



ASHLEIGH *at Lansdowne*

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

44124 Woodridge Parkway • Lansdowne, VA 20176 • (703) 828-9600
www.rui.net/ashleigh/

PLEASE JOIN US!

Mother's Day Brunch

SUNDAY, MAY 12
11:00 AM - 1:00 PM

Join us for a Mother's Day Brunch!
Indulge in delicious delights crafted
by our Taste of RUI team and
live entertainment!

Guest Meals: \$25
RSVP by May 5 to 703.729.4870



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May 2024



Save the Date

- 5/3 Mix & Mingle with Singer McKinley
- 5/4 Kentucky Derby Social
- 5/5 Cinco de Mayo Social
- 5/6 RUIU: World War II in the United States
- 5/6 Happy Hour with The Piano Man
- 5/8 RUIU: The life & music of Harry Belafonte
- 5/10 Mix & Mingle with Pianist Caleb
- 5/11 Mother's Day Tea Party
- 5/12 Mother's Day Brunch
- 5/15 RUIU: Art of Ancient Rome
- 5/17 Mix & Mingle with Pianist Zenon
- 5/20 Happy Hour with Singer Robert
- 5/23 RUIU: Taste of RUI: France
- 5/23 Volleyball Tournament
- 5/25 RUIU: Paint & Sip
- 5/28 RUIU: Uncorked: Germany
- 5/28 RUIU: History of Jazz
- 5/29 RUIU: Clara Barton - Civil War



Letter From the Executive Director: Angela Whitlock

Welcome to May! We are gearing up for an exciting month of activities and events. Don your fanciest hat and join us on May 4th for the most exciting two minutes in sports! The Kentucky Derby is just around the corner, so place your bets and get ready to cheer on your favorite horse. The fun continues to next day as we celebrate Cinco de Mayo with festive flavors and decorations to honor Mexican culture and heritage. Of course, May wouldn't be complete without celebrating Mother's Day. This year, we are treating mom like the queen she is with a charming tea party on May 11th and a lavish brunch on May 12th. And, finally, we are calling all sports enthusiasts to cheer on the Ashley Aces as they prepare for their 2nd annual competition at the end of the month.

Thank you for the opportunity to serve as your Executive Director. Together, we can make May one to remember!



Resident Spotlight: Ms. Marlene Z.

Ms. Marlene was born in Eureka, California. With her mother serving as a pastor, Ms. Marlene's upbringing was enriched by a strong religious foundation, especially after her father's untimely passing.

After completing high school, Ms. Marlene pursued further studies at the Bible college in Rhode Island, a path influenced by her mother's own educational journey. However, her thirst for exploration led her on a journey that took her to more than 30 countries around the globe.

It was during this time, Ms. Marlene crossed paths with her future husband through mutual friends. Their union brought her three stepsons from her husband's previous marriage. Tragically, Ms. Marlene faced another profound loss with her husband's passing just seven years into their marriage. Her advice to today's youth reflects her steadfast belief in the teachings of Christ. As she reflects on her journey, Ms. Marlene finds peace in the words of Billy Graham: "For to me, to live is Christ, and to die is gain."



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 Pre-Mother's Day Tea on May 11th. We also are hosting our monthly Caregiver's Connection Café & Book Club on May 25th.

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!



Mr. and Mrs. Rooney mesmerized by the solar eclipse!



Ms. Nancy and Brandi, venturing into the wild at Nova Zoo!



May Birthdays!

- May 10 Mr. Steve G.
- May 10 Mr. Bruce S.
- May 13 Ms. Margaret D.
- May 15 Mr. Kenneth B.
- May 16 Ms. Marianne S.
- May 19 Ms. Madge C.
- May 25 Ms. Julia C.
- May 26 Ms. Amelia W.



Mother's Day is the perfect time to spoil your loved ones. Check out the LUXE Unlimited Specials 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.*

May Manicure:

Spa manicure to include nail trimming and shaping, soaking, cuticle maintenance with rose oil to promote healthy nails, hand massage with lavender lotion, and basic polish color application.

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."



BY RETIREMENT UNLIMITED, INC.

May is Mental Health Awareness Month! RUI FIT encourages everyone to

prioritize activities that not only benefit your physical health but also support your mental well-being. Engage in exercises that you enjoy and find fulfilling, whether it's yoga, dancing, hiking, or even gardening. Physical activity releases endorphins, which can help reduce stress, anxiety, and symptoms of depression. Consider incorporating mindfulness practices such as meditation or deep breathing exercises into your fitness routine.



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your on-site outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Brain Fitness Class for May. We will be celebrating Speech Therapy Month to recognize all our wonderful speech therapists and hosting a Senior Fitness Clinic. Come join us for some fun!

Ashleigh at Lansdowne Team Of Directors



Established in 2017, and one of twenty-six RUI Communities, Ashleigh at Lansdowne provides high-end senior living options ranging from Independent to Assisted Living and Memory Care.

Angela Whitlock: *Senior Executive Director*
Molly Sheehy: *Director of Clinical Services*
Precious Lem-Kamanya: *Assistant Wellness Director*
Zahid Ahmed: *Food & Beverage Director*
Indira Gautam: *Life Enrichment Director*
Lidia Heredia: *Laundry & Housekeeping Supervisor*
Brady Marsten: *Senior Community Relations Director*
Lee Hudson: *Human Resource Manager*
Joshua Manny: *Executive Chef*
Yesenia Ayers: *Inspiritas Coordinator*

Follow us on Facebook for updates, photos, and upcoming events!

“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.