

WE ARE THE A-TEAM! THE MIGHTY MIGHTY A-TEAM!



GOOD JOB



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Our Community Newsletter

Discover what's going on in our community.



Employee SparkLight - Edith, HHA

Tell us about your family!
My family is made up of my husband and two kids, my son Naseeb and my daughter Sheeniza.

What is your secret talent that no one knows about?
My secret talent is that I'm very good at cooking, especially fried rice.

What is your favorite season?
My favorite season is fall, I love when the weather is cold.

What is on your bucket list?
I would like to go back to my homeland, Guyana and rebuild my house that my family and I lived in.

What are some of your hobbies?
I like watching TV, traveling and spending time with my family.



Would you rather cook or order in, and why?
I would rather cook, I prefer home cooked food.

If you could live anywhere, where would it be?
I would be happy to live anywhere as long as I'm close to my children.

What is your favorite thing about your job?
I love to see the look on my resident's face when I help them.

What did you want to be when you grew up?
A seamstress

From the Executive Director

As we approach the official start of summer, I want to take a moment to acknowledge the season of sunshine, warmth, and renewed energy. Whether you're spending more time outside enjoying the longer days or simply appreciating the view from your home, this is a season that invites us all to refresh and recharge.

In that spirit, we will be undertaking a bit of seasonal maintenance to ensure our building is as bright and welcoming as the days ahead. Window washing is scheduled to begin soon, and we will provide advance notice with specific dates and times. This service helps maintain both the appearance and the integrity of our windows, allowing you to enjoy the clear summer views without streaks or smudges.

Please be mindful of notices posted in common areas or delivered to your unit, as they will contain important information regarding access and safety during the cleaning process. We appreciate your cooperation in helping us maintain a clean and comfortable environment for everyone.

Thank you for being part of our community. Wishing you a safe, sunny, and enjoyable summer season.

From Marketing

Staying active is one of the best ways to maintain your health and well-being.

Regular exercise can boost your energy, improve your mood, and reduce illnesses. Arbor Oaks has many ways to be active. Here are some fun ways to stay active here in our community:

- Laughing and Smiling: this can be done so easily and uses so many muscles
- Walking: daily walks inside and outside of the community
- Exercise: participate in group exercises offered by our Life Enrichment
- Spark Challenges: twice a week physical and mental competition (always need cheerleaders as well)

Stay safe and enjoy the benefits of movement by being involved!

What's Going on in Arbor Gardens?





From the desk of the Chaplain

“Joy does not simply happen to us. We choose to have joy and keep choosing it every day.”
--Henri Nouwen

The difference between happiness and joy is that happiness is getting what you want where joy is wanting what you get. We feel happy when life is going great and nothing is disappointing us. Then something frustrating comes along that upsets our happy existence and we are glum. I experienced this when I lost my job in 2008 during the great recession. It was during that time that I met a delegation of missionaries from Zimbabwe Africa. While we had been dealing with a recession for less then a year, Zimbabwe had been economically distressed for decades due to government corruption. They did not know from day to day if their electricity in their homes would work or if there would be food on the shelves in the grocery stores. Yet despite their not getting electricity and food they wanted, they felt deep joy everyday. These folk made a deliberate choice to dwell in joy. They were joyful for the things they already had, their families, their church, their very lives. They did not let the challenges of life overwhelm the gifts they already possessed.

Life is full of setbacks which can make us feel sad, disappointed, and even angry. Choosing joy does not dismiss these feelings. We must get through these feelings to get over them. What joy tells is that the defeat will not be the final word. “Weeping may linger in the night, but joy comes in the morning”
Psalm 30: 5

Peace,
Chaplain Jean

From Orchale, Culinary Director

Congratulations to all our AO nutrition high school students.
Best to all of them on their next journey!



Every third Monday at 1pm
in the Dining Room



Resident Council every
third Tuesday at 3:15pm
in the Chapel



Happy Birthday!

Residents

Stanley P. 6/1
Myra M. 6/3
Manny B. 6/17
Shelley W. 6/24

Staff

Josiane K. 6/2
Brooklyn P. 6/5
Joan B. 6/6
Saidy D. 6/7
Sarina B. 6/11
Olivia K. 6/16
Emmanuel U. 6/16
Keely M. 6/23
Sadie F. 6/25
Grace C. 6/27
Flor M. 6/27

Happy Anniversary!

Residents

Judy M. 6/28/24

Staff

Brooke S. 6/16/23
Grace B. 6/29/22

Outings this month!

Baker's Square



Lunch outing on
June 4th, pick up at
11am. Please RSVP
by June 2nd.

Andover Walmart



Grocery shopping outing
on June 19th, pickup at
10am. Please RSVP by
June 17th.