



# ELANCÉ

AT OLD TOWN ALEXANDRIA

400 N Washington Street • Alexandria, VA 22314 • 703-236-1226  
<https://www.elanceluxuryliving.net/oldtown>

May 2024

PLEASE JOIN US!

## Mother's Day Brunch

**SUNDAY, MAY 12**  
**12:00 PM - 1:00 PM**  
in the Bistro

Join us for a delightful brunch prepared by our Taste of RUI team and harp music as we celebrate all the mothers here at Elance at Old Town!

**Guest Meals: \$20**  
**RSVP to 703.236.1226**



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### In This Issue:

As we embrace the month of May, we are filled with joy for the beauty of spring and the blooming of flowers! We have some exciting events and festivities planned for the months ahead. In this issue of our monthly newsletter, you will find a special note from our Executive Director, learn about one of our residents and find out when to mark your calendars! Be sure to stay tuned to our Facebook Page.

### Save the Date:

- May 3 ..... Great American Music w/ Adam Melia
- May 4 ..... The Naturalist Show w/ Dean Howarth
- May 6 ..... Vince Borrelli Musical Performance
- May 8 ..... Resident Council
- May 8 ..... Nashville Standard
- May 9 ..... Outing: Saxophone Serenades
- May 10 ..... New Resident Social
- May 11 ..... Folk & Country Music w/ Andrew
- May 12 ..... Mother's Day Brunch
- May 13 ..... Jon Futrell Musical Performance
- May 15 ..... Catholic Mass with Father Joseph
- May 30 ..... Echoes of Nature
- May 17 ..... PAL Pet Visit
- May 20 ..... Music Appreciation & Dance w/ Victor
- May 21 ..... Navigating the News
- May 31 ..... Birthday Social



### **A Letter From the Executive Director: Kellie Baker**

As we enter the beautiful month of May, I am thrilled to share with you the exciting events and activities we have planned.

First and foremost, let's celebrate the incredible mothers in our lives with a special Mother's Day brunch. Mark your calendars and join us on Sunday, May 12th at 12:00pm for a lovely afternoon.

In addition, we have organized an outing to the Secret Garden at the rectory for a jazz concert on May 9th. As always, our team is dedicated to providing you with an engaging and fulfilling lifestyle. Stay tuned for more details.

Thank you for being a part of our community. Your presence and participation make a significant difference in creating a warm and welcoming environment for all. Let's make May a month to remember!



### **Resident Spotlight: Ms. Anderson**

Ms. Anderson grew up in Austin, Texas, with her family, consisting of her parents and two sisters. Later in life, she married her high school sweetheart, James. Together they have three sons, Walter, Mark and Kent. As a career, Ms. Anderson became a teacher. Following her master's degree, she founded a preschool that integrated children with disabilities into mainstream classrooms. She then founded a parent educational advocacy training center to work with parents and teachers closely together. The organization is still thriving. One of Ms. Anderson's notable achievements is the publication of her book titled "Negotiating the special education maze: A guide for parents and teachers." Her book sold over 100,000 copies and remains a valuable resource in education. Ms. Anderson's advice to others is to "Find your calling and stick with it!"



Aloha, Inspiritas Family! May brings a burst of joy as we celebrate the remarkable women in our lives with Mother's Day. Join us in honoring these incredible souls at our Mother's Day Brunch. This month, we will also be hosting our monthly Caregivers Connection Cafe & Book Club; please reach out to Dorcas Amponsah for more details!

This month, our Coast-to-Coast theme takes us on a sensory adventure to Hawaii, where we'll immerse ourselves in the vibrant culture. From the soothing melodies of Hawaiian music to the tantalizing flavors of island cuisine, we'll explore Hawaii's beauty through our senses. Dive into art classes, savor culinary delights, sway to traditional dance, and let the rhythm of the islands lift your spirits. Discover the warmth of Aloha in Inspiritas Memory Care. Don't forget to check our monthly programs calendar for a full lineup of exciting events. May will be a month to remember!

## Photo Corner



Happy  
Birthday

### Happy Birthday to ...

May 03 Lou S.  
May 07 Marcia B.  
May 09 Caroline A.



**LUXE UNLIMITED™**  
SALON AND SPA

### LUXE Unlimited:

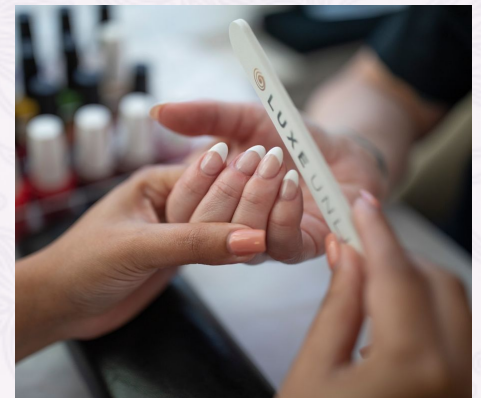
Mother's Day is a perfect time to spoil your loved ones. Check out the LUXE Unlimited special for the month of May!

#### May Manicure:

- Spa manicure to include nail trimming and shaping, soaking, cuticle maintenance with rose oil to promote healthy nails, hand massage with lavender lotion and basic polish color application.

#### Gift Certificates:

- Gift certificates are available for purchase through our website at [www.luxeunlimited.net](http://www.luxeunlimited.net). To purchase, click our "book now" button on the homepage, select your location and then choose "purchase gift card."



### RUI Fit Tip:



BY RETIREMENT UNLIMITED, INC.

Welcome to the month of May! As we continue our commitment to health and fitness, remember to join our weekly strength training and walking club on Tuesdays and Thursdays. It's a great opportunity to stay active, improve your strength, and enjoy the company of others. In addition to our regular fitness activities, we will be hosting another health snack event. This is a fun event where you have the opportunity to learn and taste nutritious snacks and discover delicious and healthy snack options. Mark your

calendar and make fitness a priority for the month of May!



### IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite outpatient therapy provider of physical, occupational and speech therapy services. We will be celebrating Speech Therapy month to recognize all our wonderful speech therapists and hosting a separate Senior Fitness!

## Elancé at Old Town Management Team



Elancé at Old Town Alexandria is one of 26 Retirement Unlimited Incorporated high-end, senior-living communities. We are proud to have served this community for over 35 years and look forward to more to come! Please be sure to follow our Facebook page for updates, current events and to see what we have been up to!

**Executive Director** - Kellie Baker  
**Director of Nursing** - Abby Poudel  
**Community Relations Director** - Jay Dawson  
**Executive Chef** - Mark Crawford  
**Life Enrichment Director** - Emily Hoovler  
**Inspiritas Coordinator** - Dorcas Amponsah  
**HR/BOM** - Kristi Bennett  
**Director of Environmental Services** - Salah Noor

Contact us at (703) 236-1226 or find us online at [elanceluxuryliving.net](http://elanceluxuryliving.net)

# "This Month In History"

## MAY

**1907:** John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

**1919:** Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

**1927:** Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

**1940:** The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

**1954:** In the Brown v. Board of Education case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

**1978:** Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

**1980:** The video game Pac-Man premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

**2004:** After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.