



Assisted Living Community

Our *family* serving your family
with professional, compassionate *care*.

237 Fairview Street NW • Leesburg, VA 20176
Phone: (703) 777-9300 • www.springarborliving.com

May 2012



MANAGEMENT TEAM

Barb Lear, LPN

Executive Director

Christine Kreidler, LPN

Resident Care Coordinator

Julie Berrios, ADC

Cottage Care Coordinator

Tammy Pyne

Food Service Director

Lindsay Williams

Business Office Manager

Brianna Saby

Activity Director

Susan Baling

Marketing Director

Ray Baling

Maintenance Director

OFFICE HOURS

Monday-Friday

9:00 a.m.-5:00 p.m.

Easter Egg Hunt Extravaganza!

We had a wonderful time hosting our friends, family and neighborhood at the 2nd annual Spring Arbor of Leesburg Easter egg hunt and games! We had a great turnout. The egg hunt was fun, the bouncy castle exciting and the games were a blast! Thank you to all who were able to attend and make this event so successful!



The Easter Bunny visited as we were searching for eggs and having our faces painted. Not even Pete could get away from a picture with the bunny!



Jean and young volunteer Ashley had a visit with the Easter Bunny



Children of all ages had a blast finding eggs and enjoying the company of one another.



Happy Mother's Day!

Join us on May 13 for a Mother's Day Tea. We will be having tea and cookies for all generations of mothers and their children in the cafe at from 3 until 4 p.m.

Have You Heard?

"It's bad luck to be superstitious."

Settle Down With a Good Book

May is Get Caught Reading Month.

A Time for Tortoises

World Turtle Day is May 23.

Memorial Day Cookout!

Join us on Memorial day Monday, May 28, at noon for a cookout lunch! If you are interested in joining in the fun, please make your reservation with our front desk.





Birthdays!



Resident Birthdays

Mary Badin

May 2

Olive Washburn

May 3

Audrey Speacht

May 12

Nora White

May 13

Sallye Gordon

May 27

Alfred Zavis

May 28

Nancy J. Miller

May 30



Team Birthdays

Karen Yenchi

May 29

Brittany McWilliams

May 31

Monthnea Roberts

May 31

Nathaniel Doih

May 31



Beautiful Blooms

Enjoy the colorful flowers of May.



Easter Egg Decorating

A few days before Easter, we all took a little time to revisit our childhood pastime of decorating Easter eggs. We had a large number of different types of kits and made many different types of eggs. We had a great turnout and it would have been hard to beat the time we all had enjoying the project and the company. By the end, almost all of us had dye and paint all over ourselves and our tablecloth. We giggled, joked about Easter's past, told stories and had a great time with one another.



These were just a few of the finished eggs. We colored about three dozen. Some of them were painted and had stickers, others had faces and even a few had hair!



Baking Blast!

Each week on Tuesdays, we take a few hours to bake something delicious. This week we worked on making blueberry muffins, but we make everything from Chex mix and cheddar crackers to cheesecake and all different types of cookies.



Canned Food Drive

Spring Arbor is going to be helping out the Loudoun Interfaith Relief with a food drive during May. LIR is a group of volunteers from the area who realized the hunger needs of the community are not being met. These volunteers were united by a commitment to offer support and solutions to several groups of people such as the working poor whose income is insufficient to cover basic necessities, the unemployed, the senior or the sick who cannot compete in the workplace, and the homeless.

Help Spring Arbor support our local community by giving canned or boxed food items to Loudoun Interfaith Relief. They can be turned in at our front desk everyday during the month of May.



Planting Spring Gardens

On one of our craft days, we spent a little time with volunteer Deb to make small spring gardens for our rooms. We planted a Pansy and a pathos plant (a great leafy indoor houseplant) into pots that were small enough to fit on our windowsills.



Rudy smiles as he plants a little piece of spring to go back to his room with.



Everyone working together on making sure they are planted just right.



Our residents all loaded up and ready to go.

Outing for a Performance at Leisure World

We had a great time last month visiting Leisure World in Lansdowne, VA, for a musical performance. There was singing and dancing and we had such a great time we joined right in with them. We were able to bring residents from both assisted living and our cottage and it was great to visit with our neighbors. Thank you to all who showed up, joined in and enjoyed themselves with us! What a great show!



This quartet had us all singing "I won't grow up!"



Joan, Juanita and Evelyn joining in.



We were right by the action!



Laugh Lines

Get Ready to Groan; It's Pun Time

- Energizer Bunny arrested; charged with battery.
- A pessimist's blood type is always B-negative.
- I fired my massage therapist today. He just rubbed me the wrong way.
- I used to work in a blanket factory, but it folded.
- Sea captains don't like crew cuts.
- A gossip is someone with a great sense of rumor.
- When you dream in color, it's a pigment of your imagination.
- Reading while sunbathing makes you well red.
- When two egotists meet, it's an I for an I.

Volunteer Spotlight, Deborah Lynn Harvey



Deb, her grandson Bear and Audrey Speacht pose for a picture

Deb was born in Neptune, New Jersey. She is the eldest of three daughters and stays close with her two younger sisters. She was raised in a small town close to the ocean, and she now lives in the mountains with her husband, Arthur. They have lived in Afton, Virginia, for about 20 years. They have three daughters (Kyla, Brianna and Linnea), three goats (Ollie, Ivy and Adele), eight chickens and a cat named Lucky. They also have one grandson (Bear, pictured here).

Deb has been volunteering at Spring Arbor of Leesburg for almost a full year. Though she lives two and a half hours away, she makes it up to visit with the residents and Brianna as often as she can. She really enjoys baking, gardening and crafting with the residents. Some of the things that she has helped us with are baking homemade bread with apple butter, planting the first ever Spring Arbor community garden, and felting. She has enjoyed getting to know everyone here and is thankful to have made so many close friends. We thank her for coming and spending her time and expertise with us. We always look forward to having her come and visit!

Team Spotlight, Sirlanka Delrae Bunce

Sirlanka was born in Bayshore, New York, and raised in Center Islip, New York, both of which are located on Long Island. She is the youngest of three and has one brother and one sister. She moved to Virginia and attended Loudoun County Day School, the school that was in the location where Spring Arbor is now. She was a day student at Foxcroft School in Middleburg, VA, and then attended Bryn Mawr College near Philadelphia, Pennsylvania. Sirlanka received a bachelors degree in anthropology and then received her certification in nursing assistance. She now works at Spring Arbor as a resident assistant.

Sirlanka enjoys watching movies. Her favorite movie of all time is the original "Willy Wonka and the Chocolate Factory." She also enjoys salsa dancing! She has loved getting to know each resident's history and hearing about the differences in lifestyle from when they were young. We appreciate Sirlanka's smile and gentle demeanor. She takes her time with each resident and always goes above and beyond, even when she is in a hurry. Thank you for all of your hard work!



Sirlanka and Helena Gottlieb