



THE WESTMONT AT SHORT PUMP™

RESIDENTIAL LIVING, ASSISTED LIVING, AND MEMORY CARE

14399 N Gayton Rd • Glen Allen, VA 23059 • (804) 495-8880
www.rui.net/the-westmont-short-pump

PLEASE JOIN US!

Cherry Blossom Festival

**THURSDAY, APRIL 18
4:15 PM**

Join us for an unforgettable night where the magic of nature, the delight of culinary artistry, and the harmony of live music come together to create a Cherry Blossom themed event that will linger in your memory like the fleeting beauty of these delicate blooms.

Guest Fee: \$25

RSVP by April 15 to 804.373.7917



RESIDENTIAL LIVING, ASSISTED LIVING, AND MEMORY CARE

April 2024

Welcome April! Just as the flowers are blooming, new events and festivities are blossoming. Inside this issue you'll find a note from our Executive Director, get to know a new resident, and learn when to mark your calendars. Don't forget to like and follow us on Facebook!



Save the Date

- April 1st RUIU Tech 101 + RUI App Class
- April 2nd RUIU Appalachian Studies w/Josh
- April 2nd Outing: Hope Thrift Store
- April 7th Men's Outing: Hardywood Brewery
- April 8th RUIU Spring Break Kickoff Social
- April 9th RUIU Flower Farming 101 w/Conner
- April 10th Flat Creek Farms Petting Zoo
- April 10th Lunch Outing: Zara Mediterranean Grill
- April 11th RUIU Beginners Spanish w/Lorie
- April 16th Outing: Guided Tour Libby Mill Library
- April 17th Trivia Quest Live
- April 18th Cherry Blossom Event
- April 18th RUIU Dr. Blankenship Lecture
- April 26th Ladies Lunch: Garden Cafe Lewis Ginter
- April 29th Monthly Birthday Celebration
- April 30th RUI Uncorked: France



A Letter From Executive Director: Natasha Christian

As March gives way to April, the frosty clutches of winter surrender to the tender hug of spring. With rising temperatures and lengthening days, the landscape transforms as blossoms unfurl, signaling rebirth in nature. We are excited about our Cherry Blossoms Event, where culinary delights and live music will accompany the celebration of these delicate blooms. As nature stirs to life, our hearts also open to the delight of connecting with charming animals. We eagerly await the arrival of Flat Creek Farm and their adorable animals for a delightful petting zoo experience, offering families the chance to create treasured memories amidst the sights and sounds of spring.

Welcome, April—Embrace the soft murmurs of spring as nature comes alive in a symphony of vibrant colors.



Resident Spotlight:

Ms. Mary L., a Texan and self-proclaimed military brat, enjoyed a 57-year marriage with her college sweetheart, resulting in three children. Her daughter lives in Glen Allen with three kids, one son is a plastic surgeon with two children, and the eldest, a retired fighter pilot, has two kids too. Ms. Mary is a proud grandmother of seven grandchildren. Her childhood hero is her fighter pilot father.

As a child, she loved riding horses, cross-stitching, and reading, passions she still carries. A Florida State University graduate in Science Education, she taught science mostly in Catholic schools. A devoted Catholic, Mary Lynn attends St. Michaels Church and values faith and family.

Ms. Mary rescued Shandie, a severely abused dog from Puerto Rico, who now lives happily at Westmont, adored by the staff.

Her advice for the youth is to prioritize faith and family.



Inspiritas Activities

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.

Other Highlighted Programs taking place:

-RUI University Nature Class:
Scaley Tales: April 2nd @ 2:30pm

-Flat Creek Farm Animal Visit:
April 10th @ 11:00am (Right outside of the Inspiritas Courtyard)

-Garden Party & Music w/ Claudia: April 24th @ 2:00pm (Courtyard)

-Art Therapy w/ Connor: April 5th @ 10:30am (Classroom)



We were fortunate to have RUI University fellow Josh Urban join us for a presentation covering various topics, including intro to Appalachian studies, the equinox, signs of spring, the formation of mountains, and delving into gravitational wanes through earthquakes and plate tectonics.



April is National Occupational Therapy Month! OT's help people to meet goals for being more Independent with getting dressed, taking medications, and using technology. OT may also help with strengthening of grip, ability to feed self, environmental adaptation, wheelchair management and customization, and more.



April Birthdays

April 1st	Josephine S.
April 5th	Deborah K.
April 8th	Jan C.
April 10th	Helene B.
April 15th	Janet L.
April 20th	Ann C.
April 21st	Angelo C.
April 24th	Betye M.
April 28th	Robert P.
April 29th	Ronald H.
April 30th	Frances D.

RUI FIT Tip: Crucial Role of Self Care



BY RETIREMENT UNLIMITED, INC.

Amid 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 when you prioritize time for yourself.



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 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! 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.

The Westmont at Short Pump Directors



Natasha Christian, Executive Director
 Mandi Stattelmann, Director of Wellness
 Allison Hughes, Senior Marketing Director
 Ashley Unger, Environmental Services Director
 Rick Rodriguez, Human Resources Manager
 Bradley Coxe, Executive Chef
 Eric Ambani, Director of Inspiritás Clinical Services
 and Engagement
 Sam Goodman, Inspiritás Coordinator
 Amber Cowan, Life Enrichment Director
 Jim Vernier, Food & Beverage Manager
 Kay Whesu, RUI Fit Coach

Word Search

Category: Major League Baseball Teams

A D T I G E R S P G D M	1. <u>Dodgers</u>
S W C U B S N I K H O M	2. _____
T S H D D S R S P R D D	3. _____
R T G I Y A N K O E G R	4. _____
O N H A T I K C S D E O	5. _____
S A R E L E K M T S R Y	6. _____
E I S R D I S B E O S A	7. _____
L G A K E C C O M X N L	8. _____
O M D S R E D S X G G S	9. _____
I D G C P A D R E S V D	10. _____
R A N G E R S L G G C C	11. _____
O B R A V E S N I W T E	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

Word Search Solution:

1. Angels	11. Pirates
2. Astros	12. Rangers
3. Braves	13. Rays
4. Cubs	14. Reds
5. Dodgers	15. Red Sox
6. Giants	16. Rockies
7. Marlins	17. Royals
8. Mets	18. Tigers
9. Orioles	19. Twins
10. Padres	20. White Sox