



4225 Shore Drive • Virginia Beach, VA 23455 • (757) 460-8868
www.rui.net/bay-lake/

PLEASE JOIN US!

Mother's Day Brunch

SUNDAY, MAY 12
11:00 AM - 2:00 PM

Join us for a delightful brunch created by our Taste of RUI team to honor and celebrate all the mothers here at Bay Lake!

Guest Fee: \$25
RSVP to 757.460.8868



May 2024

In This Issue

Spring is here and it's our favorite time of the year! We are loving the sounds of the birds and the smells and colors of the flowers blooming. It's the perfect time of year to get outside and enjoy some fresh air and family time!

In this issue of our monthly newsletter, you will read a note from our Executive Director, learn about one of our residents, and find out when to mark your calendars! Be sure to also stay tuned to our Facebook page.



Save the Date

- May 1 Resident Council
- May 2 Hampton Roads History 101
- May 3 Fass & Friends
- May 4 Aromatherapy 101: Bath Bombs
- May 4 Derby Party
- May 5 Cinco de Mayo Dinner
- May 12 Mother's Day Brunch
- May 13 Uncorked: Germany
- May 13 Art Therapy w/ Emily
- May 15 Margaret Ryan
- May 21 Eastern Woodland Native Inhabitants
- May 27 Memorial Day Cookout w/ Bill Batte
- May 28 Taste or RUI: France
- May 29 10 Influential Female Artists
- May 30 RUI FIT Health Talk

A Letter From the Executive Director: Sam Kelderhouse



As we move into the month of May, we are looking forward to the warmer months ahead and all that they have to offer. We hope you will join us for our Mother's Day Brunch on May 12; but if you can't make it, there are plenty of other opportunities to join your loved ones this month. Other exciting events planned include Cinco de Mayo, a Derby Party, and of course, a Memorial Day Cookout with entertainment by Bill Batte.

In addition to the amazing events we have here, I'd like to highlight one of our signature programs that help improve the quality of life of our residents. From simple companionship to one-on-one care 24 hours a day, we can do it all with Care Impact. If you would like to know more about this great program, please stop by my office or give me a call for more details.

Resident Spotlight: Ms. Joan G.



Ms. Joan Graff was born in Newark, New Jersey, to Philip & Ruth. She had one brother and then her mother remarried and had four more children after that. Joan attended Catholic school her entire childhood, graduating from St. Michael's High School. They didn't live in a nice part of town so Joan didn't do much as a child. Pretty much to school and home.

After high school, Joan went to work for one of the larger stores in the area. She enjoyed going out at night, loving to dance and listening to live music. One evening, Ms. Joan met this gentleman at a nightclub in Madison, NJ. She wasn't interested in him at first, but warmed up to him as time went on. After turning him down once, Ms. Joan ended up proposing to Al! The two were married in St. Patrick's church in Newark, NJ, with a small ceremony. The couple spent two weeks honeymooning in Las Vegas before returning to New Jersey to start their life.

Ms. Joan had a long career with Blue Cross/Blue Shield as a Group Enrollment Specialist. She enjoyed helping others and got to travel to different companies and help new employees enroll in benefits. Ms. Joan retired from BC/BS after many years.

In retirement, Ms. Joan and Al enjoyed traveling. Al's sister had a timeshare in Aruba and Joan and Al took advantage of this. They spent many days in Aruba, soaking up the sun and enjoying the beaches. It was one of their favorite places to visit.

Now Ms. Joan can be found hanging with the ladies in activities or walking and getting her exercise. We're happy to have her here at Bay Lake!

Employee Spotlight: Erick Deloatch



Congratulations to Erick as he has been promoted to Lead Server! Erick brings 30 years of experience in the hospitality industry to the Bay Lake Taste of RUI dining room and we're so happy to have him on our team!



Aloha, Inspiritas Family! May brings a burst of joy as we celebrate the remarkable women in our lives with Mother's Day. Join us in honoring these incredible souls at our enchanting Mother's Day Tea **Sunday, May 12**. We also are hosting our monthly Caregiver's Connection Café & Book Club **Tuesday, May 21**.

This month, our Coast-to-Coast theme takes us on a sensory adventure to Hawaii, where we'll immerse ourselves in the vibrant culture. From the soothing melodies of Hawaiian music to the tantalizing flavors of island cuisine, we'll explore Hawaii's beauty through our senses. Dive into art classes, savor culinary delights, sway to traditional dance, and let the rhythm of the islands lift your spirits. Discover the warmth of aloha with us in Inspiritas Memory Care. Don't forget to check out our monthly programs calendar for a full lineup of exciting events. May will certainly be a month to remember!



It is easy to become discouraged when things in life set you back to square one with your fitness routine. The good news is that there are ways to stay motivated when life's challenges get in the way. Focus on your short-term goals such as improving mood and energy levels, Reward yourself when you successfully complete a workout or reach a new goal, Keep a log of your activities to track your progress and keep you accountable, and lastly Find Support in a friend or family member while working out for the extra boost of motivation.



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are excited to present a weekly Brain Fitness Class during the month of May. We will be celebrating Speech Therapy Month to recognize all our wonderful speech therapists and hosting a separate Senior Fitness Clinic. Come join us for some fun and engaging activities! We look forward to seeing you soon.



LUXE UNLIMITED™
SALON AND SPA

Mother's Day is the perfect time to spoil your loved ones. Check out the LUXE Unlimited gift options for the month of May!

Gift Packages:

Spa Package- featuring a luxurious white robe, slippers, eye mask, and \$100 LUXE Unlimited gift certificate redeemable toward services or products.

Hair Package- featuring our full line of hair products, detangler hair brush, and \$50 LUXE Unlimited gift certificate redeemable toward services or products.

Nail Package- featuring our plush LUXE hand towel, nail file, travel manicure kit, bottle of moisturizing lotion, and \$50 LUXE Unlimited gift certificate redeemable toward services or products.

Available to purchase through our website's Online Store.

Gift Certificates: Gift certificates available for purchase through our website at www.luxeunlimited.net. To purchase, click our "Book Now" button on the homepage. Select your location and then choose "Purchase Gift Card".

Bay Lake Team Of Directors



Sam Kelderhouse, *Executive Director*
Alaina Mezza, *Director of Clinical Services*
Connor Berns, *Environmental Services Director*
Shannon McGahan, *Director of Sales & Marketing*
Catie Abbott, *Senior Life Enrichment Director*
Maddie Gourley, *Inspiritas Coordinator*
Lesley Lewis, *Executive Chef*
Deondre McBride, *Sous Chef*
Michael Murphy, *Business Office Manager*



The My RUI App was developed to increase communication for our residents and families. The My RUI App has a lot of great features which will allow you to stay informed and utilize our RUI signature programs right at your fingertips

Features Include:

- Stay up to date with the Life Enrichment calendars and community news
- View and pay bills
- Request medical appointment transportation
- Order from our Ecommerce store
- Order Room Service with our Always Available Dining Menu
- Schedule LUXE Unlimited Salon appointments
- With the My RUI App you can set fitness goals and sign up for personal training with an RUI FIT Coach
- View the RUI University course catalog & register your friends for classes
- Request a companion care appointment with Care Impact
- Schedule Leash on Life

Learn more in our My RUI App weekly class and Family Webinars. Learn more at www.rui.net