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SPRING ARBOR
SENIOR LIVING

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October 2026

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ACTIVITY Highlights

October 6
Resident Council Meeting
October 9
Oktober Fest
October 12 & 26
3 Wheel Therapy
Bingo with ALGW's Terri & Group
October 13
Music Bingo with PVMC's Etta & Group
October 14 & 28
Therapy Dog Stella with Leita Stoudt
October 16
Residents of the Month Birthdays' Celebration
October 30
Halloween Trick or Treat

Weekly Activities

Tuesday
Devotions
Wednesday
Live Music by Luis in the Cottage
Thursday
Nail Painting
Friday
Out & About
Happy Hour

The Corner Office

October brings cooler days, beautiful colors, and a wonderful opportunity to enjoy the simple joys of the season. As we welcome autumn, our community is flowing with fall activities!

We are grateful for the warmth and friendship that fill our community each day. This month, we look forward to celebrating the traditions that make autumn so special. We will have Oktoberfest on October 9th, Trick or Treating on October 30th, and the Alzheimer's Walk on October 31st. From seasonal activities to festive gatherings, there will be plenty of opportunities to connect and have fun. We encourage our residents to participate, share their stories, and make new memories together. As the leaves change, may we also embrace the beauty of new beginnings and changing seasons. Please take time to enjoy the crisp autumn air and the sights and sounds of October. We hope families will join us for our upcoming activities and special events. Your visits and involvement bring so much happiness to our residents. Happy October from all of us!

Jaylee Baird
Executive Director

RESIDENTS

October 4
Barbara Newcomb
October 5
John Valentino
October 25
Mary Reid

Bosses Day

We would like to thank Jaylee, who provides guidance, absorbs workplace pressure, and supports our professional growth!

Walk to End Alzheimer's

The Alzheimer's Association Walk to End Alzheimer's® supports Alzheimer's care, research, and awareness. Wilmington's walk will be held on August 31, 2026.

Team Spotlight

DIANE McGHEE

I was born in Arlington, Virginia, in Fairfax County, and raised in Wilmington, North Carolina. I'm a proud single mom to two beautiful children, a 15-year-old son and a 10-year-old daughter.

My passion for working with the elderly comes from a very personal place. I lost my grandmother when I was just 9 years old. I was surrounded by many grandmothers and grandparents that have shaped the person I am today. Caring for and helping older adults have always held a special place in my heart.

I'm currently continuing my education with the dream of one day opening my own senior living facility. I want to create a place where seniors who may not be able to afford expensive five-star communities can still receive the same level of love, dignity, comfort, and quality care.

I truly love working at Spring Arbor. It has been one of the best facilities I've ever had the opportunity to work for, and I'm grateful for the experiences and relationships I've gained here. As I approach my two-year anniversary in February, I'm excited and proud to continue being part of the team!

Spring Arbor NEWS

PVMC Ukulele Group

Ukulele has changed from a casual hobby into one of the most popular therapeutics, social, and entertainment activities for residents.

Pat and his group came in to our community to enlighten the residents' life! That music activates a sense of immediate joy, connection, and natural fun. Thank you!

Fun Balloon Games

Playing with a balloon is extremely engaging physical activity. It often leads to funny misses or surprising saves, resulting in an environment full of smiles, cheers, and giggles.

Key Dates

4th-World Animal Day-**5th**-World Teachers' Day-**10th**- World Mental Health Day-**12th**-Indigenous Peoples' Day / Columbus Day-**16th**-World Food Day-**24th**-United Nations Day-**31th**-Halloween/Alzheimer's Walk.

COTTAGE Care

RELAXATION

The sun is still shining, but the cooler temperatures are a welcome sign that autumn is here. This season can be a wonderful time to slow down, enjoy some peace and quiet, and focus on relaxation.

Harvard Medical School cardiologist Dr. Herbert Benson recommends several relaxation techniques that may help reduce stress:

- Breath focus
- Body scan
- Guided imagery
- Mindfulness meditation
- Yoga, tai chi, and qigong
- Repetitive prayer

Try a few different techniques to find what works best for you. Even a few minutes of relaxation can be beneficial, although practicing for about 20 minutes each day may provide greater results over time.

Stress is something we all experience, whether from everyday frustrations like traffic or more serious concerns involving family, health, or life changes. When we feel stressed, the body naturally reacts—our heart rate increases, breathing becomes faster, and muscles may tighten.

This "stress response" is a normal reaction that developed to help protect us from danger. Taking time to relax can help calm the body and mind and bring a greater sense of balance.

BARBARA SCALIA

Barbara Scalia was born in St. Paul, Minnesota and from the age of five she lived with her grandparents in a flat on Ramsey Hill, the same neighborhood where Zelda and Scott Fitzgerald once lived. Now, she lives at Spring Arbor.

Barbara is self-taught and throughout the years her art has been featured at the Park Place Market in Seattle, WA, and the Whidbey Island Arts Festival in Washington State. She has locally shown her work at the Corporate Canvas Gallery, the TAC Gallery at Lumina Station, the Montage Gallery, the Checkered Cab Gallery, UNCW's Randall Library and the Cameron Art Museum. For the past 5 years Barbara's art has graced the walls at the now defunct Woods Gallery and presently the All About Gallery/Bald head island.

Her passion to paint is depicted in images of her past life. "Bar Flies" draws from the memories of characters in her life and inspired by her experiences. "Be blessed, oh my God, who gives suffering... as the only DeVine remedy for our folly...as the highest and purest essence preparing

The strong in spirit for ecstasies most holy."- *Charles Baudelaire from "Benediction"*

SEASONAL

October , the first full month of Autumn, is a perfect time to fall in love with fresh produce. Here's what's in season: Vegetables - Beets, Brussel Sprouts, Leeks, Lettuce, Okra, Parsnips, Turnips, Watercress, and Squash.

Fruits: Apples, Dates, Figs, Grapes, Pears, Persimmons, and Raspberries.

Take in the Sights, October is one of the prettiest months Mother Nature brings us. Take time to enjoy the changing leaves in all their brilliant colors.

Autumn

"Autumn ... the year's last, loveliest smile."

William Cullen Bryant

PROOF

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October				1	2	3
4	5	6	7	8	9	10
11	Columbus Day 12	13	14	15	16	17
SPRING ARBOR SENIOR LIVING 809 John D Barry Drive Wilmington, NC 2841	19	20	21	22	23	24
25	26	27	28	29	30	31

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