



White Springs
 SENIOR LIVING
 by Spring Arbor

349 Legion Drive • Warrenton, VA 20186 • (540) 216-7557
www.springarborliving.com/va/warrenton/white-springs-senior-living

December 2024



MANAGEMENT TEAM

Executive Director
THERESA GRANIER
 tmgranier@springarborliving.com

Resident Care Director
ASHLEIGH JAMES
 arjames@springarborliving.com

Business Manager
ADELLE RUSSELL
 arrussell@springarborliving.com

Sales and Marketing Director
CINDY MURPHY
 csmurphy@springarborliving.com

Assistant Resident Care Director
BECKY DILLON

Activities and Wellness Director
KELLIN MANLEY
 knmanley@springarborliving.com

Cottage Care Director
JESSICA LUTTRELL
 jluttrell@springarborliving.com

Culinary Director
TINA WILDMAN
 clwildman@springarborliving.com

Maintenance Director
TIM GOTSKI
 tjgotski@springarborliving.com

Days of December

December brings the arrival of winter, the holiday season, and the eve of the new year. Enjoy this exciting time!

ACTIVITY Highlights



Alzheimer's Support Group

December 4th

Warrenton Christmas Parade

December 6th

Sugar Cookie Decorating

Creative Corner

December 11th

Bull Run Festival of Lights

December 12th & 19th

Christmas Family Luncheon

December 18th

Silver Tones Performance

4pm, on December 20th

Gingerbread House Decorating

Creative Corner

December 23rd

Christmas Eve!

December 24th

Christmas Day!

December 25th

Country Christmas Happy Hour with Blake Esse!

December 27th



Director's Corner

I can hardly believe it's already December! This year has flown by and before we know it, the new year will be upon us.

As we close out 2024, we're excited to celebrate the holidays with you. We have a number of fun activities planned to bring joy to this festive season. Our **Christmas Holiday Luncheon** will be held on **December 18th**. We'll share more details soon, but we hope you can join us for a wonderful meal and time spent with friends. Our **Happy Hour on December 20th** will be moved to **4:00 PM** to make way for an exciting performance by **The Silvertones**, an amazing swing band that will be sure to get you in the holiday spirit. December 21st will mark the **Winter Solstice**, the shortest day of the year, as well as the official start of winter. As much as I'm not a fan of the cold season, it's important to be mindful of the weather. Please be extra cautious when going outside, as icy spots may be hiding on sidewalks. Make sure to dress warmly. We certainly don't want anyone getting sick and missing out on the fun of the season! We have so many exciting activities lined up for the holidays! Let's make this season one to remember! *Theresa*



From the Desk of ... Activities!



Alex Rowe

Alex is our amazing Activity Assistant. He was born October 17th, 1999, in Charlottesville, VA. He was raised in Madison County where he lived until graduation from Madison County High School in 2018. After high school, Alex started working in the automotive industry, where he did service writing for Chevy, GMC and Subaru. Alex is

the middle child of 3, his sister Chloe is a RA here at White Springs! Alex currently resides in Culpeper County with his partner of almost 5 years, Jordan and their dog, Chadd! Alex joined our White Springs Family back in May after taking a chance on a whole new career. He says that this was his foot in the door to learning more about the medical field! In his free time, Alex enjoys going out, whether it's shopping or exploring Old Town Warrenton. His favorite thing about White Springs is the residents! Whether it's going on outings or a simple game of BINGO, he says there is never a dull moment! The Activity Department is incredibly grateful for Alex and all that he has done! We love you, Alex!

Celebrations

RESIDENT Birthdays!

- Rose Mary D.- 12/5
- Olive A.- 12/12
- Suzanne K.-12/15
- Cecelia B.- 12/21
- Mary Helen A.- 12/28



STAFF Birthdays!

- Addell R.- 12/12
- Anne C.- 12/20
- Paige M.- 12/22
- Judi H.- 12/27
- Irma L.- 12/28
- Theresa G.- 12/31
- Hannah G.-12/31
- Makayla M.- 12/31
- Aissa A.- 12/31

STAFF Service Anniversaries!

- 3 Years
 - Theresa G.
 - Earline R.
- 1 Year
 - Kamara C.
 - Alyssa R.



Spring Arbor NEWS



There is no better way to start our day than with Fauquier's Finest First Responders. Last month, White Springs was honored to host another First Responders Breakfast. Fauquier County Fire and Rescue, Police, Dispatch and Sheriff K9 units were greeted with a complimentary breakfast from our very own kitchen and coffee from Travelin' Tom's Coffee Truck. A BIG thank you goes out to our First Responders who selflessly give of themselves each and every day. We are forever grateful for all that they do for our community.



THANK YOU,
Fauquier County First Responders!



RESIDENT Spotlight



Wise & Well

Winter Walks for the Win

Whether it's the busy holidays, chilly weather or winter blues, don't let anything get in the way of your well-being. Take steps to a healthier life with winter walks! Need some convincing? The cold weather can (1) help you burn more calories, (2) clear your mind and reduce stress, (3) enhance your immune system and (4) improve skin health by reducing swelling and tightening pores.

Join us for wellness classes, Monday thru Friday, at 10am. We are looking forward to closing out the year strong. Thank you to everyone who participates in the numerous activities provided by Broad River Rehab.



RUTH ANN REED

Ruth Ann was born June 24th, 1941, in Front Royal, VA! She was raised in Warren County where she graduated high school. She went on to graduate from the Alexandria School of Nursing. Ruth Ann is joined here at White Springs by her husband of 63 years, Denny! They met after living on the same street when they were growing up. They later went on a blind date after high school and married 2 years into Ruth Ann's time in nursing school. Ruth Ann and Denny went on to have 2 daughters and 8 grands. Ruth Ann worked in several hospitals while her children were young, later working for an internal medicine doctor for 18 years. Ruth Ann retired in 1994. After retirement, Ruth Ann and Denny moved and traveled to many places. While living in North Carolina and Florida, Ruth Ann spent her free time volunteering for hospice and local hospitals. In her free time, Ruth Ann loved to go thrift shopping, as well as going on cruises and traveling the country by bus. Ruth Ann is a bright, spunky light in our Cottage and we are so happy she is here!

COTTAGE Care



Last month, residents both from AL and Cottage got the chance to go over to the local high school to see the play "Mary Poppins," put on by a local community theater group!



We want to thank the family of Sue G. for the donation of the tickets, and the opportunity for our residents to come and enjoy such a great night! This was just the start of our community theater outings for the holiday season!



The Joy of Giving

A woman who was traveling alone in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry; the woman opened her bag to share the food. The hungry traveler saw the precious stone and asked the woman to give it to him; she did so without hesitation. The traveler left, rejoicing in his great fortune. He knew the stone was worth enough to give him security for a lifetime but a few days later, he came back to return the stone to the woman. "I've been thinking," he said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone."

The woman smiled, "The joy of giving!" *Author Unknown*

Many of us possess the joy and beauty of giving, and the happiness that comes from giving without expecting anything in return. A gift is something that is enjoyed twice. First, by the giver who revels in the pleasure of giving something special and then also enjoyed by the person who receives the gift.

The act of giving doesn't have to be limited to an exchange of presents during the holidays or birthdays. You can treat every person you come into contact with as someone who you can give a gift to. You may be wondering what exactly do you have to give?

A very special form of giving takes the form of small, personal acts of kindness. Very often it is not money or belongings that people need, it's the things that can't be seen, such as advice, a kind word, reassurance, compliments or a smile, even a helping hand or a bit of support during a difficult emotional time.

We all have something to give everyone. Happy Holidays!

