



Spring Arbor of Albemarle

Residential Assisted Living



315 Park Ridge Rd • Albemarle, NC 28001
phone: (704) 982-8205 • fax: (704) 984-6356



Spring Arbor Staff Directory

Phyllis Meservey Executive Director
Suzanne Whealan Business Office Manager
LeAnn Nance, RN Resident Care
Coordinator
Terri Azcue Food Service Manager
Robin Moose Activity Director
Hub Honeycutt Maintenance Director



Happy Birthday, Residents

CALLIE JANEY FEB. 13
WILLIAM RUSSELL FEB. 15
JAMES TUCKER FEB. 16

Happy Birthday, Employees

PENNY SMITH FEB. 10
CARLY DUNEVANT FEB. 12
KATHERINE DRY FEB. 13
PEGGY MORTON FEB. 17
DAWN VANHOY FEB. 19
ROBIN MOOSE FEB. 20

CONGRATULATIONS TO DINA MANIQUIS
FOR WINNING THE EMPLOYEE OF THE
QUARTER FOR THE 4TH QUARTER!

WELCOME, NEW RESIDENTS

JAMES TUCKER
WAYNE CLARK
DELLA CLARK

UPCOMING: ANNUAL YARD SALE IN APRIL!

February 2012

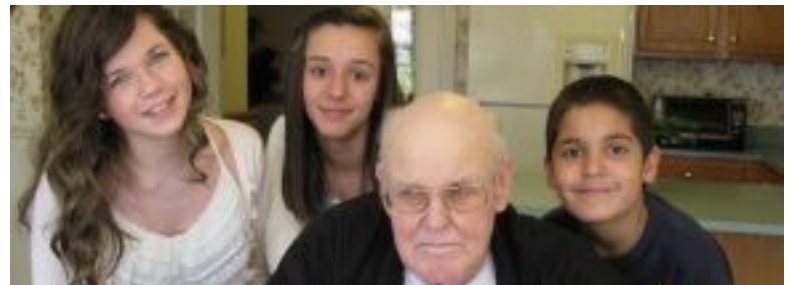
CHILI COOK-OFF/FAMILY NIGHT

Our annual Chili Cook-off will be held on Tuesday, Feb. 21, at 2 p.m. in the Dining Room. We have a lot of our local restaurants involved and we invite the community to come out and enjoy the judging contest with us.

FAMILY NIGHT will also be held on Tuesday, Feb. 21, at 5:30 p.m. Our supper will be the chili from these restaurants. Families, please remember to sign up for Family Night by calling (704) 982-8205. Remember, only two guests per resident due to the limited space. Our entertainment will be Betty Griffin singing good old Southern Gospel & Country Music.

BALLOON-A-GRAMS

ORDER YOUR BALLOON-A-GRAM TODAY FOR YOUR LOVED ONE FOR VALENTINE'S DAY! WE WILL DELIVER LOCALLY ON TUESDAY, FEB. 14. PLACE YOUR ORDERS BY FEB. 13 FOR A BOUQUET OF BALLOONS WITH A STUFFED ANIMAL AND CARD ATTACHED FOR \$10. CALL US TODAY AND PLACE YOUR ORDER AT (704) 982-8205.



Liles Mcswain with South Stanly Middle School

Calendar Key


- A Activity Room
- CK Country Kitchen
- DR Dining Room
- WR Wellness Room
- LB Library
- SR Sunroom
- SU Sign Up

Calendar subject to change; please check activity board daily.

FEBRUARY EVENTS

- Feb. 1
Resident Council
- Feb. 3
Visions Will Sing
- Feb. 6
Bingo w/ LinCare
- Feb. 8
Pet Therapy
- Feb. 9
Trip to Discovery Place
- Feb. 10
Tapestry Will Sing
- Feb. 12
Birthday Party
- Feb. 13
Central UM Children
- Feb. 14
Fine Dining/Theme Lunch
- Feb. 21
BALLOON-A-GRAMS
- Feb. 22
Chili Cook-Off & Family Night
- Feb. 24
Ridgecrest Band
- Feb. 25
A Day in Louisiana
- Feb. 27
4-Ever 4-Given Will Sing
- Feb. 29
Spring Chick's Social
- Leap Year Reminiscing

Sunday	Monday	Tuesday
<i>February</i>		
5	<p>8:00 Walking Club W/ Faye 9-9:30 Get on Up(A) 10-10:30 100 Hall Coffee(SR) 10-11:30 Ceramics W/ Nancy 1-2:00 Michael Will Play Piano(SR) 2-3 Bingo W/ LinCare(SR) 3:30-4:00 Special Memories(LB) 6:30-7:30 New Foundation Will Sing(DR)</p>	6
<p>9:30 Sunday School With Michael Denning(SR)</p> <p>2:30 Open Door Baptist Sunday Service(SR)</p> <p>SUPER BOWL SUNDAY XLVI</p>	<p>8:00 Walking Club W/ Faye 9-9:30 Get on Up(A) 10-11:30 Walmart 10-11 Checkers(A) 1-1:30 Jenga(A) 2-3 Bingo for All(SR) 3:30-4:00 Reading W/ Ruth Cotton(SR) 6:30-7:30 Bingo W/ First Baptist WMU(DR)</p>	7
12	<p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 9:30-11 Decorate for Lunch 12-1 Fine Dining/Theme Lunch: Sweetheart Lunch(DR) 1-2 Piano W/ Michael(SR) 2-3 Singing W/ Roy Barbee 3:30-4:00 Special Memories(LB) 6:30-7:30 Praise Service by Landmark Baptist(DR)</p>	13
<p>10:00 South Stanly Baptist Sunday School(SR)</p> <p>2:00 Central UM Children Will Sing(DR)</p> <p>3:00 Indian Hill Church Will Sing(SR)</p>	<p>DELIVERY OF BALLOON-A-GRAMS 8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11:30 South Stanly Middle School Students(SR) 2-3 Valentine Party(DR) 4:00-4:30 Circle of Friends(LB) 6:30-7:30 Movie Night(A)</p>	14
19	<p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Puzzle Time(A) 12-2 Michael Will Play Piano(SR) 2-3:30 Movie & Popcorn(A) 3:30-4:30 Scrabble(A) 6:30-7:30 Devotions W/ Rev. Jim Yow(SR)</p>	20
<p>12:00 Sunday Family Lunch(SU)</p> <p>3:00 Sunday Service With Michael Denning(SR)</p>	<p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Checker Tournament(A) 11-11:30 Circle of Friends(LB) 2-3 CHILI COOK-OFF 3:30-4:30 Decorate for Family Night 5:30-7:30 FAMILY NIGHT W/ BETTY GRIFFIN—WEAR GREEN, GOLD OR PURPLE FOR MARDI GRAS CELEBRATION!</p>	21
26	<p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Johnny Cash "Walk the Line"(A) 11-11:30 S.A.I.L.(WR) 12-2 Michael Will Play Piano(SR) 2-3 Spring Chick's Social(SR) 3:30-4:30 Password(A) 6:30-7:30 COMMUNITY BINGO(DR)</p>	27
<p>3:00 Sunday Service With Ken Burris(SR)</p>	<p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11:30 Walmart 11-11:30 Scrabble(A) 1-1:30 Circle of Friends(LB) 2-3 Bingo for All(SR) 3:30-4:30 Blurt(A) 6:30-7:30 D&D Gospel Group Will Sing(DR)</p>	28

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">1</p> <p>8:00 Walking Club by Faye 9-9:30 Checkers(A) 10-11 Music W/ Lynn Huneycutt(SR) 11-11:30 S.A.I.L.(WR) 1-1:30 Painting(A) 2-3 Resident Council(DR) 3:30-4:30 Pet Therapy(A) 6:30-7:30 Share W/ Mary Hall(SR)</p>	<p style="text-align: right;">2</p> <p>8:00 Walking Club by Faye 9-9:30 Scrabble(A) 10-11 Dev. W/ Rev. Brad Lynch(SR) 11-11:30 Jenga(A) 11-1 Rosebriar for Lunch 2:30-4:30 Manicures(A) 6:30-7:30 Singing W/ Kenneth Mask(SR)</p>	<p style="text-align: right;">3</p> <p>8:00 Walking Club by Faye 9-10 Music W/ Beth(SR) 10-11:30 Deliver Meals on Wheels 11-11:30 Dominos(A) 1:30-2:30 Visions Will Sing(SR) 3-4 Yard of the Month 4-4:30 Circle of Friends(LB) 6:30-7:30 Bingo W/ Rainbow Girls(DR)</p>	<p style="text-align: right;">4</p> <p>9:00 Walking Club 11:00 Sittercise(A) 2-2:45 Kleenex Bingo(A) 7:00-8:00 Lawrence Welk Show(A)</p>
<p style="text-align: right;">8</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Dev. W/ Darrell Huneycutt(SR) 11-11:30 S.A.I.L.(WR) 1-2 Pet Therapy(A) 2-3 Singing W/ Brady Burris(SR) 3:30-4:30 Outburst(A) 6:30-7:30 Sharing W/ Shepherds Chapel(A)</p>	<p style="text-align: right;">9</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 9-2:00 Discovery Place & Lunch 10-11 Delane Burris Will Sing(SR) 11-11:30 Scrabble 1-1:30 Checkers(A) 2:30-4:30 Manicures(A) 6:30-7:30 "Tapestry" Will Sing(DR)</p>	<p style="text-align: right;">10</p> <p>8:00 Walking Club by Faye 9-10 Music W/ Beth(SR) 10-11 Park Ridge First Grade Will Sing(SR) 11-11:30 Circle of Friends(LB) 1-1:30 Painting(A) 2-3 Birthday Party(DR) 3:30-4:30 Scrapbooking(A) 6:30-7:30 Game Night(A)</p>	<p style="text-align: right;">11</p> <p>9:00 Walking Club 10:30-11:30 Sing-a-long W/ Lisa Furr(SR) 2-2:45 Drink Bingo(A) 7-8 Wine & Cheese Social(A)</p>
<p style="text-align: right;">15</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Porter Quartet Will Sing(SR) 10-11:30 Walmart 1-1:30 S.A.I.L.(WR) 2-3 Bingo for ALL(SR) 3:30-4:00 Reminiscing W/ Ruby Pickler(SR) 6:30-7:30 Share W/ Mary Hall(SR)</p>	<p style="text-align: right;">16</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Auction(A) 11-1:30 Fresh House for Lunch 11-11:30 Jenga(A) 2:30- 4:30 Manicures(A) 6:30-7:30 Dev. W/ Keith Menius(SR)</p>	<p style="text-align: right;">17</p> <p>8:00 Walking Club by Faye 9-10 Music W/ Beth(SR) 10-10:30 200 Hall Coffee(SR) 1-2 Pet Therapy(A) 2-3:30 Movie & Popcron(A) 3:30-4:30 Scrabble(A) 6:30-7:30 Bingo W/ Red Cross Youth(DR)</p>	<p style="text-align: right;">18</p> <p>9:00 Walking Club 11:00 Sittercise(A) 2-2:45 Candy Bingo(A) 6:30-7:30 Game Night(A)</p>
<p style="text-align: right;">22</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Dev. W/ Darrell Huneycutt(SR) 10-11:30 Walmart 1-1:30 Special Memories(LB) 2-3 Ridgecrest Band Will Perform(SR) 3:30-4:30 Pet Therapy(A) 6:30-7:30 Sharing W/ Shepherds Chapel(SR)</p>	<p style="text-align: right;">23</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-10:30 300 Hall Coffee(SR) 11-11:30 Puzzle Time(A) 11-1:30 Pizza Hut for Lunch 2:30-4:30 Manicures(A) 6:30-7:30 Praise Service W/ Landmark Baptist Church(DR)</p>	<p style="text-align: right;">24</p> <p>8:00 Walking Club by Faye 9-10 Music W/ Beth(SR) 10-11 A Day in Louisiana(SR) 11-1:30 S.A.I.L.(WR) 1-1:30 Scrabble(A) 2-3 Out for a Ride 2-3:30 Dev. & Singing W/ Alb. Church of Christ(SR) 6:30-7:30 Game Night(A)</p>	<p style="text-align: right;">25</p> <p>9:00 Walking Club 11:00 Sittercise(A) 2-3:00 4-Ever 4-Given(DR) 6:30-7:30 Movie Night(A)</p>
<p style="text-align: right;">29</p> <p>LEAP DAY!</p> <p>8:00 Walking Club by Faye 9-9:30 Get on Up(A) 10-11 Leap Year Reminiscing(A) 11-11:30 Special Memories(LB) 1-2 Pet Therapy(A) 2-3 Meet & Greet(DR) 3:30-4:30 Newsletter Crew 6:30-7:30 Share W/ Mary(SR)</p>	 <p style="font-size: 2em; font-family: cursive;">Be My Valentine</p>		

February 2012

VELETA SWARINGEN



Veleta is enjoying getting a manicure and she always enjoys talking about her girls and loves them very much.

Veleta T. Swaringen was born in Stanly County to Price and Ida Victoria Troutman. She was married to the late William Riley McSwain for 43 years and had three daughters, Judy Hill, Robbie McSwain and Becky Huneycutt, all of Stanly County. She also was married to the late Willie Swaringen of Albemarle. She has three grandchildren and five great-grandchildren and one surviving brother, Verdell Troutman of Charlotte. Veleta owned her own beauty shop and was a hairdresser for 40 years, which she enjoyed very much. She is also a member of Grace Baptist Church of Albemarle.

WELLNESS: HEART HEALTH



Nita Davis brings in the New Year!

Heart Health is critical for all ages, but since heart disease is a leading cause of death for people over 50, senior citizens should pay particular attention to ways to maintain cardiovascular fitness. Below are a few tips for seniors:

Avoid smoking—smoke diminishes the amount of oxygen in your system.

Exercise—daily exercise will help keep your heart healthy.

Keep your weight down—control the size of your portions.

Increase fiber—A high fiber diet will fill you up.

Cut sodium—Sodium can elevate your blood pressure, so cut back.

Relax—work on avoiding excess stress by relaxing.