



WOODLAND HILLS

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

3365 Ogden Road • Roanoke, VA 24018 • (540) 682-7500

May 2024

PLEASE JOIN US!

Mother's Day Tea & Brunch

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

All family and friends are invited to join us as we honor all the moms and maternal figures in our life! Provided by Taste of RUI, we'll start in the Bistro at 11 with tea & biscuits, then move into a lovely brunch at noon. We can't wait to celebrate you!

Guest Meals: \$25
RSVP by May 6 to 540.682.7500



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In This Issue

April showers have brought us May flowers and the grounds around Woodland Hills and Roanoke are buzzing with life! Be sure to add the dates below to your calendar - we can't wait for you to visit and experience all the wonderful activities and events we have going on this month!

And while you're here, to get a better look into life at Woodland Hills, flip through these pages to learn more about different aspects of life including:

- Letter from Executive Director, Martin Erickson
- Resident Spotlight: Mrs. Eleanor R.
- Updates from our specialty programs and partners including Inspiritás, RUI FIT, LUXE Unlimited, and Legacy Healthcare Services!

Dates to Save

5/03 RUIIU: Spring Nature Fun w/ Josh Urban
5/04 Kentucky Derby Day
5/05 Cinco de Mayo
5/06 National Nurses Day
5/08 RUIIU: History of VE Day
5/09 Craft Corner: Repurposing Lost Socks
5/10 RUIIU: Ceramics with Celeste
5/11 Twilight Zone Day - All Day Marathon
5/12 Mother's Day
5/15 RUIIU: Chocolate Chip Cookie Learning Lab
5/18 RUIIU: History of Armed Forces Day
5/22 RUIIU and RUI FIT: Health Talk
5/24 RUIIU and LUXE Unlimited: Lessons with Eshae
5/25 Wine Day
5/26 Paper Airplane Day
5/27 Memorial Day
5/31 Resident Council



Letter From the Executive Director: Martin Erickson

Summer is getting closer!

Our Life Enrichment team has ensures that May is an action-packed month here at Woodland Hills. I am looking forward to the Kentucky Derby and Preakness Stakes, Cinco de Mayo, Mother's Day and Memorial Day festivities. And have you seen so many themed days? I know our Taste of RUI team is excited to prepare lots of treats for National Shrimp Day, National Chocolate Chip Day, and National Barbecue Day!

I really hope to see everyone here having a great time.

And as a reminder: RUI Fit is offering Personal Training with Coach Rob for all residents and families. This is an extra benefit to offer those looking for more of a one-on-one approach to fitness. For more information and to sign up, please see myself or anyone on the Life Enrichment team, or use the RUI FIT form on the MyRUI App!

May Resident Spotlight: Mrs. Eleanor R.



Mrs. Eleanor & Dr. Gerald are our 2023 RUIU Top Scholars!

Mrs. Eleanor R. grew up in Winston-Salem with her mother, father, and 4 brothers. Some hobbies Mrs. Eleanor had growing up were playing the piano, playing tennis, and being in the church band.

As an adult, Mrs. Eleanor married her husband, Dr. Gerald R., in 1956. They met at their church's choir. Together, they had 5 children: Kenneth, Tom, Miriam, Paul, and David. Today, Mrs. Eleanor has 8 grandchildren.

Mrs. Eleanor wants to share the advice: "always be kind to others" and to "treat people the way you want to be treated."



Mrs. Eleanor shows off her mug she glazed through our Ceramics with Celeste RUI University class!



Inspiritás Program Highlight

Aloha, Inspiritás Family!

This month our theme, Coast-to-Coast, 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.

And don't forget to check out our monthly programs calendar for a full lineup of exciting events:

Join us 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 & Brunch on May 12 from 11:30am-2:00pm.

We also are hosting our monthly Dementia Support Group "The Caregivers Connection Café & Book Club" on May 7, 2024, at 4:00pm in the Shenandoah Room.



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite outpatient therapy provider of physical, occupational and speech therapy 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. Join us for some fun and engaging activities!

Life Enrichment Snapshots



Residents, staff, family and friends gathered in the courtyard on Monday, April 8 to watch the Solar Eclipse. Roanoke was to see 88% total totality - and between all the clouds we were able to see the Moon's movement between our Earth and Sun!



Celebrating Our May Birthdays!

May 3 - Georgette B.
May 5 - Margaret S.
May 9 - Linda M.
May 10 - Anne F.
May 11 - Robert V.
May 14 - Helen A.
May 23 - Roberta B.
May 24 - William D.
May 26 - Dawn C.
May 29 - Charlotte L.

We hope you'll join us for our monthly birthday celebration on Friday, May 17!



RUI FIT Tip

April was Stress Awareness Month! Learning to cope with our stress and finding healthy ways to deal with such situations can go a long way in living a healthy and positive life. RUI FIT offers classes that can help with that! Join us for Yoga, Tai Chi, or Stretch to ease stress and develop healthy habits with your neighbors!



LUXE UNLIMITED™
SALON AND SPA

Mother's Day Is the Perfect Time to Spoil Your Loved Ones. Check Out the LUXE Unlimited Special for the Month of May!

LUXE Signature Facial:

1-hour facial treatment that includes deep cleansing, exfoliation, extractions (optional), steaming, specialized treatment mask with hot towel wrap, and light body massage of the head, neck, and shoulders.

Receive a complimentary gold eye treatment with the Signature Facial during the month of May.

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".



Woodland Hills - Team of Directors



Martin Erickson, *Executive Director*

Kim Gunn, *Wellness Director*

Neil Artrip, *Director of Environmental Services*

Stephanie A. Force, *Life Enrichment Director*

Corinne Devane-Shelor, *Inspiritas Coordinator*

Rob Smith, *RUI FIT Coach*

Franco De Bartolo, *Director of Culinary Experience*

Irene Brazell, *Business Office and HR Manager*

"This Month In History"

MAY

1907: John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

1919: Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

1927: Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

1940: The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

1954: In the *Brown v. Board of Education* case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

1978: Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

1980: The video game *Pac-Man* premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

2004: After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.