

Arbor Village

Arbor Village | 24121 116th Ave S.E. Kent, WA 98030 | 253-856-1600 | www.ArborVillage.us



May Word Search

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

P	S	P	I	I	G	Q	S	L	L	N	M	O	V	G	ARMED FORCES (Day)
L	R	P	J	M	I	N	S	U	R	O	Y	I	I	N	BUTTERFLY
S	E	C	R	O	F	D	E	M	R	A	X	X	C	I	CHIRPING
B	T	R	V	I	U	L	Z	Y	M	U	M	O	T	P	CINCO DE MAYO
M	F	A	F	E	N	U	F	E	A	O	A	R	O	R	EMERALD
M	L	V	F	A	U	G	D	D	W	D	R	T	R	I	FLOWERS
S	O	Q	M	E	M	O	R	I	A	L	Y	K	I	H	GEMINI
E	W	T	V	Y	C	B	N	K	A	T	N	A	A	C	KENTUCKY DERBY
S	E	D	H	N	P	G	B	F	K	H	X	G	M	I	LILY OF THE VALLEY
R	R	A	I	E	B	U	T	T	E	R	F	L	Y	N	MAY DAY
U	S	C	B	T	R	E	M	E	R	A	L	D	N	I	MEMORIAL (Day)
N	C	H	Z	O	B	S	S	G	Q	G	T	Y	Q	M	MOTHER'S (Day)
Y	B	R	E	D	Y	K	C	U	T	N	E	K	M	E	MOWING
R	R	R	R	E	X	E	N	E	L	L	O	P	Z	G	NURSES (Day)
Y	E	L	L	A	V	E	H	T	F	O	Y	L	I	L	POLLEN
															SPRING
															TAURUS
															VICTORIA (Day)

Arbor Village Leadership Team

Jennifer Shegrud

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Celebrate Good Times

Happy Birthday, Linda J!

May 1

Happy Birthday, Dianne A!

May 3

Cinco de Mayo

May 5

Happy Birthday, Sally R!

May 5

Happy Birthday, Curtis O!

May 6

Special Family Dinner

May 7

Mother's Day Brunch

May 10

Happy Mother's Day!

May 11

Happy Birthday, John F!

May 12

Happy Birthday, Terry H!

May 15

Happy Birthday, Jerry R!

May 25

Memorial Day

May 26

Happy Birthday, Carol C!

May 31

Marching into May

We celebrate the vibrant spirit of spring with a host of activities and events designed to bring joy and togetherness to our community. As the flowers bloom and the days grow longer, residents and staff alike embrace the season with enthusiasm and warmth.

This month, our calendar is filled with exciting opportunities to connect and enjoy the fresh, invigorating energy that May brings. From our festive Cinco de Mayo celebration, where we embrace the rich cultural traditions with music, dance, and delicious cuisine, to the cheerful Mother's Day brunch honoring all the wonderful moms in our community, there is something for everyone to enjoy.

In addition to these celebrations, we invite you to join us for our annual Memorial Day barbecue, an occasion to honor and remember those who have served our country with bravery and dedication. We're planning a delightful afternoon filled with mouthwatering grilled favorites, refreshing beverages, and a variety of fun activities for all. It's a perfect opportunity to relax, socialize, and soak up the beautiful late spring weather.

Our gardening club is also gearing up for a busy season, as members dig into new projects and nurture the beautiful landscapes of Arbor Village. Residents are encouraged to participate and share their green thumbs, fostering a sense of community and accomplishment.

Of course, May wouldn't be complete without a nod to our local flora and fauna. Join our nature walks that will introduce you to the vibrant wildlife and stunning plant life that make our surroundings so special. It's an opportunity to appreciate the beauty of our natural environment and learn something new along the way.

We encourage everyone to bring their families and friends to join in the festivities, as we celebrate the spirit of unity and gratitude. It is through such gatherings that Arbor Village truly comes alive, creating cherished memories and reinforcing the supportive network that defines our community.

Welcome to Arbor Village

Arbor Village is thrilled to welcome a few new members to our management team!

Chloe and Monica will collaborate closely with our current team to enhance the lives of our residents, fostering a warm and nurturing environment that truly feels like home. We are excited to have them join us and eagerly anticipate the innovative initiatives they will bring. Let's all extend a warm Arbor Village welcome and support them in their efforts to make our community an even more wonderful place to live!

Chloe Holcomb Associate Executive Director



Chloe stepped into the senior living world right after graduating from Washington State University and instantly fell in love with the meaningful relationships she builds with residents, families, and team members. She is passionate about creating a warm, supportive environment and takes pride in delivering the highest level of service. For Chloe, it's all about the stories shared and the lives touched—each day is an opportunity to make a difference in someone's life.



Monica Jaswal Lodge Wellness Director

Monica, a Licensed Practical Nurse since 2007, excels in compassion and clinical skills. Her diverse experience spans hospitals, long-term care, home health, senior living, and private care. Monica is known for her leadership, mentoring new staff and coordinating care teams to create supportive environments. She leads with empathy, clear communication, and a calm presence, ensuring patients feel safe. Passionate about enriching lives, Monica uses music, movement, and dance to engage memory care residents, believing in care rooted in heart, dignity, and joy.

Kentucky Derby Delight

Join us on Tuesday, May 6th, at 2:30 PM to make DIY Derby Horses and Hats! But that's not all—come back on Friday, May 9th, to play some Jeopardy all about Kentucky and the Derby and watch behind the scenes before the games begin! At 2:30 PM on May 9th, we will dice-race our horses while we sip on mint juleps. Once we are all done, we will place our bets and watch the race!

Don't miss out on the fun and camaraderie of these exciting events! Whether you're a seasoned Derby enthusiast or just looking to enjoy a good time with friends, these activities promise laughter, creativity, and a touch of friendly competition. Feel free to don your most extravagant Derby hat or come as you are—everyone is welcome to join in the festivities. Let's make these Derby days at Arbor Village truly memorable with smiles, cheers, and a little bit of Southern charm. See you there!



A Great May on the Great Lakes

For the week of May 12th we will begin exploring the Great Lakes! From a workout as we swim, paddle, hike, and fish to making faux beach glass, cork boats and more! Join us for 'Niagara Oh No!' and see whose barrel falls first. It promises to be an adventurous week filled with fun and creativity as we dive into the wonders of the Great Lakes. Whether you're an avid explorer or just looking to try something new, these activities are designed to engage and delight everyone. Don't miss out on the chance to craft your own little piece of lake-inspired art and enjoy the camaraderie of your fellow residents. Let's make memories that will ripple through the weeks to come, capturing the essence of the Great Lakes right here at Arbor Village. Dive in, and let's make this exploration unforgettable!



Transportation

We provide door-to-door transportation to medical appointments on Wednesdays. We travel to appointments in the Kent, Renton, and Auburn area. Please note, there is an hourly fee for residents who need escorts beyond the front doors of the destination. Please arrange the appointment ahead of time, 2 weeks' notice is requested, but more than that will increase the likelihood of availability.

Please contact Allie Jones to schedule rides.
AllieJ@CascadeLiving.com



Outings

To sign up for outings, please use the "Outing" binder located at the front desk. Please note that outings are subject to change based on resident interests, requests, and weather. Have a place to want to go? Chat with Allie and let her know!

Be sure to check the monthly calendar or daily schedule to find out the departure times for that week!

- Post Office or Bank** - Every Wednesday*
*Reserve your time slot with Allie
- Fred Meyer**- Every Tuesday & Every Friday
- Walmart**- Monday 5/5
- Dollar Tree**- Monday 5/12
- Muckleshoot Casino**- Thursday May 15, 22, 29
- Picnic at Lake Meridian**- Monday 5/16
- The Outlet Collection**- Monday 5/19
- Drive to Redondo Beach**- Wednesday 5/20

Keep The Bunnies Healthy!

Avoid feeding bunnies oyster crackers, bread, and high salt, sugar or carby foods, as these can disrupt their sensitive digestive systems. Bunnies require a diet high in fiber, primarily from hay, to maintain gut health. Inappropriate foods can cause serious issues like bloating and gastrointestinal stasis. **Instead, provide hay and fresh leafy greens to ensure their well-being.** A healthy bunny is a happy bunny, and your care significantly impacts their lives.

Join us weekly to create little bunny food bags that you are welcome to grab and feed to our furry friends at any time!



Good Friends Make Good Neighbors

We take great pride in knowing how much you are enjoying the many benefits of sharing life here at Arbor Village, and we're glad you have chosen this as your home. Now you can benefit by helping us spread the word about life at Cascade! That's right: refer a friend or family member to us and get credit toward your rent.

Here's how it works: When an Arbor Village resident or family member refers a potential new resident to one of our communities and that person moves in, the referring resident will receive a \$4,000 credit on their base rent. In order to qualify, the names of the person making the referral, and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour. After the new resident has resided at one of our communities for 90 days, the credit is given.

