



THE HIDDENWOOD

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

50 Wellesley Drive • Newport News, VA 23606 • (757) 930-1075

www.rui.net/the-hiddenwood/


PLEASE JOIN US!

Mother's Day Brunch

SUNDAY, MAY 12
12:00 PM - 2:00 PM

Join us for a delightful brunch prepared by our Taste of RUI team as we celebrate all the mothers of The Hidenwood.

Guest meals: \$25
RSVP to 757.930.1075



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May 2024

Happy May; spring has finally sprung! We have so many fun outings planned to enjoy the beautiful May weather. Also, there are several exciting events and engagement opportunities planned for our residents this month to include the celebration of Cinco de Mayo, Kentucky Derby, Mother's Day Tea and Memorial Day.



Save the Date

- May 1st..... Feet To The Fire Writers Workshop
- May 4th..... The Kentucky Derby
- May 5th..... Cinco de Mayo
- May 6th..... MY RUI App & Tech Training
- May 6th..... The Life of Theodore Roosevelt
- May 12th..... Mother's Day
- May 14th..... 10 Influential Female Artists
- May 15th..... Taste of RUI: France
- May 18th..... Armed Forces Day
- May 27th..... Memorial Day
- May 28th..... Eastern Woodland Native Inhabitants
- May 29th..... Hampton Roads History 101
- May 29th..... Taste of RUI Uncorked: France
- May 29th..... Senior Health & Fitness Day
- May 30th..... RUI Fit Health Talk: Hypertension



A Note From Our Executive Director

Dear Hidenwood Residents & Families,

I hope you all are doing well. May will be an exciting month for us at the Hidenwood as we have many celebrations planned. There will be planned activities for the Kentucky Derby, National Wildflower Week, Cinco de Mayo, Mother's Day, Memorial Day, Nurse's Week, Military Spouse Appreciation Day, and National Senior Health & Fitness Day! As always, please do not hesitate to reach out. I am happy to help.

Brittany Hooper, MSHA,
LALFA, LPN
Executive Director



Resident Spotlight - Jimmy G.

Jimmy G. was born on July 28th in 1932 to Mack and Virgie G. He grew up with his three sisters Joyce, Jackie, and Joann and his two brothers George and Billy. Jimmy and Billy were twins. Growing up, Jimmy's family was not the most fortunate, but they still shared great memories. Jimmy joined the military at age 17, going into the Air Force branch, where he served for 21 years. Jimmy married his lifelong love, Alice, at age 18 and they stayed together for 64 years, until her passing. Together, Jimmy and Alice raised Danny and Sandra, or Sandy. Due to Jimmy being in the military, they traveled and lived overseas quite a bit. They lived in England and Japan. They didn't vacation much, but every year they would visit Jimmy's hometown of Spruce Pine, North Carolina for a week to visit with family and friends. Jimmy has one grandchild, Madison, who is Sandy's daughter. Hobbies in Jimmy's adult life include woodworking, which he used to build furniture, and he enjoyed cross-stitching with his wife. He was very particular about how his yard looked at his house and continued perfecting it for as long as he could. Jimmy loves to garden, complete puzzles and crossword puzzles, and loves to do word searches.



Inspiritas

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 Brunch May 12th from 12 PM to 2 PM. We also are hosting our monthly Caregivers Connection Café & Book Club that will be on May 30th at 10:30 AM.

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 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!



RUI Fit Tip

Chair exercises come in handy when you have limited mobility or find it hard to maintain your balance. It is a convenient and effective way to strengthen muscles, improve blood circulation, improve posture, and improved quality of life.



Activity Spotlight

Our active Inspiritas Residents enjoyed a scenic drive to Buckroe Beach, on a beautiful sunny day! Stay tuned for more pictures of all our fun adventures planned in May!



May Birthdays

- May 1st - James D.
- May 8th - Dorothy K.
- May 8th - Frances M.
- May 12th - David R.
- May 26th - Harriett J.
- May 28th - Wayne C.
- May 28th - Sally H.
- May 28th - Ralph H.



IGNITE YOUR LEGACY.

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!



Luxe Unlimited Salon & Spa

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".



The Hidenwood Leadership Team



Brittany Hooper: Executive Director
Shae Wheaton: Assistant Director of Clinical Services
Benjamin Gilliam: Environmental Services Director
Carter Sheldon: Executive Chef
Alexis Marble: Life Enrichment Director
Caitlin Cook: Wellness Coordinator
Marranda Hansford: Inspiritás Coordinator
Michael Murphy: Business Office Manager

“This Month In History”

MAY

1907: John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

1919: Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

1927: Charles “Lucky Lindy” Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

1940: The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

1954: In the *Brown v. Board of Education* case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending “separate but equal” laws.

1978: Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

1980: The video game *Pac-Man* premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

2004: After 10 seasons, the 236th and final episode of the sitcom “*Friends*” airs on NBC.