



PAUL SPRING

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

7116 Fort Hunt Road • Alexandria, VA 22307

Phone: (703) 768-0234 • Fax: (703) 768-4529 • www.rui.net/paul-spring/

PLEASE JOIN US!

*Mother's Day
Tea*

**SUNDAY, MAY 12
11:30 AM**

Join us for a refreshing
Mother's Day Tea, where we will
celebrate the wonderful mothers
among us with tasteful bites and
spring flavors.

Guest Fee: \$25

RSVP by May 6 to 703.768.0234



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May 2024

Upcoming Classes & Events

- 5/3 Cinco de Mayo Celebration
- 5/4 Paint Techniques
- 5/4 Kentucky Derby Social
- 5/6 Feet to the Fire Writers' Workshop
- 5/7 TED Talks: Aromatherapy & Perfume
- 5/8 Wandering Docent: 18th Century French Art
- 5/9 Town Hall & Resident Council
- 5/9 Hymnsing with Bill Perry
- 5/9 World War II: On the Homefront
- 5/10 Taste of RUI: France
- 5/11 Armchair Travels: France - LL
- 5/12 Mother's Day Tea
- 5/13 Feet to the Fire Writers' Workshop
- 5/14 TED Talks: Aromatherapy & Perfume
- 5/15 The Sophisticated World of Cole Porter
- 5/17 RUI Fit Health Talks
- 5/18 Museum of the World: France - LL
- 5/20 Feet to the Fire Writers' Workshop
- 5/20 Evening Worship Service
- 5/21 Echoes of Nature: Animal Moms
- 5/21 Good Shepherd BINGO
- 5/21 TED Talks: Aromatherapy & Perfume
- 5/21 Episcopal Eucharist
- 5/22 Uncorked: Germany
- 5/24 AAPI Month Family Movie Night
- 5/25 Souvenir Showcase - LL
- 5/27 Memorial Day Cookout
- 5/27 Feet to the Fire Writers' Workshop
- 5/28 TED Talks: Aromatherapy & Perfume
- 5/29 RUI University Scholar's Ceremony
- 5/30 Book Club - LL
- 5/31 Catholic Confession
- 5/31 The American Incognitum



**From Executive Director:
Joy Owusu-Dankwaa**

I want to open by saying thank you to everyone for their support and such a warm welcome as I step into the role as Executive Director at Paul Spring. I am honored and grateful for the opportunity, and I hope I can succeed in our mission of delivering the lifestyle our residents have earned and deserve.

May is another busy month here at Paul Spring! We are looking forward to lots of sunshine and warmer days ahead, with events for Cinco de Mayo, Mother's Day, Memorial Day and more!

In celebration of Mother's Day, find the perfect gift from LUXE Unlimited Salon & Spa with specials on Facials & Manicures! And of course, we will be hosting our annual Mother's Day Tea on Sunday, May 12th, from 11:30am - 1:30pm. Please kindly RSVP to the Concierge at 703-768-0234.

As always, thank you for making Paul Spring your home!
- Joy Owusu-Dankwaa



**Resident Spotlight:
Placeholder**

Faith's roots in the quaint town of Mount Holly, New Jersey, provided the backdrop for her upbringing alongside her two younger brothers. Engaged from an early age in the rhythm of rural life, she balanced caring for farm animals with assisting her father in the meticulous art of print job editing. Her journey to higher education was marked by a bold decision to attend Villanova University, breaking the convention of its all-male history. Here, she pursued her passion for nursing and serendipitously met her future husband on a blind date, setting the stage for a remarkable 65-year union that blossomed into a loving family of three children and eight cherished grandchildren.

Throughout their enduring marriage, Faith and her husband found solace and joy in shared outdoor adventures, particularly in their love for canoeing. Yet, amidst the hustle and bustle of family life, Faith's childhood hobbies remained a steadfast part of her identity. Her love for reading, sewing, and theater arts continued to enrich her life, providing avenues for creative expression and personal fulfillment. Notably, her talent extended to crafting her husband's suits, a tangible expression of her devotion and craftsmanship.

RUI Fit Tip



BY RETIREMENT UNLIMITED, INC.

We all know that diet and fitness are keys to a healthy lifestyle. But, did you know that exercise can

be more effective than some medications for depression and other mental health issues?

Exercise interventions that were 12 weeks or shorter are shown to be the most effective on mental health issues, highlighting the speed at which physical activity can make a positive change. It is recommended that you get 150 minutes of moderate intensity exercise a week, such as brisk walking, and 2 days of strength training activity a week.



Greetings from Legacy Healthcare Services! We are your on-site outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Brain Fitness Class during the month of May. We will be celebrating Speech Therapy Month to recognize all our wonderful speech therapists and hosting a separate Senior Fitness Clinic. Come join us for some fun and engaging activities! We look forward to seeing you soon.



Linda K.	5/5
Marguerite B.	5/8
Connie J.	5/8
Maria-Christina V.	5/10
Agnes W.	5/11
Frances F.	5/12
Linda M.	5/15
Sandra M.	5/21
Jack B.	5/22
Joan I.	5/23
Alonzo K.	5/30
Cora W.	5/31



Aloha, Inspiritás Family! May brings a burst of joy as we celebrate the remarkable women in our lives with Mother’s Day. We also are hosting our monthly Caregiver’s Connection Café & Book Club on **Tuesday, May 28th, at 2:00PM**. Please contact Sabrina Hartsfield at sabrina.hartsfield@rui.net or at (703) 768-0234 ext. 251.

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. Dive into art classes, savor culinary delights, sway to traditional dance, and let the rhythm of the islands lift your spirits. Discover the warmth of aloha with us in Inspiritás Memory Care. Don’t forget to check out our monthly programs calendar for a full lineup of exciting events. May will certainly be a month to remember!

LUXE Unlimited

Mother’s Day is the perfect time to spoil your loved ones. Check out the LUXE Unlimited Specials for the month of May!

LUXE Signature Facial: 1-hour facial treatment that includes deep cleansing, exfoliation, extractions (optional), steaming, specialized treatment mask with hot towel wrap, and light body massage of the head, neck, and shoulders. *Receive a complimentary gold eye treatment with the Signature Facial during the month of May.*



May Manicure:

Spa manicure to include nail trimming and shaping, soaking, cuticle maintenance with rose oil to promote healthy nails, hand massage with lavender lotion, and basic polish color application.

Gift Certificates: Gift certificates available for purchase through our website at www.luxeunlimited.net. To purchase, click our “Book Now” button on the homepage. Select your location and then choose “Purchase Gift Card.”

Paul Spring Management Team

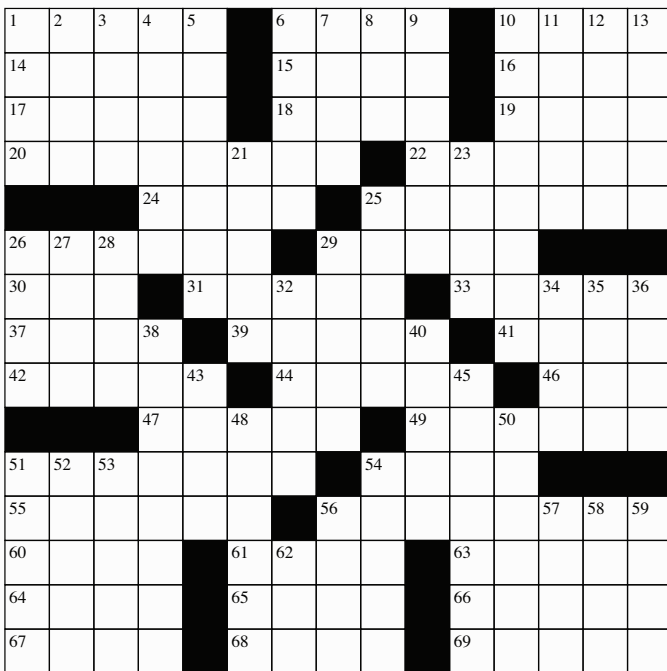


Paul Spring is one of 58 Retirement Unlimited Incorporated high-end, senior-living communities. We are proud to have served this community for over 35 years and look forward to more to come! Please be sure to follow our Facebook page for updates, current events, and to see what we have been up to!

Joyceline Owusu-Dankwaa *Executive Director*
 Rebecca Abebrese *Director of Clinical Services*
 Sabrina Hartsfield *Inspiritás Coordinator*
 Noris Sanchez *Community Relations Director*
 Matilda Gyamfuaa *Move-In Coordinator*
 Juan Luna *Executive Chef*
 Tippet Ntundi *Dining Room Manager*
 Monique Williams *Human Resources Manager*
 Zuleyka Santiago *Business Office Manager*
 Cedric Banks *Environmental Services Director*
 Milagros Fields *Housekeeping Supervisor*
 Ben Bogan *Life Enrichment Director*

Contact us at 703-768-0234 or find us online at <https://www.rui.net/paul-spring>

Crossword Puzzle



ACROSS

1. Unruly kids
6. Edible mollusk
10. Dog food brand
14. Rent to a new tenant
15. Healthy
16. Bookish fellow
17. Have ___ to the ground; heed public opinion
18. City northwest of Tulsa
19. Man's nickname
20. Couldn't stand
22. Swell
24. Skunk's weapon
25. Tailor, at times
26. Floated on the breeze
29. Guide
30. Suffix for project or text
31. Thomas More or Oliver Plunkett
33. Pilgrim's destination
37. Afraid to speak up
39. Like Abel
41. Sentence of condemnation
42. Descendant of Noah
44. Permitted
46. Full deck
47. Competitor
49. Coax with flattery
51. Tumbler
54. Singer McEntire

DOWN

1. Actor Garrett
2. France's Coty
3. Pub orders
4. Beverage container
5. Walks
6. Gladden
7. Ground
8. Ring king, once
9. Interfere
10. Like an elk
11. "The Merry Widow" composer Franz ___
12. Rattle on
13. More uncommon
21. Ice cream concoctions
23. Article
25. Lofty spot
26. Sissy
27. Toward shelter
28. Use one of the senses

29. Slow one
32. ___ ease
34. Centennial State: abbr.
35. Spiral
36. Gigi's friend
38. Lamp liquid
40. Kinder
43. Scoff
45. Postponing indefinitely
48. Piece of luggage
50. Member of a high school's junior varsity
51. Is sore
52. Berate
53. Po, for one
54. Out of practice
56. Dressed
57. "By ___!"
58. Mining finds
59. Brontë heroine
62. Went before the others

