



Arbor Oaks
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

I AM BACK! You couldn't get rid of me even if you tried! I am officially back from Maternity leave and have loved every second of my time with my little girl. I am happy to be back though and to see all of you.

I want to remind you all that we do have Grievance forms if you have a concern, question, or a comment. You can get this at the front where the sign in book is and turn it into my box for review otherwise you can always come talk to me when I am here.

We do love feedback!! We also have an employee of the month program and the winners come from YOU! On the first floor by the elevator, we have our Spark Board highlighting our staff, if you shout out a staff member their name gets put into the hat for the upcoming months Employee of the Month! All of the shout outs go directly to the staff member, and they love seeing these!

Thank you, Shaelee Reichstadt



Fun Facts:

- The Continental Congress voted on independence on July 2, 1776, but they didn't approve the Declaration of Independence document until July 4, 1776
- The Liberty Bell rings 13 times every 4th of July to honor the 13 original states.
- Inscribed on the tablet held by Lady Liberty is "July IV MDCCLXXVI" (July 4, 1776)

New Residents



Please welcome our new Resident's to Arbor Oaks!

- Judy M. #231
- Ted I. #19
- Dorothy C. #312
- Bonnie B. #320

Community Updates

NURSING

Happy Summer!

Are you looking for a new primary care provider? If so, come talk to nursing about Lifespark Complete! This is a service offered at Arbor Oaks that includes a primary care provider coming to YOU in your apartment.

Camille
Director of Nursing

MARKETING

Hard to believe that it is July! Where has time gone? We have been busy planning events and welcoming new residents.

Thursday, August 8 - Our big outside event this summer! Mark your calendar! Food! Entertainment! Animals! And more! With the Olympics happening this summer, can you guess what our theme will be. Be prepared! We have lots in store for you all coming the end of July beginning of August!

Education - is there something that you have been wanting to learn? I would love to arrange educational opportunities for you all. Let me know what you are thinking. Stop by my office and let's get creative with ideas.

New Residents -PLEASE make sure you are introducing yourself to the new residents. We have a few new faces around and they would love to meet our residents. Give them a hand and help them learn about the community. You all know what I am mean. You all were newbies at one time.

Have a great day!

Kathy



HAPPY BIRTHDAY TO OUR FRIENDS!!!!

- | | | | |
|------------|------|-----------|------|
| Joyce M. | 7/10 | Alex S. | 7/23 |
| Bernice L. | 7/13 | Elaine J. | 7/28 |
| Julie M. | 7/20 | Ken L. | 7/29 |
| Helene B. | 7/23 | | |



The Roller Coaster of Health Care Crises with Lifespark Complete

Far too many seniors get caught on the "roller coaster of health care crises"-in and out of the hospital, back and forth to doctor appointments, on more and more medications - while slowly losing their independence. Lifespark's proactive, preventive, whole-person approach focuses on all areas of well-being, not just physical health,

to help seniors live happier, healthier, more independent lives, whenever they call home. To get started with Lifespark Complete call 952-345-3212, email LSCreferrals@lifespark.com or visit Lifespark.com/complete.



"Music is the mediator between the spiritual and the sensual life." - Ludwig van Beethoven

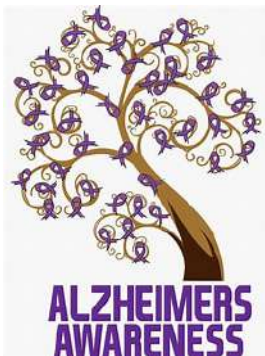
Growing up, there was nothing quite as magnificent as hearing a full symphony orchestra play 'Stars and Stripes Forever' in early July! That piccolo solo sends the heart fluttering, and the bum-bum-baa-dam-bum makes the spirit soar. Many times, when words seem inadequate to describe how we are feeling or what is important to us, music has a way of swooping in with exactly what we need. What are the songs, or styles of music, that make your spirit soar? That bring you peace when you feel troubled? That get you going when you feel down in the dumps? What music do you love to experience with friends? What was the first live music performance you ever attended? This month, tell someone a story about how music has been the mediator between your spirit and your senses. May that storytelling be a blessing!

The Grip Games are back!



Join us on July 16th at 1:00 in the Activity Center for our 1st Grip Game Scrimmage. We will be competing against other communities and working on our hand, wrist and finger muscles. Come by and check it out. If you decide to join the team you will get an Arbor Oaks A-Team t'shirt to wear. We had a lot of fun last year competing and we even won!

We have raised over \$300 for the Alzheimer's Association!!



The money was raised by selling Alzheimer's Association bracelets, Root Beer Floats and water balloons (to throw at management). There are still Alzheimer's bracelets for sale at the Front Desk for \$2. We will be selling Donuts on July 9th at 9:00 in the Bistro. We will also be selling Root Beer Floats on July 22nd at 2:30 in the Bistro. Be watching for another day of water balloons! Any donation and you can throw water balloons at Management. :)



Barb & Bernice @ The Luau



Don enjoying pie



John @ Father's Day Lunch



Edna @ The Luau



Kathy enjoying outside



Ted @ The Father's Day Lunch



Toots @ The Luau



Doris, Doug, Vivian, Stanley @ Flag Day



Dee, Cheryl, Barb @ Flag Day



Janette enjoying Donut Day Fun



Jo Ann & Elaine soaking up the sun



Molly, Martha, Shelley & husband



Marlys enjoying her donut



Deanna & Shirley @ The Luau



Mary & Drake out to lunch