



Pavilion Post

Mahalo, Bob DeMaria

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After 14 years of dedicated service to the residents, families and staff at Arleigh Burke Pavilion, Bob DeMaria, our beloved administrator, packed up his coffee cup and has left the building.

He did not go quietly—the staff went all out to make his departure a memorable one. We had a Luau in his honor, complete with hula girls.

Never the shy, demure type, Bob jumped right in and mastered a few Hula dances with style and grace.

It was standing room only for the magnificent buffet and entertainment. Naturally, Bob's dancing was the high point for the residents and staff, who gathered together

to send him off in style...and in a hammock!

The hammock, along with several other parting gifts, were presented to Bob during the celebration.

Bob has been credited with the success that Arleigh Burke is today. His legacy is a string of perfect survey scores and, more importantly, a long list of very happy and well cared-for residents. Family members, staff and residents turned out to celebrate his achievements and to wish him well with future endeavors.

Bob has left an indelible mark on all the lives he touched over the years, and he will be greatly missed. He laid the

ground work to keep this ship afloat for many years to come.

With his expert financial stewardship, vast experience and dynamic personality, we were always confident that fair winds and calm seas would prevail.

Bob will be a hard act to follow—he raised our expectations to the highest possible standards.

Mahalo, Bob DeMaria

Written By: Michelle Thompson
ADCCDP



Special points of interest:

- Summer is finally here!
- Happy Father's Day
- Visiting pets at ABP
- Strawberry Picking outing- sign up!
- Spirit Buffet Lunch Cruise—Sign Up!

Special Events : Mark your Calendars



An outing to Butler's Farm in Maryland on **Thursday, June 10th** to pick **Strawberries** and have a **picnic bag lunch**.

The bus leaves Arleigh Burke at **10:00am**

Please sign up with activities if you're interested.

Let's get cruising!!

A special Spirit Cruise outing for a buffet lunch cruise on **Thursday June 17th**.

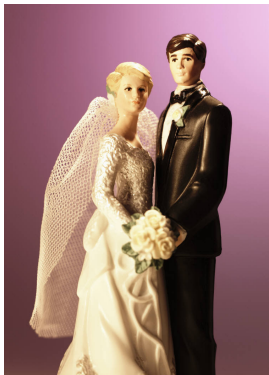
Bus leaves Arleigh Burke at **9:30am**

Please sign up early to reserve your ticket, which is non-refundable.



The Pleasure of Your Company—June

By Michelle Thompson
ADC CDP



*Wedding Cake Toppers
illicit fond memories*

In this ongoing series of articles regarding visits and engaging activities to try, June offers us a month full of exciting opportunities!

Multiple topics for reminiscing and Life review can be found this month in regard to weddings, graduations, Father’s day, and vacation planning! With school out of session, there are also opportunities to incorporate more intergenerational programming and visits with grandchildren or great grandchildren.

Many a bride was wed in the month of June in older generations. In fact summer, and June in particular, was once the most popular wedding month for brides.

Present time, the most popular months have shifted to the fall for weddings. Now September, October and November are the big wedding months, and fewer summer weddings are planned.

Using wedding pictures to create an album or review an album will bring many happy memories, topics of conversation and reminiscing during family visits. Conversation topic starters could

include discussions about specific aspects of a wedding.

Dress styles and locales for weddings have changed, as have old traditions. For example, did you wear something blue? Borrow something, put a penny in your shoe? What other traditions did you carry on when you wed?

Do you recall your wedding song? What type of wedding cake and number of tiers did you have? Did you take a honeymoon? If so, what was your honeymoon location? Do you still have your wedding dress? Was it passed on to other family members? Can you describe it?

Creating a sensory stimulation or wedding box with some simple wedding related theme items are good conversation starters. Use props (like rice, garter, pressed flowers, invitations, photos) in eliciting responses for residents who need visual cuing. Listening to the wedding march will no doubt also bring back good memories, with opportunities to share.

I recommend journaling as a way to capture these moments and memories for future preservation. Anecdotes are best written down to share with other family members, and to be kept and shared.

Next month we will explore family visits to reminisce about summer vacation memories.

Newsletter committee needs volunteers!

Opportunities to help create your newsletter:

- Editor
- Writers
- Photographers
- Columnists
- Proof readers

Please see activities to sign up as a volunteer to be part of this exciting opportunity!

Wanted for Activities

- Old China Tea cups and Saucers for Tea parties
- Coupon flyers for clipping
- “Old” mail envelopes / junk mail with stamps attached for sorting and “collecting”
- Hats for drama group
- Magazines for scrapbooking

“In fact summer, and June in particular, was once the most popular wedding month for brides”



Lovely wedding floral bouquets are a sensorial pleasure, full of fragrant memories

Reminiscing Corner— Fathers Day

Topic : Father’s Day:

Memories of our fathers....

Mr. Mitchell- “ Waking up early and going fishing. I taught my father some things, because I was the mechanic in the family. I remember my father always being supportive.....when I started dating I borrowed the car and came back late. All he

said was “ Did you get Married”?

Mr. Zanfagna- “I remember fishing with my father in the Tennessee River. He taught me how to fish.”

Mrs. Prendergast- “I remember my father always said “ Drive Carefully”, I remember us going to the Horse Races. It was very exciting.”

General Smith- “I was taught how to work hard”.

Mr. Haines- “I learned to always pay your debts”

Mrs. Long- “I remember hiking Chimney Mountain with my dad”

Mrs. Sheiman- “He always read the Sunday newspapers to me.”



“Memories are snapshots into our lives”.- Michelle Thompson ADCCDP

Recipe Club: Ice Cream Soda Day June 20th

Ice Cream Soda

- 1/4 cup milk
 - 3 tbsp Chocolate syrup
 - 1 cup or large scoop of vanilla ice cream
 - Club soda or seltzer water (chilled)
 - Whipped cream
1. For each ice cream soda, pour the milk into a tall glass (16 oz)
 2. Stir in chocolate syrup
 3. Add the ice cream and enough club soda or seltzer water to fill almost to top of glass
 4. Top with Whipped Cream, if desired
 5. Serve with a long spoon and straw

Coffee Ice Cream Soda’s

- 3 cups strong coffee chilled
- 1 tbsp sugar
- 1 cup half & half cream
- 4 scoops coffee ice cream
- 3/4 cup club soda chilled
- Whipped Cream

To make four Ice cream sodas, mix the coffee, sugar, and half & half

Fill four tall 16 oz glasses about 1/2 way with the coffee mixture

Add a scoop of ice cream to each, then fill with the club soda

Top with Whipped Cream

Strawberry Ice cream Soda

- 1/3 cup strawberry jam
- 1/3 cup crushed fresh strawberries
- 1/2 cup heavy cream
- 8 scoops strawberry ice cream
- 2 liters soda water(chilled)
- 8 oz whipped topping
- Chopped strawberries (optional)

For each ice cream soda, put a heaping tablespoon of jam and a heaping teaspoon of crushed strawberries in a tall glass. Add 2 tbsp cream and a scoop of strawberry ice cream

Fill the glass 2/3 full with soda water, then add another scoop of ice cream. Top with a dollop of whipped cream, and garnish with chopped berries, if desired.



Happy June Birthdays!
Miriam Peterson 6/03
Robert Fleming 6/30

Poetry Corner—Summer Colors



Poetry in motion—
Our residents are very
creative!

April Showers Prom-
ised us May flowers;

Mother picked pink
and white azaleas for
the house;

We gave mother pink
carnations for
Mother’s Day;

Other colors of
spring flowers

include white, yellow
and blue,

That’s when you
know Memorial day is
here!

You see lots of Red,
white and blue,

Flags and parades are
everywhere,

So are the cookouts,
fireworks, and the
pools finally open,

This is when you
know summer is
finally here.

Written By Poetry group:

General Smith, Mrs. Packard,
Mrs. Prendergast, Mr. Joe Soic

Resident’s Wedding/Marriage Memories:

“Living with someone
you love is delightful
and a wonderful way to
live”



June brings memories of
weddings.....

Mrs. Prendergast-

“My husband loved
to travel and so did
I . He spoke five
languages. We tried
to see the whole
world in our trav-
els. Living with
someone you love
is delightful and a
wonderful way to
live”

Mr. Zanfagna-

“Marriage is a won-
derful thing!”

Mr. Mitchell-

“When you got
married you had
responsibility. It
was expected, you
have a family
now”

Mrs. Meredith-

“There is a lot to
learn about mar-
riage”

Mrs. Mau-

“It was beautiful”

Mrs. .Long-

“I remember we

went Tent-
ing” (camping)

Ms. Shields-

“We traveled and
showed dogs to-
gether”

Mr. Haines-

“We traveled to
California, Alaska
and did some inter-
national travel”

Mrs. Sheiman-

“I learned that you
need to be under-
standing”

Rehab Notes: New Gym Expansion

The Rehab Department at Arleigh Burke Pavilion has settled into their new spacious expanded gym facilities .

This move was in preparation for increased resident services to be provided to Vinson Hall and Arleigh Burke residents .

The rehab department offers rehabilitation services that include Physical , Occupational, and Speech and Language Pathology.

The therapies are offered five days a week, Monday—Friday.

The new rehab gym is

located in the front of Arleigh Burke Pavilion .

Stop in and visit the new spacious gym and meet our therapists.

Learn about the many therapy services available at Arleigh Burke Pavilion.



New gym with new equipment to handle the residents' rehab needs

Spotlight on : The Book Club

Our monthly book club is having a growth spurt!

The book club's popularity has risen in recent months.

A change in location to the Café has not lessened the interest in our book club.

The book club is facilitated by our Social Worker John

Shorty, who orders and distributes condensed versions of books to interested residents. After reading the books, the residents meet to explore the books through lively conversations and in depth discussions of the plot, characters and life lessons learned.

The Book Club meets the last Thursday of the month at 3:00 p.m in the Cafe.

If you are interested in joining the group, please contact activities staff or John Shorty.

The club is open to all residents.

"The Book club meets the last Friday of the month at 3:00 p.m"
All residents are welcome to attend.

Red Hat Club Ladies at ABP

A Special Red Hat Club Outing on Friday, June 18th is planned for the Irish Inn.

Please sign up with Activities to reserve your seat.

Bus leaves Arleigh Burke at 11:30am

The newly formed chapter of the **"Arleigh Burke Red Hatters"** has been quite busy .

They decided they wanted to use their creative talents, so they made their own **'Red Hats'** decorated in purple feathers, sequins and trim.

After admiring all the handiwork at the last monthly meeting, the group decided to tackle making matching purple t-shirts to coordinate their outfits for special outings.

Stop by one of the monthly meetings to see and hear what we are up to next!



Arleigh Burke Pavilion

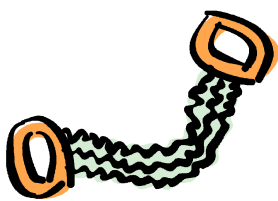
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<http://www.vinsonhall.org/>

Core Strengthening Fitness Classes are a Huge Hit!



Stay Fit & Be Well

Who would have thought that exercise could be fun? The residents who attend George's Core Strengthening exercise program can attest that it can be, and they love it!

Just observing the participants' smiling faces, hearing the positive comments, laughter and words of motivational support given by George will surely inspire you to get busy exercising!

The program has grown and the residents eagerly await each session.

What's the secret? The personalized attention and support of the dynamic leader of the class, George Lynch.

George is a Certified Personal Trainer and fitness guru. He has a degree in Kinesiology and a magnetic personality. He inspires each resident to meet their personal goals and do their personal best.

In a group setting, the class utilizes many different exercises and modalities to work on muscle strength and endurance, the building blocks of the exercise program.

The class meets Mondays, Wednesdays, and Fridays at 11:00am in the Arleigh Burke Pavilion Café.

There is a charge associated with these sessions—please contact Hassan Sesay for more information.

Stay Fit and Be Well.