



THE **JANE**
AT TARBORO
INDEPENDENT LIVING, ASSISTED LIVING
AND MEMORY CARE

200 Trade Street • Tarboro, NC 27886 • 252-823-2799
www.rui.net/thejane

PLEASE JOIN US!

Mother's Day Brunch

SUNDAY, MAY 12
11:00 AM - 1:00 PM
AUDITORIUM

**Please join us for a wonderful
Mother's Day Brunch by our
Taste of RUI team.
We hope to see you there!**

Guest Meals: \$22
RSVP to 252.823.2799



May 2024

In This Issue

In this issue of our monthly newsletter, you will read a note from our Executive Director, learn about one of our residents, and find out when to mark your calendars! Be sure to also stay tuned to our Facebook page.

Save the Date

- 5/2 NC Museum of Art Outing- IL
- 5/4 Kentucky Derby Social- IL
- 5/5 Cinco De Mayo Social- IL
- 5/5 The Sweet Loves Performance
- 5/6 Travels w/ Monika- Atlanta to Savannah, GA
- 5/7 Hope Farm and Zoo Outing- Insp.
- 5/7 RUIU: It's a Zoo Life
- 5/9 Scenic Drive/ Freddy's Frozen Custard- AL
- 5/10 U.S. History with Jeffrey- IL
- 5/12 Mother's Day Tea- AL
- 5/13 Dave Binanay Performance- AL
- 5/13 Travels w/ Monika- Knoxville to Memphis, TN
- 5/14 Mellow Mushroom Lunch Outing- AL
- 5/14 Garden Flag Decoration w/ Linda- Insp.
- 5/16 Imperial Center for Arts and Sciences- Insp.
- 5/17 Taste of RUI- France
- 5/19 The Sweet Loves Performance
- 5/20 Travels w/ Monika- Dallas to San Antonio, TX
- 5/21 Picnic at Wildwood Park- Insp.
- 5/21 Lou Redas Restaurant Outing- IL
- 5/22 Music Therapy with Meredith- Insp.
- 5/23 RUI Fit: Walk in the Park Outing- IL
- 5/27 Memorial Day Cookout
- 5/27 Dave Binanay Performance- IL
- 5/28 Museum of the Albemarle Outing- IL



A Letter From Our Executive Director: Julie Daugherty

Greetings, Residents and Families of The Jane at Tarboro! We are looking forward to the many fun events and outings in May. We are having various Mother's Day events in our different areas as well as a Memorial Day cookout at the end of the month. We hope you will join us for one of our special events! As a reminder, we have many signature programs that are provided each month, and family and friends are encouraged to attend any classes that are held at our community. We hope that you will join us! If you have questions about any of our signature classes for this month, please reach out with Life Enrichment regarding more information about them. If you need to get in contact with me, please feel free to call 252-823-2799 or email julie.daugherty@rui.net.



Resident Spotlight: Mrs. Janie L.

Mrs. Janie was born and raised in Tarboro, NC. She was the youngest of 12 children. Growing up, Mrs. Janie loved playing the piano, hopscotch, and jacks. Her childhood heroes were her mother, her Sunday school teachers, and her high school teachers. When she learned how to drive, Mrs. Janie took on the responsibility of taking several of her family members to their medical appointments. The historical event that occurred during her teenage years was the assassination of Dr. Martin Luther King, Jr. and President John F. Kennedy. She says integration didn't come until she was an adult. The lessons Mrs. Janie learned growing up were to stay focused on completing your tasks and goals, keep your sense of humor and always keep God first in your life. Mrs. Janie went on to attend Winston Salem State University after graduating from high school. She left Winston Salem to attend Shaw University, where she earned a bachelor's degree in early childhood education.

Mrs. Janie and her husband welcomed two sons, Nathaniel and Christopher. The family loved taking vacations to the beach and theme parks throughout NC. In terms of her career, she has worked as a preschool teacher for Head Start in Washington, NC. Mrs. Janie remains close to several of her college roommates. She was an active member of St. Paul Missionary Baptist Church, and up until 2020, produced the annual Christmas play. Mrs. Janie has met several famous people including: Maury Wills, an American baseball player and manager; Nina Simone, an American singer, songwriter, and pianist; and Michael Jackson, one of the best selling music artists of all-time. She also remembers the historic March on Washington in 1963 and the Million Man March in 1995. Before moving to the Jane at Tarboro, Mrs. Janie lived in her home here in Tarboro. She is most proud of her heritage and her children.

When asked what advice she would share with a young person growing up today, she says to stay focused on your goals. When asked what important thing a young person should think about is, she says to think carefully about your short term goals, set goals, and track your progress.

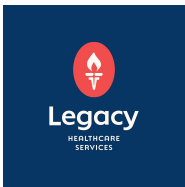


Did you know hypertension is a common health issue as we age? Hypertension, also known as high blood pressure, is caused when the blood pressure in arteries is persistently elevated. Some ways to help lower high blood pressure include exercising, eating a heart healthy diet, limiting salt intake and managing stress. Getting around 150 minutes of exercise each week can be beneficial for our health. Changing your lifestyle and daily habits can help to reduce hypertension and get you started on your fitness journey. Have a happy and healthy May!



Happy Birthday!

- 5/1 Nannie B.
- 5/4 Alfred B.
- 5/6 Deloris K.
- 5/7 Curtis K.
- 5/11 Margaret B.
- 5/11 Linda W.
- 5/12 Flonnie S.
- 5/15 Ed J.
- 5/22 Julia J.
- 5/25 Susan L.
- 5/26 Gwen B.
- 5/26 Jack B.
- 5/27 Wayne C.
- 5/31 Alfred H.



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.



Our residents value scholarship, and RUI University allows them to challenge themselves by learning something new each day. We partner with colleges, universities, and museums, and our RUI University Fellows share their expert knowledge. We have something for every interest at RUI University. Our courses range from history, to music, to technology, to culinary, to wine classes, and we are always expanding our reach to bring new and exciting classes.



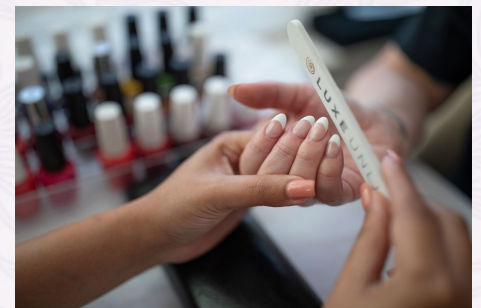
LUXE UNLIMITED™
SALON AND SPA

Luxe Unlimited Update!
Mother's Day is the perfect time to spoil your loved ones. Check out the LUXE Unlimited Special for 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."



The Jane Team Of Directors



- Executive Director: Julie Daugherty
- Director of Clinical Services: Michelle Allen
- Business Office Manager: April Ferrer
- Human Resources Manager: Chippretta Robinson
- Director of Culinary Experience: Mike Tamisiea
- Life Enrichment Director: Seth Wagner
- Director of Community Relations: Rhonda Yerkes
- Inspiritás Coordinator: Asia Harris-Moye
- Environmental Services Dir: Vitus Bradshaw

Word Search

Category: Major League Baseball Teams

A D T I G E R S P G D M	1. Dodgers
S W C U B S N I K H O M	2. _____
T S H D D S R S P R D D	3. _____
R T G I Y A N K O E G R	4. _____
O N H A T I K C S D E O	5. _____
S A R E L E K M T S R Y	6. _____
E I S R D I S B E O S A	7. _____
L G A K E C C O M X N L	8. _____
O M D S R E D S X G G S	9. _____
I D G C P A D R E S V D	10. _____
R A N G E R S L G G C C	11. _____
O B R A V E S N I W T E	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

Word Search Solution:

1. Angels	11. Pirates
2. Astros	12. Rangers
3. Braves	13. Rays
4. Cubs	14. Reds
5. Dodgers	15. Red Sox
6. Giants	16. Rockies
7. Marlins	17. Royals
8. Mets	18. Tigers
9. Orioles	19. Twins
10. Padres	20. White Sox