



**SPRING ARBOR  
COTTAGE**  
MEMORY CARE  
By HHHunt

14020 Steeplestone Drive • Midlothian, VA 23113  
(804) 897-3332 • [www.springarborliving.com/midlothian-va.htm](http://www.springarborliving.com/midlothian-va.htm)



## March 2020

### Management Team

*Executive Director*

**Beth Ludeke**

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*Resident Care Director*

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**Ashleigh Davis, CTRS, CDP**

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*Activity Assistants*

**Katie Hollifield, CDP**

**Audrey O'Brien, CDP**

### ACTIVITY Highlights

#### March 3

Wise & Well with Christian  
Pet Therapy with Bella  
Watercolor Painting with Jan

#### March 5

Wise & Well with Christian

#### March 9

Hearts & Harmony:  
Music with Sam Abrash

#### March 10

Music Therapy with Daneyelle  
Wise & Well with Christian  
Hearts & Harmony:  
Music with Dan & Colleen

#### March 12

Jammin' with Jillson  
Wise & Well with Christian

#### March 14

Hearts & Harmony:  
Music with Amy Ladd

#### March 17

Wise & Well with Christian  
Pet Therapy with Bella  
Watercolor Painting with Jan  
St. Patrick's Day Social

#### March 19

Scripture & Hymns with Gayle  
Happy Spring Social

#### March 24

Music Therapy with Daneyelle  
Wise & Well with Christian

#### March 26

Birthday Party & Music with Kristin  
Wise & Well with Christian

#### March 31

Wise & Well with Christian  
Watercolor Painting with Jan

### Director's Corner

#### How to Show Your Appreciation for Our Team



We are often asked by families how they can show their appreciation to the team, especially around holidays when gifts are given as tradition.

It is Spring Arbor's policy that team members cannot receive individual gifts from those we serve. However, there are several ways to thank our team should you wish to.

The first, and best, is a simple "thank you." Should you still wish to give a tangible gift, there are a couple of ways to do so:

We collect contributions and divide them among all of our team members at our annual holiday party. Should you wish to participate in this, our business office would be happy to help you with the particulars.

The team can accept items that are for the team as a whole such as cookies, fruit, snacks, etc. Homemade items, such as homemade cards and cookies, are always great ways to show your appreciation; food is always a great idea!

Thank you for understanding!

*Beth*



Because it's *how you live* that matters.



## Celebrations!



### RESIDENTS

March 16

Marie Garand

March 28

Irene Condrey

Ann Hogg

### STAFF

March 19

Goldie Walton

March 25

Martha Gomez

March 27

Courtney White

### Let's Celebrate!

Happy birthday to all residents and staff with March birthdays!

We will celebrate together on the 26th at 1:30 pm.



### St. Patrick's Day Social

Join us for a St. Patrick's Day Social on Tuesday, March 17th at 3:30 pm. Don't forget to wear your green!

## Stories of Alzheimer's Disease

Whether you know someone with Alzheimer's or just want to learn more about the disease, many books and movies on the subject can provide insight and understanding.

*"Iris"* This 2001 film is based on John Bayley's 1998 memoir "Elegy for Iris," about the disease effects on his wife, celebrated British writer Iris Murdoch. Starring Judy Dench and Kate Winslet as Murdoch at different ages, the movie earned Jim Broadbent a best supporting Oscar for his role as Bayley.

*"Still My Grandma"* With soothing illustrations by Claude K. DuBois, this 2007 picture book written by Veronique Van den Abeele can help young children cope with the changes surrounding a family member's Alzheimer's diagnosis. In the story, a little girl named Camille learns to make new traditions with her grandmother despite her memory loss.

*"Still Alice"* Author Lisa Genova's

2007 bestseller was made into a critically acclaimed movie in 2014. Julianne Moore won the best actress Oscar for her role as Alice Howland, a professor with early onset Alzheimer's disease.

*"We Are Not Ourselves"* The New Yorker Magazine called this novel by Matthew Thomas "the greatest Alzheimer's novel yet." Published in 2014, "We Are Not Ourselves" paints an intimate portrait of the Leary family's struggles as their beloved patriarch develops Alzheimer's.

**"In every Alzheimer's story there is also a love story. Hold onto yours, for it can carry you and your loved one through the longest days and darkest nights." --Rosalys Peel**

## Spring Arbor News

### Resident Referral Program

The Spring Arbor Resident Referral Program is our partnership with our valued residents and families. We know that many of you speak with friends and neighbors about the comfort, security, and caring attitude found here. The Resident Referral Program lets us reward you for spreading the word about our community! If you have a friend that you would like to refer, let us know! When your referral reaches out to us and mentions that you recommended them, you'll be eligible to receive a \$1,000 credit on your monthly bill IF the referral moves into Spring Arbor. Reach out to Cassandra Mitchell, Marketing Director, for more details on how you can help another family in need.

### Spring Cleaning: Less Is More

Offentimes in dementia care, less is more. By limiting the amount of items in one's closet and/or dresser, we can help decrease the amount of confusion, decrease feeling overwhelmed and decrease clutter. As we move into the season of spring, we encourage you to take a peek in your loved one's closet and dresser, pack up and remove any winter clothing. It is a best practice in dementia care to only have 1 or 2 weeks worth of seasonally appropriate clothing in one's closet and dresser at any given time. This practice can help increase your loved one's independence in picking out clothing each day. This is also a great time to take home any items no longer being used, items in excess and items of great value.



## COTTAGE Care

### Music and Dementia

Among the most significant artistic expressions, music is embedded in the fabric of human culture and identity. We have all been exposed to music in some way, whether by listening to recordings, playing an instrument, attending concerts, or dancing. It provides a unique emotional experience that takes on personal and social meaning in endless respects.

Studies show that dementia and Alzheimer’s patients can recall memories and emotions, and have enhanced mental performance after singing classic hits and show tunes from movies and musicals — a breakthrough in understanding how music affects those with dementia and Alzheimer’s.

Here are five reasons why researchers believe that music boosts brain activity:

#### 1. Music evokes emotions that bring memories.

Music can evoke emotion in even the most advanced of Alzheimer’s patients. Neurologist Oliver Sacks says that “Music evokes emotion, and emotion can bring with it memory. ... It brings back the feeling of life when nothing else can.” By pairing music with everyday activities, patients can develop a rhythm that helps them to recall the memory of that activity, improving cognitive ability over time.

#### 2. Musical aptitude and appreciation are two of the last remaining abilities in dementia

patients.

Musical aptitude and music appreciation are two of the last remaining abilities in patients with Alzheimer’s. Because these two abilities remain long after other abilities have passed, music is an excellent way to reach beyond the disease and reach the person.

#### 3. Music can bring emotional and physical closeness.

In the later stages of dementia, patients often lose the ability to share emotions with caregivers. Through music, as long as they are ambulatory, they can often dance. Dancing can lead to hugs, kisses and touching, which brings security and memories.

#### 4. Singing is engaging.

Singing engages more than just the brain and the area related to singing. As singing activates the left side of the brain, listening to music sparks activity in the right, and watching a music session activates visual areas of the brain. With so much of the brain being stimulated, individuals can exercise more mind power than usual.

#### 5. Music can shift mood, manage stress and stimulate positive interactions.

The Alzheimer’s Foundation of America has an entire web page dedicated to music therapy in Alzheimer’s patients. They say that “When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements.” This is because music requires little to no mental processing, so singing music does not require the cognitive function that is not present in most dementia patients.



## Wit & Wisdom

### Memorable Melody: ‘When Irish Eyes Are Smiling’

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play “The Isle O’ Dreams,” and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick’s Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.

### Wearing Green

If you wear green this month to celebrate St. Patrick’s Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.



## Wise & Well

One of the challenges for senior living communities is helping residents maintain physical strength and 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.



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