



SPRING ARBOR SENIOR LIVING

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July 2026



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ACTIVITY Highlights

July 3

4th of July Party

July 7

Resident Council Meeting

July 13

Bingo by ALGW's Terri & Group
Cameron Art Museum

July 14

Music Bingo by PVMC's Etta
& Group

July 17

Residents of the Month Birthday's
Celebration

July 22

Stella Therapy Dog by Leita
Stoudt

July 27

Bingo by ALGW's Terri & Group



"Our Roots. Our Rights. Our
Future."

The Corner Office

Weekly Activities

Monday

Art Class

Tuesday

Devotions

Wednesday

Live Music in the Cottage

Thursday

Pretty Nails

Friday

Scenic Rides



Worship



Worship Service

Ron Culp, a fixture in this newsletter, provides the Worship Service on Sundays at 10:30 am at the Activity Room. All are invited! Thank you, Ron!



Alzheimer's Awareness Garden

Alzheimer's Awareness Garden is a private, award-winning residential rose garden created by residents Mike and Debbie Caulder as a peaceful tribute to those affected by Alzheimer's disease. Mike and Debbie host us with love every time we visit them.

Team Spotlight



KIM GRAY

I am your new Food Service Director. I have lived in Hampstead for 30 years and am excited to be part of the Spring Arbor family. Prior to this position, I owned and operated my own home health agency for 14 years and have also served as an Assistant Executive Director and Assistant Director of Dining in other senior living communities. Altogether, I have worked in senior health and living for 19

years. I truly enjoy helping the senior population in all aspects of care and service.

During my free time, I enjoy being with my husband of 35 years. We are blessed with four grown children and six grandchildren, who are the light of our lives. I also enjoy fishing on our boat, going to the beach, spending time with our children and grandchildren, and relaxing at home.

I have been recognized as Employee of the Month on several occasions throughout my career. I look forward to getting to know all of you and continuing to improve the quality of meals served at Spring Arbor. My door is always open if you have any concerns or suggestions regarding your dining experience.

Spring Arbor NEWS

The United States is celebrating its 250th anniversary (Semiquincentennial) of independence on July 4, 2026, marking exactly 250 years since the adoption of the Declaration of Independence in 1776. This milestone is the focal point of nationwide cultural, historical, and community festivities.



The FIFA World Cup concludes with the final match in July. Three country are hosting the event. They are USA, Canada, and Mexico. Go US!



Go Fishing

Liberty Home Care and Hospice's Ashley Davis leads our "Go Fishing" activity. We utilize a fishing pole and the task is to hook up a bag, simulating a fish in the pond.

Ice Cream Social

Additionally, the entire month is dedicated to summer food themes like the National Ice Cream Month. We have Happy our on the Calendar when we serve ice cream and enjoy mingling.

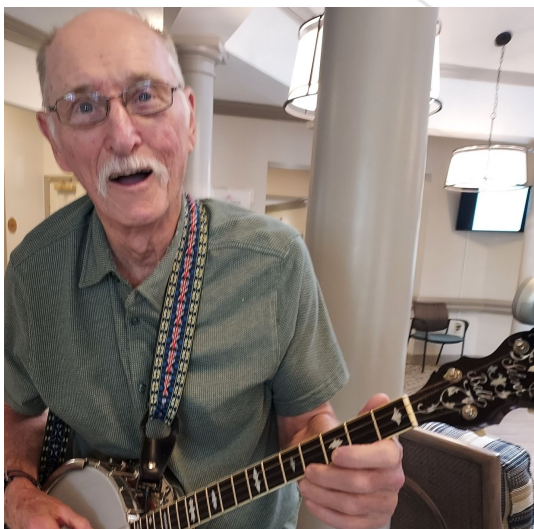
COTTAGE Care



Live Music

We have on the calendar on every single Wednesday, live music in the Cottage. It triggers deep memory recall, moderates agitation, and promotes meaningful connections among residents.

Come on in to sing-along. the activity aims to boost cognitive stimulation, promote independence, and maximize safety while preserving dignity for residents. They sing, clap hands, smile, and dance along with music playing on.



The lively, upbeat sound of a banjo often stirs up natural memories!



POLLY AVENT

Polly has had many different careers in addition to being the mother of her son, Thomas Gordon. Polly has worked as a beautician. As you know, a beautician is a professional who helps to improve the physical appearance of their clients and boost their self-confidence. They may also go by different names like aestheticians, cosmetologists, hairstylists or hairdressers, depending on their area of expertise.

Polly is a Licensed Practical Nurse. A Licensed Practical Nurses (LPNs/LVNs) provide essential patient care, including monitoring vitals, administering medication, dressing wounds, and assisting with daily living activities. They work under RN or physician supervision, often in hospitals or long-term care, and serve as crucial communicators between patients and doctors.

Through the connections she built, it has reinforced her character, grew in certainty, and learned the true meaning of responsibility, service, and perseverance.

Polly demonstrates a profound sense of rejoining, purpose, and joy, often enabling her to express emotions when words fail.

Thank you for your hard work, Polly!



Innovative

Beginning Summer Programming, many resources are considering outdoor, nature-based initiatives, such as the summer series in partnership with The Memory Hub. What is a Memory Hub?

For those diagnosed with dementia it provides support for their social and cognitive functions. For families, the Memory Hub provides peer support and supplies an outlet that helps them to manage their role as caregivers while being with others.

Advanced care now mixes environmental design, therapeutic programming, and smart technology to reduce anxiety and promote independence for those living with dementia or Alzheimer's.

We are always open to learning and applying modernization.

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>July</i>			1	2	Independence Day (Observed)	3 Independence Day 4
5	6	7	8	9	10	11 
12	13	14	15	16	17	18
19	20 	21	22	23	24	25
26	27	28	29	30	31	


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