



# ELANCÉ

AT TUCKAHOE

567 N Parham Road • Henrico, VA 23229 • 804-554-3400

<https://www.rui.net>

**PLEASE JOIN US!**

## Cherry Blossom Festival

**THURSDAY, APRIL 11  
4:00 PM - 5:00 PM**

Indulge in the mesmerizing beauty of cherry blossoms while savoring exquisite Asian dishes, refreshing mocktails, and enchanting live music.

**Guest Fee: \$25**

**RSVP by 4/4 to 804.554.3400**



**ELANCÉ**  
AT TUCKAHOE

## April 2024

In April, the world awakens from its winter slumber, shaking off the frost and embracing the gentle warmth of the sun's rays. Nature comes alive with vibrant colors as flowers bloom and trees burst forth with new leaves. The air is filled with the sweet scent of blossoms, and the melody of birdsong fills the mornings. April showers, though sometimes inconvenient, nourish the earth and herald the arrival of May's abundant growth. It's a month of transition, where the promise of summer beckons on the horizon, and every day brings the anticipation of new beginnings. In April, we are reminded of the beauty of renewal and the endless cycle of life.

### Save the Date Live Music

Guitar Billy ..... 4/9-4/25

### Save the Date RUI- University

Josh Urban ..... 4/2

Lorie Southall ..... 4/17

Cary Blankenship ..... 4/23

### Save the Date Taste of RUI

Taste of RUI ..... 4/16

Culinary Committee ..... 4/23



## A Letter From the Executive Director



I am honored to introduce myself as the new Executive Director at Elancé at

Tuckahoe. My journey in healthcare began in 2006 as a nurse in long-term care, where I learned firsthand the importance of compassionate care and effective leadership. Over the years, I pursued higher education, earning a bachelor's degree in health care management and a master's in health care administration. All of which have equipped me with the knowledge and expertise to ensure the highest standards of care for our residents. I firmly believe in our mission of providing a lifestyle to our residents in which they have earned and deserve. As such, I am committed to fostering an environment that celebrates your individuality, promotes open communication, and prioritizes your well-being and comfort above all else.

Outside of my professional endeavors, I find solace in reading, and spending quality time with my daughter and going on cruises.

I am genuinely excited to embark on this new journey with each of you.

Michelle Dorsey, LPN, MHA,  
LNHA Executive Director



### Resident Spotlight: Mr. Jeff & Mrs. Lorna

This month we would love to spotlight two of our cherished residents, Mr. Jeff & Mrs. Lorna! These two lovebirds first crossed paths at a church camp thirty-four years ago. After a year of dating, they made the decision to tie the knot in New York. Both sharing a deep passion for education, Jeff dedicated 39 years to teaching as a college professor, while Lorna imparted knowledge as an elementary school teacher. Their joy knows no bounds when surrounded by family; they are proud parents to three sons and doting grandparents to five grandchildren. Bird watching and leisurely strolls hold a special place in their hearts. Upon stepping through the doors of Elancé at Tuckahoe, Lorna and Jeff were captivated by the charm of the facility instantly!



### Meet Your RUI FIT Coach: Logan Polk!

My name is Logan Polk. I'm from Charlotte, North Carolina. From a very young age I've always enjoyed helping others. It first started when I started volunteering at a therapeutic horse farm. From there I knew working with people and bettering their health and fitness was a passion of mine. It grew even stronger when I began working at campus recreation in undergrad personal training and teaching group fitness classes. I received my undergraduate in exercise science from Wingate University and graduate degree in exercise science from Georgia Southern University where I spent the last few years with my husband before moving to Richmond. I'm very happy to be a part of the RUI fam and am looking forward to helping improve the health, fitness and overall wellbeing of the residents! Health is wealth!







Greetings from Legacy Healthcare Services! We are

your onsite outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Technology Class for Senior Adults during the month of April. We will be celebrating Occupational Therapy Month and hosting a separate Wheelchair/Walker Cleaning Event this month. Come join us for some educational fun and help to recognize our Occupational Therapists and Occupational Therapy Assistants! We look forward to seeing you soon.



### April Birthdays!

Eugenia O.	4/2
Alice A.	4/5
Moniq R.	4/8
Tim T.	4/22



### Inspiritás: Coast to Coast

Happy April! Join us on the next leg of our annual theme, "Coast to Coast," as we dive into the enchanting landscapes of Yakushima & Okinawa, Japan. Immerse yourself in the rich tapestry of ancient Japanese cultures through purposeful engagement programming. Our exploration will awaken your

senses, from the sights of stunning coastlines to the sounds of traditional music, the textures of historic architecture, and the flavors of authentic Japanese cuisine. Let's make memories together, as we bridge the distance from coast to coast, uniting us in the spirit of discovery and cultural appreciation. Arigatou gozaimasu! Check our program calendar to learn more!



**LUXE UNLIMITED™**  
SALON AND SPA

### What is LUXE Unlimited?

LUXE Unlimited is a Signature Program of Retirement Unlimited, Inc., that provides a luxury salon and spa experience to generations of clients in an upscale and relaxing atmosphere. Services vary by location but include full-service hair salons, manicures, pedicures, rejuvenating skincare treatments, massage therapy and even lash extensions. We also have our own exclusive line of retail products, branded apparel items and gift certificates for your convenience.

**When will LUXE services be available for residents at Elancé at Tuckahoe?**

LUXE Unlimited will be launching at Elancé at Tuckahoe this spring. More information will be coming to residents and families about when and what to expect with this upcoming transition. Our team is excited to get to know you!

**Where can I learn more information?**

You can learn more information about LUXE Unlimited on our website at [www.luxeunlimited.net](http://www.luxeunlimited.net).



## Elancé at Tuckahoe Management Team



**Executive Director:** *Michelle Dorsey*  
**Assistant Director:** *Kelly Serio*  
**Director of Nursing:** *Shaneika Darrell*  
**Executive Chef:** *Octavia Farrar*  
**Environmental Services Director:** *Orlando Booth Jr.*  
**Life Enrichment Director:** *HerSean Booth*  
**Director of Community Relations:** *Christy Foussekis*

# “This Month In History”

## APRIL

**1860:** The first Pony Express rider leaves St. Joseph, Mo.

**1908:** Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

**1932:** Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient’s properties and benefits in medicine.

**1956:** Daytime soap opera “As the World Turns” premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

**1970:** Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, “Houston, we’ve had a problem.” Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

**1994:** South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country’s first Black president.

**2010:** Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

**2021:** A rare copy of “Action Comics #1,” featuring the debut of Superman, sells for a record-breaking \$3.25 million.