



# Spring Arbor of the Outer Banks

## The Cottage



803 Bermuda Bay Blvd. • Kill Devil Hills, NC 27948  
phone: (252) 449-4455 • fax: (252) 441-0705



May 2012

### **Administration**

*Executive Director*

Dianne Denny

*Resident Care Coordinator*

Karen Henderson

*Business Office Manager*

Joan Cook

*Food Services Director*

Ken McLean

*Assistant Resident Care Coordinator*

Anitra Bailey

*Activities Director*

Linda DelCollo

*Community Relations Coordinator*

Karol Siegrist

*Maintenance Director*

Dale Hamlett

*Cottage Care Coordinator*

Tamara Mullen

### **Armchair Travels: Sydney, Australia**

Sydney, Australia, offers more than just opera. Australia's most populous city, Sydney is also one of the most beautiful. Sydney Harbour is the site of the landmark Harbour Bridge and the iconic Sydney Opera House. The Opera House, which opened in 1973, is also home to dance and theater companies and a symphony. In addition to manmade structures, Sydney is full of natural beauty, from the beaches to the numerous parks in and around the metropolitan area. Housing more than 4.5 million people, Sydney is a dynamic city with a rich history.

### **Wild World: Peregrine Falcon**

The word "peregrine" means "wanderer"—an apt name for such a bird: Some nest on Arctic tundra and then winter in South America, flying 15,000 miles in a year. Yet they also have amazing homing instincts—some nests have been occupied for hundreds of years by successive generations. Peregrine falcons are superb hunters from the sky, dropping into dives that can reach 200 m.p.h. before they strike prey.

### **Listen to Your Books**

Not getting enough reading done? Check your library for audio versions of the books on your reading list. Listen to the CDs or tapes during walks, when relaxing or whenever you have a free moment. You'll be amazed at how many books you can breeze through.

### **Citrus Can Calm**

Feeling stressed? Grab a piece of fruit—preferably an orange, tangerine or grapefruit. Citrus fruits contain folic acid, which can reduce the levels of serotonin released in your body. Excess serotonin can lead to feelings of anxiety, depression and stress.

### **Monthly Celebrations**

This May, turn your attention to Arthritis Awareness Month. Be happy for National Smile Month, create something new during National Inventors' Month and pick up a good book for Get Caught Reading Month.

### **Seasonal Selections**

Celebrate May's bounty with seasonal produce: apricots, mustard greens, peas, strawberries and raspberries.



"Ace" is introduced to his new friend





Tamara entertaining with the hula hoop!




Let's dance!



Ace has made another friend

Sunday	Monday	Tuesday
		<p>10:00-10:30 Morning News and Coffee                      10:45-11:15 Let's Stretch                      11:15-11:45 Sing-a-Long                      1:30-2:00 Relaxation                      2:15-3:15 One to One                      3:30-4:15 Front Porch Travels (Pennsylvania)                      4:15-4:45 Pet Therapy                      6:00 Movie (Fred Astaire &amp; Eleanor Powell)</p>
<p>National Nurses Week <sup>6</sup></p> <p>10:00-10:30 Morning News &amp; Coffee                      10:45-11:15 Sunday Devotions                      11:15-11:45 Hymn Sing                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 Volleyball                      6:00 Let's Dance</p>	<p>National Nurses Week <sup>7</sup></p> <p>10:00-10:30 Morning News &amp; Coffee                      10:45-11:15 Let's Stretch                      11:15-11:45 What Ad Is This?                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 Cottage Art                      6:00 Evening News                      Movie Time: "Ma &amp; Pa Kettle"</p>	<p>National Nurses Week <sup>8</sup></p> <p>10:00-10:30 Morning News &amp; Coffee                      10:45-11:15 Gardening &amp; Patio Chores                      11:15-11:45 Hat Pass Along                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 Let's Get Fit                      6:00 Evening News                      Wheel of Fortune</p>
<p>"Happy Mother's Day" <sup>13</sup></p> <p>10:00-10:30 Sunday Devotion                      10:45-11:45 Hymn Sing                      1:30-2:00 Relaxation                      2:30-4:00 "Floating Mother's Day Tea"                      4:00-4:45 Mother's Day Poems                      6:00 Movie "Cheaper by the Dozen"</p>	<p>National Nursing Home Week <sup>14</sup></p> <p>10:00-10:30 Morning News &amp; Coffee                      10:45-11:15 Let's Stretch                      11:15-11:45 Chair Kickball                      1:30-2:00 Relaxation                      2:15-3:15 One to One                      3:30-4:00 Parachute &amp; Sing                      4:00-4:30 Jacklyn on Piano                      6:00 Evening News                      Spelling Bee</p>	<p>Senior Citizen Day <sup>15</sup></p> <p>10:00-10:30 Morning News                      10:45-11:15 Let's Stretch                      11:15-11:45 Ring Toss                      1:30-2:00 Relaxation                      2:15-3:15 One to One                      3:30-4:30 Front Porch Travels (Virginia)                      6:00 Evening News                      Reminisce</p>
<p><sup>20</sup></p> <p>10:00-10:30 Sunday Devotion                      10:45-11:15 Hymn Sing                      11:15-11:45 Inspirational Reading                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 Parachute                      6:00 Walk &amp; Roll in the Courtyard</p>	<p><sup>21</sup></p> <p>10:00-10:30 Morning News &amp; Coffee                      10:45-11:15 Let's Stretch                      11:15-11:45 Volleyball                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 Family Collage                      6:00 Evening News                      Bean Bag Toss</p>	<p><sup>22</sup></p> <p>10:00-10:30 Morning News                      10:45-11:15 Let's Stretch                      11:15-11:45 Karaoke                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 Gardening/Patio Chores                      6:00 Evening News                      Movie "Shag"</p>
<p><sup>27</sup></p> <p>10:00-10:30 Sunday Devotion                      10:45-11:15 Hymn Sing                      11:15-11:45 Pet Therapy                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:30 "Wartime; Do You Remember"                      6:00 Evening News                      Movie "The American Flag"</p>	<p>Memorial Day <sup>28</sup></p> <p>10:00-10:30 News &amp; Coffee                      10:45-11:15 Let's Stretch                      11:15-11:45 Patriotic Sing                      1:30-2:00 Relaxation                      2:15-3:15 One to One Activities                      3:30-4:00 Ice Cream Social                      4:00-4:30 Jacklyn on Piano                      6:00 Evening News                      Tributes to Our American Heroes on TV</p>	<p><sup>29</sup></p> <p>10:00-10:30 Morning News &amp; Coffee                      10:45-11:15 Let's Stretch                      11:15-11:45 Gardening/Patio Chores                      1:30-2:00 Relaxation                      2:15-3:15 One to One                      3:30-4:30 Notes to Our Family                      6:00 Evening News                      Let's Talk</p>

Wednesday	Thursday	Friday	Saturday
<p>10:00-10:30 Morning News &amp; Coffee <sup>2</sup></p> <p>10:45-11:15 Walk &amp; Roll</p> <p>11:15-11:45 Patio Chores</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One Activities</p> <p>3:30-4:30 Parachute &amp; Sing-a-Long</p> <p>6:00 Wheel of Fortune</p>	<p>10:00-10:30 Morning News &amp; Coffee <sup>3</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Hot Potato Toss</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One Activities</p> <p>3:30-4:00 Gardening</p> <p>4:00-4:30 Poetry</p> <p>6:00 Evening News</p> <p>*Sandy the Therapy Dog</p>	<p>10:00-10:30 Morning News &amp; Coffee <sup>4</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Price Is Right</p> <p>1:30-2:30 Relaxation</p> <p>3:00-4:00 Pre-Kentucky Derby Celebration (Wear Your Fanciest Hat)</p> <p>4:15-4:45 Music by Lawrence Welk</p> <p>6:00 Noodle Ball</p>	<p>10:00-10:30 Andy (piano) <sup>5</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 What Happens on This Day?</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One Activities</p> <p>3:15-4:45 Movie "Secretariat"</p> <p>6:00 Running of the Kentucky Derby (TV)</p>
<p>10:00-10:30 Morning News &amp; Coffee <sup>9</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Chair Kickball</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Notes to Our Military Pen Pals</p> <p>6:00 Evening News</p> <p>Wheel of Fortune (TV)</p>	<p>10:00-10:30 News &amp; Coffee <sup>10</sup></p> <p>10:30-10:45 Pastor Steve</p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Let's Dance</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Planting Vegetables</p> <p>6:00 Evening News</p> <p>"Milk &amp; Cookies"</p> <p>* Sandy the Therapy Dog</p>	<p>10:00-10:30 Morning News &amp; Coffee <sup>11</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Water/Weed the Garden</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Parachute Toss</p> <p>6:00 Evening News</p> <p>Movie: "Angel in the Outfield"</p>	<p>10:00-10:30 Andy on the Piano <sup>12</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Pamper Me ...</p> <p>Tomorrow Is Mother's Day</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 What You Think ... Grows ...</p> <p>6:00 Evening News</p> <p>Lawrence Welk</p>
<p>10:00-10:30 Morning News &amp; Coffee <sup>16</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Glamour Shots</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Complete Glamour Shots</p> <p>6:00 Evening News</p> <p>Evening Chores</p>	<p>10:00-10:30 News &amp; Coffee <sup>17</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Laugh With Willard Scott</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Frame Our Glamour Shots</p> <p>6:00 Evening News</p> <p>Bowling</p> <p>*Sandy the Therapy Dog</p>	<p>10:00-10:30 Morning News &amp; Coffee <sup>18</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Cottage Stories</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Remember the USO?</p> <p>6:00 Evening News</p> <p>"Milk &amp; Cookies"</p>	<p>10:00-10:30 Andy on the Piano <sup>19</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Patriotic Sing-a-Long</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Balls &amp; Noodles</p> <p>6:00 Evening News</p> <p>Lawrence Welk</p>
<p>10:00-10:30 Morning News &amp; Coffee <sup>23</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 What Is This Ad?</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Wreath Making</p> <p>6:00 Evening News</p> <p>Water the Garden</p>	<p>10:00-10:30 News &amp; Coffee <sup>24</sup></p> <p>10:30-10:45 Pastor Steve</p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Let's Dance</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Tea Time</p> <p>6:00 Evening News</p> <p>Sing-a-Long</p> <p>*Sandy the Therapy Dog</p>	<p>10:00-10:30 Morning News &amp; Coffee <sup>25</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Can You Name This Scent?</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Water &amp; Weed the Garden</p>	<p>10:00-10:30 Andy on the Piano <sup>26</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Weekly News</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Decorate Cupcakes</p> <p>6:00 Evening News</p> <p>Lawrence Welk &amp; Cupcakes</p>
<p>10:00-10:30 Morning News <sup>30</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Hot Potato Toss</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 Cottage Photo Collage</p> <p>6:00 Evening News</p> <p>Fish Charades</p>	<p>10:00-10:30 Morning News &amp; Coffee <sup>31</sup></p> <p>10:45-11:15 Let's Stretch</p> <p>11:15-11:45 Hangman</p> <p>1:30-2:00 Relaxation</p> <p>2:15-3:15 One to One</p> <p>3:30-4:30 May Birthday Social</p> <p>6:00 Evening News</p> <p>Movie: "Lassie"</p> <p>*Sandy the Therapy Dog</p>		<p>Assigned Rooms for Activities: (AR) Cottage Activity Room (AL) Assisted Living</p> <p>Hydration Stations Each Day at the Following Times: 10:30 a.m. 3:30 p.m. 7:30 p.m.</p> <p>Snacks Are Provided Daily</p>

# May 2012

## Flower of [May]

**Botanical name** | Convallaria majalis

**Other names** | May Bells, Our Lady's Tears

**Description** | Small bell-like blooms on a short delicate stem

**Colors** | White, pink

**Facts** | All parts of the plant are poisonous if ingested. This flower is popular for weddings because of its delicate and romantic shape.

## [Lily of the Valley]

**Meaning** |  
Sweetness, return of happiness



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