



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

## April 2024

**PLEASE JOIN US!**

# Bay Breeze Regatta

**THURSDAY, APRIL 25  
3:30 PM - 6:00 PM**

Join us for live music followed by an evening of coastal delights prepared by our talented Taste of RUI team.

**Guest Fee: \$25  
RSVP to 757.460.8868**



### In This Issue

Spring is here and it's our favorite time of the year! From the milder weather, birds singing in the trees and the smell 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

|                |  |
|----------------|--|
| April 1 .....  | The Beach Tones                          |
| April 3 .....  | Resident Council                         |
| April 4 .....  | Hampton Roads History 101                |
| April 6 .....  | Aromatherapy 101                         |
| April 8 .....  | Bon Voyage Spring Break Kickoff Social   |
| April 8 .....  | Art Therapy w/ Emily                     |
| April 9 .....  | Titanic                                  |
| April 9 .....  | Mediterranean Spring Break Culture Event |
| April 10 ..... | Ancient Greek Pottery                    |
| April 10 ..... | Harry Doust                              |
| April 11 ..... | Spring Break Outing                      |
| April 12 ..... | RUIU Talk: Travel Stories                |
| April 15 ..... | Uncorked: France                         |
| April 15 ..... | Book Discussion Club                     |
| April 17 ..... | Gloucester Trip                          |
| April 19 ..... | Bay Lake Prom                            |
| April 22 ..... | Art Decor & Art Nouveau                  |
| April 23 ..... | The Joy Singers                          |
| April 25 ..... | Silver Tappers                           |
| April 25 ..... | Bay Breeze Regatta                       |
| April 30 ..... | Taste of RUI: Italy                      |

## A Letter From the Executive Director: Sam Kelderhouse



We are excited about the arrival of spring and look forward to the warmer months ahead! I would like to take a moment and thank everyone who came out to celebrate Bay Lake's 25 Year Anniversary last month. We look forward to many more years to come.

We have several exciting events and engagement opportunities planned for our residents during the month of April. Join us on Thursday, April 25, as we host our Bay Breeze Regatta. Our Taste of RUI team has a delicious menu planned for it.

In RUI University, residents will take a Mediterranean "Spring Break" as they learn about Spain, France, and Italy through classes, events, and food! Check out the calendar for specifics, as well as many more exciting programs to join us for.

As always, my door is always open. Thank you for calling Bay Lake Community your home!

## Resident Spotlight: Mr. Allen G.



Mr. Allen Graf was born in New Jersey where his father held two jobs, fixing televisions and lobstering, and his mother worked in a café. He had two older siblings, a sister who ran the house and a brother who worked in maintenance.

Mr. Allen went to high school in Hillside and after graduation attended Pittsburgh College where he got an associates in prosthetics. Allen spent four years in the Air Force, making E4 really fast, as he was very good at his job. He fixed airplanes, first B-52s and then KC-135s, spending 22 months in Southeast Asia. After the Air Force, Allen became a customer engineer for IBM. When he retired, he went on to work for a prosthetic company, making legs and braces, using his own experience to excel at it.

Mr. Allen met his wife Joan at a club in Madison known as the 50 yard line. They married in Corning, New Jersey, with Joan's father marrying them.

After the wedding, the two spent two weeks in Las Vegas, living it up! After Vegas, they returned to Union, NJ, where they spent 40 years building a life and home together.

For fun, Mr. Allen enjoyed racing go carts, racing in the fastest class bringing home trophy after trophy. Mr. Allen says that no matter where he started in a race, he always finished first! Those were the days.

We're happy to have Mr. Allen and his wife Mrs. Joan join us here at Bay Lake.

## Meet Bay Lake's NEW Business Office Manager: Michael Murphy



Welcome Michael "Murph" Murphy! He will be here and at the Hidenwood in Newport News, alternating days at each community. He is always available by e-mail, so if you have questions about your billing, please reach out to him at [michael.murphy@rui.net](mailto:michael.murphy@rui.net).



Happy April! Join us on the next leg of our annual theme, "Coast to Coast," as we dive into the enchanting landscapes of Yakushima & Okinawa, Japan. Immerse yourself in the rich tapestry of ancient Japanese cultures through purposeful engagement programming. Our exploration will awaken your senses, from the sights of

stunning coastlines to the sounds of traditional music, the textures of historic architecture, and the flavors of authentic Japanese cuisine. Let's make memories together, as we bridge the distance from coast to coast, uniting us in the spirit of discovery and cultural appreciation. Arigatou gozaimasu! Check our program calendar to learn more!



### Resident Birthdays

Ms. Barbara M. April 18  
Ms. Adeline B. April 22

### RUI FIT Tip



Now that spring has "sprung," it is the perfect time to set your sights on healthy and active senior living. Being outdoors under the sun, surrounded by nature, has a positive effect on human minds and bodies. With that said the weather is warmer and you are more active, your need for fluids will increase. As we age, our sense of thirst diminishes, and our ability to metabolize fluids changes. Staying hydrated affects the function of both mind and body, and promotes digestive health, kidney function, and

urinary health.



**IGNITE YOUR LEGACY.**

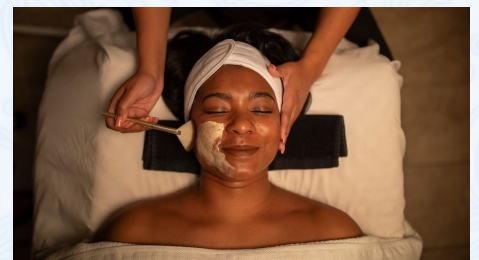
Greetings! We are your onsite outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Technology Class for Senior Adults this month. We will be celebrating Occupational Therapy Month and hosting a separate Wheelchair/Walker Cleaning Event. Come join us for some educational fun!



**LUXE UNLIMITED™**  
**SALON AND SPA**

### 5 Tips for Springtime Skincare

- Gently exfoliate your skin to get rid of dry, dead skin from the cold winter months.
- Moisturize your skin, including your face, hands, and décolleté.
- Wear SPF daily, especially when you know that you will be outside for long periods on a nice day.
- Add an anti-oxidant to your skincare routine to protect from free radicals.
- Drink plenty of water!



Your skin is your largest organ so it is important to take care of it just like you do the rest of your body! Interested in learning more about what LUXE Unlimited has to offer? Give us a call at 540-501-6043 for assistance or visit us online at [www.luxeunlimited.net](http://www.luxeunlimited.net). Online booking is available.

## 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*  
**Tony Blackman**, *Inspiratás Coordinator*  
**Lesley Lewis**, *Executive Chef*  
**Deondre McBride**, *Sous Chef*  
**Chris Ragland**, *Human Resource Manager*  
**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](http://www.rui.net)