



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!

Savor the Love:  
Westmont's  
Mother's Day Brunch

**SUNDAY, MAY 12**  
**11:00 AM - 1:30 PM**

Join us at the Westmont for a special brunch to celebrate special mothers. Brunch will include a unique menu and mimosa bar crafted by our Taste of RUI team.

**Guest Fee: \$25**  
**RSVP by May 8 to 804.373.7917**



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May 2024

May brings blossoms of joy to our community! Join us for a month filled with lively activities, heartwarming gatherings, and cherished moments with friends old and new. 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**

May 2nd ..... Harp Concert with Kristen Eye  
May 4th ..... Kentucky Derby Party  
May 6th ..... Outing: Publix  
May 7th ..... RUIU Appalachian Studies w/ Josh Urban  
May 10th ..... Lunch Outing: Portico Restaurant  
May 12th ..... Mother's Day Brunch  
May 15th ..... RUIU Spanish for Beginners w/Lorie  
May 16th ..... Hula Dance Performance  
May 18th ..... Veterans Outing: Mission BBQ  
May 20th ..... Lunch Outing: Lee's Chicken  
May 21st ..... RUIU Paint Techniques w Lindsey  
May 24th ..... May Birthday Celebration  
May 25th ..... Outing: James River Cellars Winery  
May 27th ..... Memorial Day Cookout  
May 28th ..... RUI Uncorked: Germany  
May 29th ..... RUIU Spanish for Beginners w/Lorie





### **A Letter From Executive Director: Natasha Christian**

As we welcome the blossoming month of May, we're excited to share with you many activities and events planned to make this month truly special. May is a time of renewal, growth, and celebration so we hope that you will enjoy the exciting things we have planned. This month, we'll be celebrating: Islander Heritage Month, Mother's Day, Memorial day, World Bee Day, and National Senior Health & Fitness Day. We'll celebrate these occasions in a variety of ways featuring delicious meals curated by our Taste of RUI team, craft activities that enhance the celebrations, as well as engaging and informative workshops. We're excited to embark on this journey through May together, filled with laughter, learning, and moments of joy. Be sure to check the monthly calendar for a full list of events and activities.



### **Resident Spotlight: Mrs. Jean D!**

Mrs. Jean D. recently relocated to Westmont of Short Pump from the Richmond area. Born in Washington, D.C., she moved to Arlington, VA during her fifth grade year, where she spent the majority of her life. During her youth, Jean found joy in roller skating and playing basketball. In 1946, Jean met the love of her life, Donald, at a church in Arlington. They exchanged vows on September 11th, 1948, and were blessed with two children: a son named Bob and a daughter named Susan. Jean now proudly embraces her role as grandmother to six wonderful grandchildren. Donald and Jean shared numerous adventures, and shared a passion for travel. Jean believes that prioritizing family, nurturing friendships, and maintaining faith enrich one's life immeasurably. For Jean, nothing brings greater joy than being surrounded by her loved ones.

### **Inspiritas Memory Care Activities & News**

Aloha, Inspiritas Family! May brings a burst of joy as we celebrate the remarkable women in our lives with Mother's Day. Join us in honoring these incredible souls at our enchanting Mother's Day Tea on Sunday May 12th at 2:30pm in Inspiritas! We also are hosting our first monthly Caregiver's Connection Café & Book Club led by our Inspiritas Coordinator, Samantha Goodman on Thursday, May 23rd from 5:00pm to 6:00pm in the Inspiritas Classroom. More information to come via email!

This month, our Coast-to-Coast theme takes us on a sensory adventure to Hawaii, where we'll immerse ourselves in the vibrant culture. From the soothing melodies of Hawaiian music to the tantalizing flavors of island cuisine, we'll explore Hawaii's beauty through our senses. Discover the warmth of aloha with us in Inspiritas Memory Care. Don't forget to check out our monthly programs calendar for a full lineup of exciting events.





## Life Enrichment Photo Highlight!



Residents had an amazing time during an RUIU class as they had the opportunity to meet and discover more about veiled chameleons, various geckos, bearded dragons, ball pythons, and tortoises!



### Fox Rehab

May is National Speech and Hearing month. Tarah Bevel is our amazing Speech Therapist and she is ready to help with cognition, voice projection, swallowing, and improving speech. Tarah has 17 years experience and would love to help with any questions or concerns you may have.



### May Birthdays

May 1st	Marie B.
May 5th	Paul B.
May 5th	June C.
May 7th	Jim D.
May 12th	Jean D.
May 12th	Colleen S.
May 13th	Lynne G.
May 14th	Betye M.
May 16th	Kathryn B.
May 20th	Kay F.
May 25th	Gordon M.



### RUI Fit Tip:

Stay hydrated: Water is essential for regulating body temperature, aiding digestion, and boosting energy. Aim for at least 8 glasses daily.



## Check Out the LUXE Unlimited Gift Options for the Month of May!

### Gift Packages:

*Spa Package-* featuring a luxurious white robe, slippers, eye mask, and \$100 LUXE Unlimited gift certificate redeemable toward services or products.

*Hair Package-* featuring our full line of hair products, detangler hair brush, and \$50 LUXE Unlimited gift certificate redeemable toward services or products.

*Nail Package-* featuring our plush LUXE hand towel, nail file, travel manicure kit, bottle of moisturizing lotion, and \$50 LUXE Unlimited gift certificate redeemable toward services or products.

Available to purchase through our website's Online Store. Packages are packaged in a black gift box and sealed with a beautiful golden ribbon before being delivered.

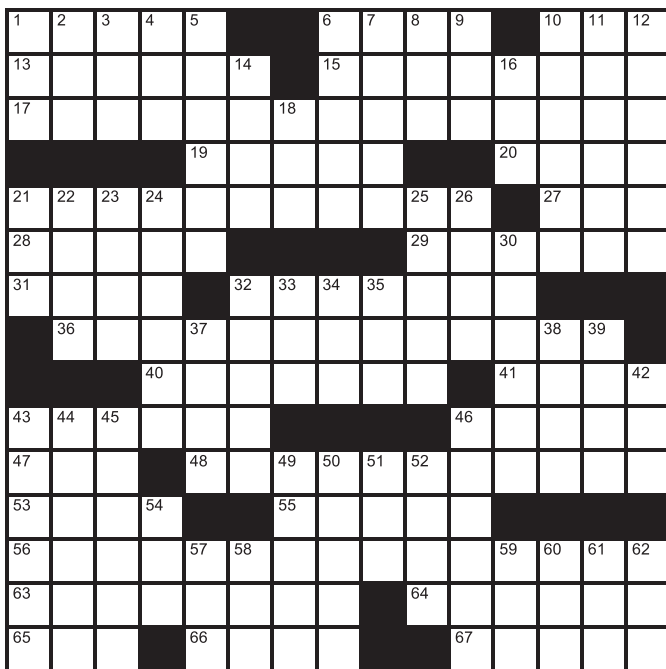
Gift Certificates: Gift certificates available for purchase through our website at [www.luxeunlimited.net](http://www.luxeunlimited.net). To purchase, click our "Book Now" button on the homepage. Select your location and then choose "Purchase Gift Card".

# The Westmont at Short Pump Directors



- Natasha Christian, Executive Director
- Mandi Stattelmann, Director of Wellness
- Allison Hughes, Senior Marketing 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

## Crossword Puzzle



### ACROSS

1. To give someone a fright
6. Used with a ratchet wheel
10. Kind of wheel
13. Joked around
15. Three before seven
17. Will Smith blockbuster
19. Discover
20. Smooth-coated dogs with curled tails
21. A rosary
27. Deception
28. Indy entrant
29. Subordinate to senior
31. October birthstone
32. Bit
36. Sweet talker
40. Time zone an hour ahead of Central
41. Brawl
43. Fictional spy Jason \_\_\_\_
46. Welsh dog breed
47. Dusk, to Donne
48. Fibrous quality
53. Cogitate
55. Contents of Pandora's box
56. Over values
63. Nonhuman
64. Pleasant to the ear
65. Barbie's beau

66. Andy's radio partner
67. Gray

### DOWN

1. Schuss, e.g.
2. ATM need
3. "That's \_\_\_\_"
4. "\_\_\_\_ to Billie Joe"
5. German astronomer Johannes \_\_\_\_
6. Man with a mission
7. "Gladiator" setting
8. Cyst
9. Anita Brookner's "Hotel du \_\_\_\_"
10. Coefficients in physics
11. Slowly, to a conductor
12. It blows off steam
14. Big game
16. A porcino to some
18. Apprehend
21. Ace
22. Criticizes
23. Deep purple edible berry
24. A real loudmouth
25. A type of spirit
26. Vocalized
30. Brain cell
32. Change, as a clock
33. Crumb
34. Adaptable truck, for short
35. Anderson's "High \_\_\_\_"

37. Moving vehicles
38. Cork's country
39. Kind of life
42. "\_\_\_\_ the season ..."
43. To jeer at
44. Body of work
45. Invisible
46. Rockrose is one
49. Of the past
50. Harvard, Yale, Brown, etc.
51. Game with matchsticks
52. Garden bloom, informally
54. Victorian, for one
57. In-flight info, for short
58. Bottom line
59. "\_\_\_\_ say!"
60. Mozart's "L' \_\_\_\_ del Cairo"
61. After expenses
62. Chester White's home

