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## BRANDYWINE

MIDLOTHIAN

11210 Robious Road • North Chesterfield, VA 23235 • (804) 905-7300  
<https://www.rui.net>

PLEASE JOIN US!

Mother's Day  
Tea

**SUNDAY, MAY 12**  
**3:00 PM - 5:00 PM**

Join us on the patio as we celebrate all  
the mothers of Brandywine Midlothian  
at our Tea & Dine Social!

**Guest Fee: \$18**  
**RSVP to 804.578.5917**

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## May 2024

### In This Issue

As we step into the vibrant month of May, filled with blooming flowers and the promise of sunshine, we're excited to bring you another edition of our newsletter. It's a time of renewal, growth, and fresh beginnings, and we're thrilled to share some exciting updates and insights with you.

In this edition, you'll find a bouquet of captivating articles, helpful tips, and inspiring stories that we hope will brighten your day and add a touch of warmth to your May adventures. We hope you join us for all of our special events this month, check out the save the date section for when you should mark your calendars.

Remember to visit us on our Facebook page for updates and announcements!



### \*Save the Dates:

- 5-3/ Piano Hits by Joe
- 5-7 & 21/ RUIU: Spanish for Beginners
- 5-14 & 28/RUIU: Spiritual Discussions with Chaplain Terry
- 5-12/ Monthly Event: Mother's Day Tea Social
- 5-17/ Jazzy Tunes by Sam Singleton
- 5-23/ Music Hits by Mike Parker



Please join Retirement Unlimited, Inc (RUI) in welcoming your new Executive Director, Kelly Serio, to the Brandywine Midlothian team. KELLY SERIO Meet Your New Executive Director Kelly joined RUI in 2023 as an Administrator in Training where she completed the 160-hour classroom curriculum before serving in several of RUI's communities as an Assistant Executive Director before becoming a licensed Administrator. Kelly's background in senior living began in culinary services and branched out to both marketing and companion care before entering operations. Kelly is passionate about serving people and she looks forward to building connections with each resident and family member. In this position, she will use her wealth of knowledge and experience to successfully lead the team and ensure continued quality care for each of our residents at the Brandywine Midlothian community. Kelly can be contacted through her email at [Kelly.Serio@rui.net](mailto:Kelly.Serio@rui.net).



### **\*Resident Spotlight\***

Meet our Resident Spotlight pick for the month of May 2024, Mr. Glenn H. He is one of our long-term residents, a part of Independent Living. He enjoys driving and touring historic areas within the VA area like the Meadows Lodges here in Richmond. Glenn is a retired Government employee. Working 11 years in NASA, 11 years in the Defense Department, and served 4 years in the Air Force. Glenn also highly enjoys different types of music genres and has decades experience playing the clarinet, bass/electric guitar, and recently in 2017 he took up piano lessons. Glenn plays the piano here at the community of Brandywine once a month for our residents. We thank you Glenn for your military service and amazing piano tunes you provide us here at Brandywine at Midlothian. It is an honor and privilege to have you as this month's Resident Spotlight pick of the month.



Aloha, Inspiritás 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 on Sunday May 12th at 3:00pm in Inspiritás! 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 Inspiritás 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!



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. Come join us for some fun and engaging activities! We look forward to seeing you soon.



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



Go for a walk! Walking is the most popular form of exercise among older adults and it's a great choice! Walking can help strengthen muscles, prevent weight gain, lower risks of heart disease, stroke, diabetes and osteoporosis, improve balance and lower the risk of falling. If you haven't been regularly exercising, start slow. Begin with a 5-minute walk and then eventually build up to a 30-minute walk one day. You typically adhere to a workout routine if there's a buddy to go with. Wear the right shoes. Comfortable sneakers work well for most people. If you have feet problems, then orthopedic shoes are a great option, and you should consult with your healthcare provider. Don't let a cane or walker stop you. It's okay to use your cane or walker if you already have one. They help improve your balance and help take the load off painful joints. As you continue to go on walks, you will build strength and endurance and be able to walk at a quicker pace.

**\*Life Enrichment Corner!**



**\*Social Outing: "Mellow Mushroom"\***



**\*May Birthdays:**

- 5-6th/ Donna. L
- 5-21st/ John. H
- 5-28th/ James. B



**\*Easter Sunday Brunch\***



Kelly Serio *Executive Director*  
Lachele Aaron *Director of Clinical Services*  
Faisah Lawton *Assistant Director of Clinical Services*  
Shannon Shelton *Community Relations Director*  
Scott Hepburn *Executive Chef*  
Levi Carrington *Environmental Services Director*  
Nick Williams *Life Enrichment Director*

Contact us at 804-905-7300 or find us  
online at  
<https://www.rui.net/locations/brandywine-midlothian/>

## “This Month In History”

### MAY

**1922:** The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.’s National Mall.

**1939:** The caped crimefighter Batman makes his debut in issue No. 27 of “Detective Comics.” The superhero was an instant hit with readers.

**1945:** Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

**1963:** High school junior Lesley Gore performs her first single, “It’s My Party,” on TV’s “American Bandstand.” The next week, the song topped the U.S. pop music chart.

**1971:** Merging 20 of America’s passenger railroad services into one, Amtrak begins service.

**1994:** Nelson Mandela is inaugurated as South Africa’s first Black president.

**2001:** Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

**2019:** New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids’ TV show.