



# THE BARRINGTON AT HIOAKS™

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

350 Hioaks Road • Richmond, VA 23225 • (804) 320-1412

[www.rui.net/the-barrington-at-hioaks](http://www.rui.net/the-barrington-at-hioaks)

## April 2024

PLEASE JOIN US!

# Cherry Blossom Festivity

**SATURDAY, April 13  
11:30 AM - 1:30 PM**

Get ready to celebrate the beauty of the Cherry Blossoms at our Cherry Blossom Festivity! There will be a Japanese-inspired menu made by Taste of RUI, lots of pink decor, traditional Japanese music for enjoyment.

**Guest Meals: \$20**

**RSVP by April 10 to 804.320.1412**



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### In This Issue

Welcome to April! It comes with the saying “April showers bring May flowers.” The month of April gets its name from the Greek Goddess Aphrodite. Aphrodite is known to be the goddess of love and creation, which is a hopeful month for bringing out the beauty of the Spring season.

For our special event this month, we will be hosting our Japanese Cherry Blossom Festivity in honor of the Cherry Blossom Festival on Saturday, April 13th from 11:30am-1:30pm. We will be having a Japanese-inspired menu and beautiful Cherry Blossom decor. Please RSVP by Wednesday, April 10th, 2024, by calling 804-320-1420. Remember to visit us on our FB page and through our MYRUI App for updates and announcements!



### Upcoming Events

- 04/01 ..... 1st Floor Neighbors Block Party
- 04/03 ... Regenerative Farming 101 with Conner Parrish
- 04/04 ..... Library Committee Appreciation Celebration
- 04/08 ..... 2nd Floor Neighbors Block Party
- 04/11 ..... Resident Association Meeting
- 04/13 ..... Japanese Cherry Blossom Festivity
- 04/14 ..... UR Schola Cantorum and Women’s Outing
- 04/15 ..... 3rd Floor Neighbors Block Party
- 04/16 ..... World Historical Examinations
- 04/24 ..... Uncorked: Wine from France
- 04/25 ..... Taste of RUI: Italy
- 04/29 ..... 4th Floor Neighbors Block Party

## Letter From Our ED, Fajr Mills



Greetings,  
Barrington at  
Hioaks Residents  
& Families,  
April is all  
about celebrating

the beauty of Spring and new life along with the season. It's also a fantastic month for Sports. Baseball, Golf, Basketball, and Hockey! In addition to all our fun activities and outings, we hope you can join us for our Cherry Blossom Festivity on Saturday, April 13th from 11:30 AM - 1:30 PM. We will be having a Japanese-inspired menu and lots of pink decorations to celebrate the beauty of Cherry Blossoms. Please RSVP to our concierge at (804) 320-1412 by April 10th. Guests are \$20/person.

Please also join us as we celebrate our very own Spring Break with a Mediterranean Themed twist from April 22nd - 27th - A week filled with activities traveling to France, Italy, and Greece. Please check out all of our exciting events and programming through our FB page and the MyRUI App.

We also congratulate all of our new additions to the Barrington at Hioaks family! Happy to have them all on the team!

Have a very happy April!  
Sincerely,  
Fajr Mills



### Resident Spotlight, Maron W.

Maron grew up in Pittsburgh, PA with four siblings and his parents. As a kid he would collect firewood and coal to help keep his family warm. While he grew up in the '30s, Maron recalls things being integrated and everyone being seen as an equal. He spent most of his time playing games with his siblings, and there was always competition between them.

Maron and his wife of over 50 years had one child together. He retired from the U.S. Post Office after 35 years as a mail carrier. Maron is a Veteran of the Korean War where he was a paratrooper. He attended Baptist church every Sunday. He now enjoys spending time with family and grandchildren. When asked what advice he would share with a young person today he said: "Never be lazy about a job, and work hard for what you want."



### A Message From Inspiratás

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! We will also be starting off our Connections Cafe Book Club this month. Look for your April update email for details.



**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 Technology Class for Senior Adults during the month of April. We will be celebrating Occupational Therapy Month and hosting a separate Wheelchair/Walker Cleaning Event this month. Come join us for some fun.



### April Birthdays

04/03	Sandra S.
04/07	Betty S.
04/08	Joseph J.
04/14	Viola M.
04/14	Charles P.
04/21	Nancy C.
04/21	Linda J.
04/21	Vivian T.
04/24	Hope P.
04/30	Elizabeth D.



### Luxe Unlimited 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 decollete.
- 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! Do you have any skincare concerns such as signs of aging, uneven skin tone, or dryness? Want to learn more about how LUXE Unlimited can help you improve and maintain healthier, younger-looking skin? Book a free consultation today with our licensed LUXE Unlimited skincare service providers to learn more about our cosmetic services. Call 540-501-6043 for assistance or book online at [www.luxeunlimited.net](http://www.luxeunlimited.net).



### RUI FIT Tip! Self Care

Among our hectic lives, self-care often gets neglected, yet it's vital for physical and mental well-being. Regular practices like proper sleep, healthy meals, and exercise enhance overall health, fostering better stress management and increased happiness.

### Highlight From March!



March was such an exciting month because we get to celebrate the culture and traditions of Ireland! In honor of St. Patrick's Day, the residents at the Barrington at Hioaks got to enjoy a wonderful program of Irish dancing, performed by the Crossroad dancers. It was so fun watching the children and adults dance and for the residents to experience the beauty of Irish dancing in front of their eyes.

## The Barrington at Hioaks Team Of Directors



**Fajr Mills**, *Executive Director*

**Izzy Szmyd**, *Inspiritás Coordinator*

**Darryl Moore**, *Director of Communication Services*

**William Bagni**, *Move-In Coordinator*

**Hannah Beavers**, *Business Office Manager*

**Clinton Taylor**, *Environmental Services Director*

**Ronnie Harris**, *Executive Chef*

**Nicole Bagni**, *Food & Beverage Director*

**Roberta Coles**, *Human Resources Manager*

# “This Month In History”

## APRIL

**1860:** The first Pony Express rider leaves St. Joseph, Mo.

**1908:** Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

**1932:** Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient’s properties and benefits in medicine.

**1956:** Daytime soap opera “As the World Turns” premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

**1970:** Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, “Houston, we’ve had a problem.” Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

**1994:** South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country’s first Black president.

**2010:** Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

**2021:** A rare copy of “Action Comics #1,” featuring the debut of Superman, sells for a record-breaking \$3.25 million.