



6550 Yank Way  
Arvada, CO 80004



## We Love Our Moms

Springwood Campus is privileged to care for the mothers who live in our community. They are a constant source of wisdom, love and nurturing. Moms come in many forms. Whether you're a mother yourself, a stepmom or a motherly guide, we honor you. Take time to listen and share your experiences with your mom or other moms who have had a positive influence in your life. We wish all our mothers a very happy Mother's Day! In recognition of these important people, please join us for a special Mother's Day brunch May 12th.



## The Merry Month of May



Giddyup to our Cinco de Derby party on May 3rd where we'll celebrate both Cinco de Mayo and the Kentucky Derby! Will you go for a margarita or mint julep?



On May 9th, Jaimie from our Springwood dining staff will trot her horses by for a visit! Check the activities calendars for the specific time when the horses will be outside your building and ready for a pet!

We will honor all the veterans in our hearts and here at Springwood with a Memorial Day social on May 27th, complete with themed treats and live music. Don't miss it!

## Highlights

Active Minds  
Educational Presentation

Blackhawk Outing

Music Therapy with Meridith

The Curious Dragonfly  
Educational Presentation

Cooking Classes

Sip & Paint @ The Fountains

Craft Corner

Cinco de Derby Celebration

Friday Happy Hours

Rockies vs SF Giants

Mother's Day Brunch

Diana's Dog Therapy

Virtual Travel Club: Nepal

Pet Therapy :  
Jaimie's Horses

Purple Art  
Expressive Art Program

Lunch Outings +  
Picnic in Meadowlark Park

Shopping Outing to  
Olde Town Arvada

Memorial Day Remembrance

See monthly activities calendars  
for dates and times.

## Join Us!



### Love horses?

Stop by Springwood  
May 9th,  
9 to 10:40 am  
for a visit with  
Jaimie's horses!



Award-Winning Assisted Living Community!

## Like, Follow & Review Us!



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SpringwoodRetirement



Instagram.com/  
SpringwoodRetirementCampus

Instagram



# Meet Springwood



## Devin Coombe, Springwood Dietary Department

Born and raised in Colorado, Devin grew up a sports enthusiast, but hockey stole his heart. Through his love of hockey, Devin developed a strong respect for the human body and its capabilities. Devin's life goal is bettering himself and he's eager to share the wisdom he's gathered.

First, the most important element of a wellness journey is drinking enough water. We require water to optimize every single organ, and dehydration can be serious. Second, your fitness journey is just that - yours! Every day we are bombarded with claims of the best diet or workout routine. However, there is no right answer for everyone. Dancing, swimming or walking the campus is enough. You don't have to spend hours at the gym or be the best ice skater. Instead, choose to be active once a day doing something you love. If you can make that commitment, you'll be shocked how far it takes you!

Lastly, by comparing yourself to others or putting yourself down, you are robbing yourself of your own happiness. Accept that others may have better knees, more powerful shoulders or a flatter tummy. It's okay! Spend your energy becoming the best you!

Come visit Devin in the Springwood weight room or dining hall to talk about your fitness plan. He is ready to help!



## Joanne O., Springwood Cottages Resident

"Joanie" was named after her father, Joe, and her mother, Anne. Her parents immigrated to the United States from Ukraine right before the 1914 revolution. Joanie was born in Aberdeen, South Dakota, and moved throughout the Midwest. She worked as a stenographer in the personnel department for the Bureau of Indian Affairs and the Public Health Bureau specifically for Native Americans.

Joanie and her husband moved to Colorado in 1977 when she became a stay-at-home mom for 24 years. She then returned to the work force at the Arvada Center of the Arts box office. Joanie and her husband were married for 51 years before his passing.

Joanie moved to Springwood Cottages over four years ago. She loves her spacious home and socializing with other residents. She hosts bridge parties, plays bingo and attends outings with the senior club at Saint Joan of Arc, where she is the treasurer.



# Announcements

## March Walk-A-Thon Winners



Sally N.  
400,450 steps



Jaimie from Dietary  
378,220 steps



## Wine Wednesday

Enjoy a glass of wine with dinner at Springwood and at lunch for Nightingale Suites.

## Appointment Transportation

Provided by Steve  
Mondays, Tuesdays & Thursdays  
9 am to noon, 1 to 4 pm

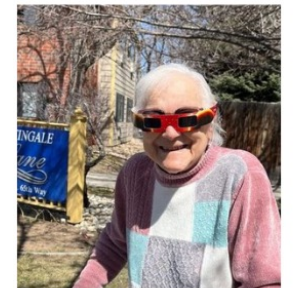
When calling the front desk to schedule your appointment, provide the name, address and phone number of your appointment.

## The Little Shop Salon

Provided by Laura Martinez  
For services and pricing, please call 303.875.4116.

## Foot Care Clinic

Provided by Colorado Visiting Nurse Association  
To make an appointment,  
please call 303.698.6420.



## Bookmobile

Books are delivered the 1st and 3rd Friday of each month by the Jefferson County Library. Please see activities staff for assistance or call 303.235.5275.

## May Birthdays

### Springwood

Lana K., 1  
Alma H., 5  
Donna H., 6  
Ruth R., 7  
Bill T., 16  
Sandra S., 23

### Nightingale Suites

Gail B., 8  
Victor Q., 8  
Mary C., 15  
Suszanne T., 26  
Iris T., 30

### Fountains

Ann T., 23  
Judy O., 29

### Nightingale Lane

Diana K., 14  
Jane V., 17

### Cottages

Carl D., 3