



# WOODLAND HILLS

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

3365 Ogden Road • Roanoke, VA 24018 • (540) 682-7500

## April 2024

PLEASE JOIN US!

### Floral Fête

**MONDAY, APRIL 22  
3:00 PM - 5:00 PM**

Join us in celebrating Mother Earth through a Garden Party reminiscent of a vibrant and celebratory floral arrangement, bursting with a kaleidoscope of colors. Embracing the essence of a lively and joyous gathering, we'll have Live String Music and a spread of hors d'oeuvres by Taste of RUI.

**Guest Meals: \$25  
RSVP by April 15 to 540.682.7500**



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### In This Issue

Spring has arrived, we've moved our clocks forward, and now we're fully enjoying the longer, warmer days of Spring here at Woodland Hills! We're looking forward to all that this month has to offer, including our Earth Day Garden Party, Mediterranean Spring Break, and crowning our March Madness Champion!

And to get a better look into life at Woodland Hills, flip through these pages to learn more about different aspects of life including:

- Letter from Executive Director, Martin Erickson
- Resident Spotlight, Ms. Vickie M.
- Updates from our specialty programs and partners including Inspiritás, RUI FIT, LUXE Unlimited, and Legacy Healthcare Services!

### Dates to Save

04/02	RUIU: Become a Children's Book Author
04/03	RUIU: Seated Ballroom Dancing w/ Russell M.
04/05	RUIU: Spring Nature Fun w/ Josh Urban
04/05	Finally Friday Music Social
04/08	March Madness Championship
04/09	Veterans' Social
04/10	RUIU: Stories and Lunch w/ Lee Hunsaker
04/11	RUIU: The Story of Our Lives w/ Josh Urban
04/12	Finally Friday Social
04/16	Librarian Day
04/19	Uncorked: Region of France
04/19	April Birthday Social
04/22	Floral Fête- an Earth Day Garden Party
04/25	RUIU Outing to Roanoke's Planetarium
04/26	Resident Council
04/26	Welcoming New Residents Social
04/30	International Jazz Day



### Letter From the Executive Director: Martin Erickson

Happy April!

Life Enrichment has an action-packed month planned for our residents and families.

We hope everyone can join us on Earth Day for a fun filled afternoon. On April 22, join us in celebrating Mother Earth through a Garden Party reminiscent of a vibrant and celebratory floral arrangement, bursting with a kaleidoscope of colors. Embracing the essence of a lively and joyous gathering, we'll have Live String Music and a spread of hors d'oeuvres by Taste of RUI. We can't wait to see you there!

RUI Fit is offering Personal Training with Coach Rob for all residents and families. This is an extra benefit to offer those looking for more of a one-on-one approach to fitness. For more information and to sign up please see myself or anyone on the Life Enrichment team.

### Resident Spotlight: Ms. Vickie M.



Ms. Vickie joined us for #RUIGivesBack at Build-a-Bear.

Born in Poland, Ms. Vickie M. grew up in Yonkers, New York. At 23, she met her husband on a blind date. Henry was nice looking, owned a bus company, was personable, and also Polish!

Together, they had three children, two sons and a daughter. Today, Ms. Vickie's family also includes 11 grandchildren, four girls and seven boys!

Growing up, Ms. Vickie was quite active. She played several instruments, played basketball (and won the city championship!) and was active in her church.

At Woodland Hills, Ms. Vickie still just as busy. You can often find her attending an RUIU Class, spending time with her friends & neighbors, or watching a movie in our Theatre!



### Inspiritás Program Highlight



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!

Please join us for our Family Council Support Group on April 9, 2024 at 4:00 pm located in the Shenandoah Room.

We will be starting our 1st week of our Caregivers Connection Café and Book club with, "The 36 Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease and Other Dementias". Join us on April 25, 2024 at 4:00pm. Please note this is not a family meeting and this event is open to the public to aide anyone in our area in need of support. Contact 540-682-7500 for more information and to sign up.





## IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite outpatient therapy provider of physical, occupational and speech therapy services. We will be celebrating Occupational Therapy Month. Come join us for some educational fun and help to recognize our Occupational Therapists and Occupational Therapy Assistants! We look forward to seeing you soon.

## Celebrating Our April Birthdays!

- April 1 - Dot D.
- April 1 - Stephen W.
- April 9 - Connie D.
- April 13 - Vickie M.
- April 16 - Betty P.
- April 18 - Jan M.
- April 25 - Keith S.
- April 29 - Sylvia S.
- April 29 - Rosalie M.

*We hope you'll join us for our monthly birthday celebration on Friday, April 19!*



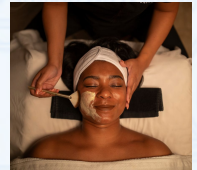
## LUXE UNLIMITED™ SALON AND SPA

### 5 Tips for Springtime Skincare

Your skin is your largest organ so it is important to take care of it just like you do the rest of your body!

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

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 of 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).

## Life Enrichment Snapshots



Residents are loving our weekly visits from the acupuncture clinic!



Martin, Franco, and Neil participated in our #RUIGivesBack fundraiser for Total Action for Progress. With the support of residents, friends, family, and staff, we raised \$325!

## RUI FIT Tip

As we March out of winter, let's make hydration an important part of our health! Bring a cup or bottle of water with you whenever you sit. This way, you can perform a healthy habit when at rest!





## Woodland Hills - Team of Directors



**Martin Erickson**, *Executive Director*

**Kim Gunn**, *Wellness Director*

**Neil Artrip**, *Director of Environmental Services*

**Stephanie A. Force**, *Life Enrichment Director*

**Corinne Devane-Shelor**, *Inspiritas Coordinator*

**Rob Smith**, *RUI FIT Coach*

**Franco De Bartolo**, *Director of Culinary Experience*

**Irene Brazell**, *Business Office and HR Manager*

# “This Month In History”

## APRIL

**1902:** Tally’s Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

**1917:** The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

**1923:** Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4–1.

**1938:** Bugs Bunny makes his first cartoon appearance in “Porky’s Hare Hunt.”

**1954:** The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

**1969:** The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

**1977:** Fifteen women in the House of Representatives hold the first Women’s Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women’s Issues.

**1997:** At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament’s youngest winner—a record he still holds today.

**2004:** Google launches the free email service Gmail. Since the announcement was made on April Fools’ Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.