



THE HIDDENWOOD

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

50 Wellesley Drive • Newport News, VA 23606 • (757) 930-1075

www.rui.net/the-hiddenwood/


PLEASE JOIN US!

Evening Garden Party

TUESDAY, APRIL 30
4:00 PM - 6:30 PM

Join us at 4:00 PM for a garden party inspired meal prepared by our talented Taste of RUI team with entertainment by harpist, Karen Stowe. After, stroll out to the patio for tea and conversation at 5:30 PM!

Guest meals: \$25
RSVP to 757.930.1075



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April 2024



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	My RUI App & Tech Training
April 3	Feet to the Fire Writers' Workshop
April 8	Bon Voyage RUIU Spring Break Kickoff
April 9	Art Movements of Art Deco & Art Nouveau
April 10	Mediterranean Taste & Tour
April 11	Greek Olympic Games
April 12	RUI Talks: Resident Travel Stories
April 16	RUIU: Titanic
April 23	Art with Emily
April 24	Hampton Roads History 101
April 24	Uncorked: France
April 25	Taste of RUI: Italy



A Note From Our Executive Director

Hello Hidenwood Families! I hope you all are doing well. This past month we welcomed Emily Eskins, our new Director of Clinical Services, as well as Michael Murphy, our new Business Office Manager. They have both settled in quite well!

For April we have a lot of fun things planned! We have RUI University: Life of Mark Twain, Resident council, RUI University: Spring Break Week, RUI University: Titanic class, Tate of RUI: Italy, Pet therapy with Kiernan, and much more! We look forward to making memories with you!



Resident Spotlight - Ms. Naomi C.

Ms. Naomi was born and raised in Newport News, Virginia. As a child, she helped her mother and grandmother around the house, as well as helping her grandmother sew. She enjoyed sewing, creating crafts with her grandmother, and spending time with her animals on her family farm in Ohio. Ms. Naomi's childhood hero was her aunt Naomi, whom she was named after. At seven, Ms. Naomi accepted and was saved by Christ, then she joined a church. She considers this to be the greatest life-changing event during her childhood. Ms. Naomi was married to her husband for 63 years. From their marriage came two boys, Byron and Benjamin. Her husband was a minister and a teacher, and he served in the Marines as well as the Army. Their family loved to travel! They went on a tour of Europe, and Canada, and they traveled to Ireland three times. To this day, Ms. Naomi's favorite hobby is crafting, she also enjoys collecting angel figures.



Inspiritas

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!

Join us for our second Caregivers Connection Café and Book Club where we will be journeying together through our Inspiritas Resource Library. Join us as we continue with, "The 36 Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease and Other Dementias" on Tuesday, April 30th at 2pm.



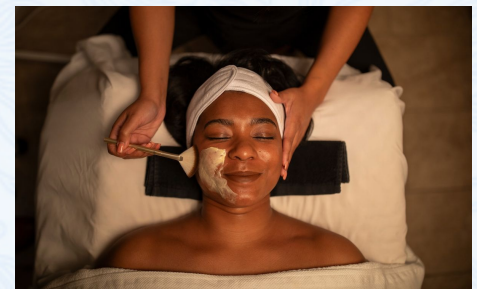
RUI Fit Tip

Enjoy this beautiful weather by going for a walk! Walking is a fantastic low impact exercise that boosts heart health, improves blood circulation, and helps to maintain a healthy weight. Walking can also build your stamina, help you connect with others, and improve your overall health!



April Birthdays

- Naomi C. - April 2nd
- Annie O. - April 6th
- Iris R. - April 7th
- Betty S. - April 8th
- Evelyn G. - April 17th
- Richard H. - April 20th
- Nancy S. - April 20th



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.
- Moisture 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 antioxidant 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. Online booking is available.



Activity Spotlight



A few of our active Inspiritás Memory Care residents celebrated St. Patrick's Day by creating their own Shamrocks during an Art Therapy session! This session also correlated with our 'Coast to Coast Around the World' tour that took us to Ireland in the month of March!



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare 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. We look forward to seeing you soon.

The Hidenwood Leadership Team



Brittany Hooper: Executive Director
Emily Eskins: Director of Clinical Services
Shae Wheaton: Assistant Director of Clinical Services
Benjamin Gilliam: Environmental Services Director
Carter Sheldon: Executive Chef
Roger Blount: Sous Chef
Alexis Manuel: Life Enrichment Director
Caitlin Cook: Wellness Coordinator
Marranda Hansford: Inspiritas Coordinator
Chris Ragland: Director of Human Resources
Michael Murphy: Business Office 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.