent four years in uniform. "I had 12 men I was in charge of, a fistful of guys who worked hard together,...



Ted, Contd...

...in order to stay together," he said. "We were a good group of men and I'll never forget that time in my life. It made me the man I am today."

After retiring to Florida, where Ted said he "did as little as possible," he spent his days with his wife of 56 years. Still a fan of being outside as much as possible, Ted took advantage of the Florida weather and passed time working on his yard. "Nothing better than feeling the sun on your face and the satisfaction of work well done," he said.

A Spring Arbor resident for less than a year, Ted is still taking every opportunity to walk the grounds and enjoy a sunny day. And when he's inside, chances are he's busy winning trivia, singing to fellow residents or joking with the staff. "Life has been good to me."

Wise & Well

One of the challenges for senior living communities is helping residents maintain physical strength and to stay engaged in everyday life activities. Inspired by existing HHHunt wellness initiatives, our Senior Living team members developed a new wellness program tailored specifically to residents in Spring Arbor assisted living communities. The Wise & Well program helps residents keep their brain engaged and their body active!

Spring Arbor communities partner with local rehab providers to develop a customized plan for each resident who wants to participate in the program. What differentiates Wise & Well from other senior living initiatives is the local focus and holistic approach that includes physical fitness and core/balance strengthening, brain fitness, mind/body classes, health education lectures and even games and contests and fun incentives.

Top priorities for many seniors who participate in Wise & Well include developing core strength and improving balance and ambulation to help minimize falls. The wellness programming is about empowering our residents to stay as independent as possible and in control of their lives.

Since its rollout, Spring Arbor communities have seen the Wise & Well program positively impact residents and improve resident quality of life. This program has been a life-affirming success, after all, when you feel good, you're much more likely to be active and involved in the life of your community.

We truly believe it's *how you live* that matters and part of enjoying an enhanced quality of life means staying active and engaged. For more information on Wise & Well contact Spring Arbor, or even better join us for a Wise & Well activity.

