



THE
BARRINGTON
AT HIOAKS™

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

350 Hioaks Road • Richmond, VA 23225 • (804) 320-1412

www.rui.net/the-barrington-at-hioaks

PLEASE JOIN US!

A Toast to Mom Brunch

SUNDAY, MAY 12

11:30 AM - 1:30 PM

Indulge in a delightful brunch spread with love and flavor created by our Taste of RUI team. Enjoy a delicious culinary experience with mom surrounded by friends/family.

Guest Meals: \$25

RSVP by May 1 to 804.320.1412



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May 2024

Warm Greetings for May!

As we step into the vibrant month of May, filled with blooming flowers and the promise of sunshine, we're excited to bring you another edition of our newsletter. It's a time of renewal, growth, and fresh beginnings, and we're thrilled to share some exciting updates and insights with you.

In this edition, you'll find a bouquet of captivating articles, helpful tips, and inspiring stories that we hope will brighten your day and add a touch of warmth to your May adventures. Remember to visit us on our FB page and through our MYRUI App for updates and announcements!

Grab a cup of your favorite beverage, settle in, and let's embark on this journey together. Here's to a May filled with joy, success, and endless possibilities!



Letter From Our Executive Director: Fajr Mills



Hello,
Barrington at
Hioaks Residents
& Families; spring
has sprung, and
we are in full
swing of all beautiful things.

We have several amazing family events happening at The Barrington this month. This month is filled with many holidays, which means plenty of celebrating. Please join us for our **Cinco De Mayo social** held on May 5th at 3:00pm.

Following that will be a **Toast to the Mothers Brunch** on May 12th at 11:30am. Also, we will host a **Memorial Day cookout** with the River City Cruisers on May 27th at 11:30am.

As a reminder, all Monthly events and updates can be found on the myRUI app. The myRUI app is a great way to increase communication between our residents and families.

It has a ton of great features like scheduling appointments with a LUXE Unlimited stylist or massage therapist.

Request companion care or clinical 1:1 service with Care Impact. Please contact Jennifer.Rauschenberg@rui.net.

Set personal fitness goals or even sign up for personal training with our RUI fit coach Kay.



Resident Spotlight

Mr. Roger B. was born and raised in western New York. Growing up, he helped around the farm alongside his brother and sister. After high school, Roger attended the University of Rochester, earning a degree in Mechanical Engineering. He moved to Richmond, VA, to work for DuPont, where he worked for 37 years. Roger lives at the Barrington with his lovely wife, Mrs. Ann B. The two have been married for 50 years! They have two children and three grandchildren. Roger and Ann are active followers of the Church of Christ. These days, Roger loves to play badminton and tries to play at least once a week. Roger is president of the Resident Welcoming Committee, helping new residents feel welcomed, adjust, and settle into the community. He is extremely helpful to not only residents but staff. Roger is a great addition to our community and deserving of recognition.



A Message From Inspiritas

Aloha, Inspiritas Family! May brings 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 Sunday, May 12th, at 11:30am. We are hosting our monthly Caregiver's Connection Café & Book Club May 23rd. 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. May will certainly be a month to remember!



Greetings from Legacy Healthcare Services! We are your onsite 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.



May Birthdays!

- 5/2 Vicki Duke
- 5/3 David Brown
- 5/3 Lillie Calloway
- 5/3 Michael LeSueur
- 5/6 Lois Myers
- 5/14 Kenneth Howell
- 5/19 Linda Griggs
- 5/26 Marilyn Pittman
- 5/28 Alyene McClure



Mother's Day Is the Perfect Time to Spoil Your Loved Ones. Check Out the LUXE Unlimited Special 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.*

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".



BY RETIREMENT UNLIMITED, INC.

RUI FIT Tip- Self Care

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

SAVE THE DATES

- CINCO DE MAYO SOCIAL - MAY 5TH
- RESIDENT ASSOCIATION MEETING-MAY 9TH
- MOTHER'S DAY BRUNCH- MAY 12TH
- MEMORIAL DAY COOKOUT WITH RIVER CITY CRUISERS-MAY 27TH



RUI UNIVERSITY

- THE ART AND HISTORY OF PRESSED FLOWERS-MAY 1ST
- HONORING STORIES WRITING GROUP-MAY 3RD, 17TH
- TED TALK: AROMATHERAPY/PERFUME-MAY 6TH
- THE RAVEN, THE BIRD, THE MYTH, THE LEGEND-MAY 8TH
- NAVIGATING THE NEWS-MAY 10TH, 24TH
- POETS LAST POEM PART 3-MAY 17TH
- UNCORKED: GERMANY-MAY 18TH
- TASTE OF RUI: FRANCE-MAY 22ND
- CONVERSATIONS ABOUT LIFE: MAY 24TH



LUXE UNLIMITED™

The Barrington of Hioaks Directors



Fajr Mills, *Executive Director*
 Shane Coleman, *Director Of Nursing*
 Darryl Moore, *Director of Communication Services*
 William Bagni, *Move-In Coordinator*
 Hannah Beavers, *Business Office Manager*
 Clinton Taylor, *Environmental Services Director*
 Ronnie Harris, *Executive Chef*
 Nicole Bagni, *Food & Beverage Director*
 Roberta Coles, *Human Resources Manager*
 Tay Jones- *Life Enrichment Director*
 Izzy Szmyd, *Inspiratás Coordinator*

Word Search

Category: Words That Rhyme With "May"

H A Y T U H E Y P S I P
 S J A Y X L A Y S R H N
 E S A W C C S S C K A C
 C L C H K B C B K C X Y
 C D K G D A R S B S K A
 H Y E I F A K A S T G W
 G E D E E S W A Y R H S
 I H K N X C S X X A D C
 E T G S E K T R A Y C J
 L S I C K F D K K R K S
 S E S W E I G H G S A A
 L C C S T A Y H C C X Y

1. Lay _____
2. _____
3. _____
4. _____
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7. _____
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11. _____
12. _____
13. _____
14. _____
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16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Brae
2. Bray
3. Clay
4. Hay
5. Hey
6. Jay
7. Lay
8. Lei
9. Neigh
10. Pray
11. Ray
12. Say
13. Sleigh
14. Stay
15. Stray
16. Sway
17. They
18. Tray
19. Way
20. Weigh

