



Events & Activities

Potomac Place Assisted Living * 2133 Montgomery Avenue, Woodbridge, VA 22191 * 703.494.3817

Celebrating May

*Gifts from the Garden
Month*

Older Americans Month

*May Day
May 1*

*Meditation Month and
Garden Meditation Day
May 3*

*Kentucky Derby and Preakness
May 3 and May 17*

*Cinco de Mayo
May 5*

*Mother's Day
May 11*

*International Museum Day
May 18*

*New Friends, Old Friends Week
May 18-24
(One is silver, the other gold)*

*Victoria Day
May 19*

*Memorial Day
May 26*



HEALTHY LIVING AT POTOMAC PLACE

We continue our year long Healthy Living Series with several Free Seminars this month, including Veterans Aid & Attendance Workshop, Healthy Tidbits Seminar and Heart Health Seminar. All seminars are open to the public as well as our residents. Don't Forget: May 28th is Senior Health & Fitness Day!

FUNDRAISER CONCERT

Potomac Place presents a local Charity Event benefiting the American Diabetes Association

Michael Hoover - Elvis Tribute Artist

Saturday, May 31, 2008 Event Time: 2-6pm

Michael will perform at 4pm

Event Location: Northern VA Community College, Woodbridge Campus Auditorium

15200 Neabsco Mills Road, Woodbridge, VA

Tickets: \$20 per person in advance, \$25 at door

Potomac Place Residents - HALF PRICE

Ticket price includes admission & free gift

Please write your tax deductible check to:

American Diabetes Association

Event will feature: Guest Speaker, Raffle Items,

Concert Performances, Snacks and Beverages

2:30 pm Opening Act: **Freedom High School's**

Concert Band

Please call Karen or Julie for more information or to purchase tickets.

703-494-3817

MAY 2008 RESIDENT ACTIVITIES

Activities are open to all residents.

May 1 1:30pm, Food Council Meeting in the Library.

May 1 2:30pm, Red Hat Meeting in the Library. All female residents invited. Don't forget your hat!

May 2 10:00am, First Friday Catholic service in the Library.

May 2 2:00pm, Birthday Social in the Dining Room, with entertainment by the Kena Band.

May 6 11:30am, Bus departs for lunch at McDonald's!

May 7 1:00pm, Bus departs for Field Trip to the Marine Museum. Bus will return at 4:30pm. Sign up in Activities.

May 8 1:30pm, Men's Club meets in the Library.

May 9 2:00pm, Resident Social in the Dining Room, with entertainment by the Music Makers.

May 10 2:00pm, Mother/Daughter Tea in the Dining Room. Reservations required. Sign up in Activities by May 5.

May 13 2:00pm, General Store in the Front Lobby.

May 13 2:00pm, Free Seminar - Healthy Tidbits, in the Library.

May 14 1:30pm, Bus departs for Potomac Mills Mall (shopping). Meet in the Front Lobby.

May 15 1:30pm, Resident Council in the Library.

May 16 2:00pm, Newcomer's Social in the Dining Room. Entertainment by Jake, the Magician.

May 20 11:00am, Third Tuesday Catholic service in the Library.

May 20 2:00pm, Free Seminar - Heart Health, in the Library.

May 21 2:00pm, Noah's Ark Workshop in the Activity Room. Make and dress your very own stuffed animal! Cost approximately \$15-\$20.

May 22 11:30am, Bus departs for Senior Picnic Day at Leesylvania Park. Sign up in Activities.

May 23 2:00pm, Resident Social in the Dining Room. Entertainment by Mr. Showman.

May 26 Hit the Road to Tennessee Week Begins!



May 27 2:00pm, General Store and Taste of Tennessee in the Front Lobby.

May 28 10:30pm, Chair Yoga exercise demonstration in the Dining Room. It's Senior Health & Fitness Day!

May 28 2:00pm, Travelogue of Tennessee in the Library.

May 29 11:15pm, Bus departs with the Lunch Bunch to Bob Evans. Sign up in Activities.

May 30 2:00pm, Movie & Popcorn, "G.I. Blues" starring Elvis Presley, in the Library.

May 31 3:00pm, Bus departs for NOVA Community College for Elvis Concert. Cost per person is \$10. Sign up in Activities.



MAY 2008 SPECIAL EVENTS

Tuesday, May 6, 2008

FREE Veterans Aid & Attendance Workshop, 6:00pm, Library. Join us to learn what benefits are available, who qualifies and how to apply.

Friday, May 9, 2008

Social Hour, 2:00pm, Dining Room. Enjoy tasty goodies as you chat with friends!

Saturday, May 10, 2008

Mother's Day Tea, 2:00pm, Dining Room. Join us for tea, music, friends and family! RSVP by May 5 to Barbara.

Tuesday, May 13, 2008

Free Healthy Tidbits Seminar, 2:00pm, Library. A community educator from Potomac Hospital will give you healthy tidbits of knowledge to help you with your everyday life!

Tuesday, May 20, 2008

Free Heart Health Seminar, 2:00pm, Library. Evercare Hospice will present information on keeping your heart healthy!

Friday, May 23, 2008

Social Hour, 2:00pm, dining room. Enjoy tasty goodies as you chat with friends!

May 26-30, 2008

Hit the Road to Tennessee Week!

Tuesday, May 27, 2008

Taste & Tour, 6:00pm, Activities. Join us for light hors d'oeuvres and a tour of our community!

Saturday, May 31, 2008 - 2:00-6:00pm

Fundraiser Concert Featuring Michael Hoover - Elvis Tribute Artist **See front page for more information.

PLEASE JOIN US FOR THESE UPCOMING EVENTS!

Healthy Minds Workshop

Tuesday, June 10, 2008, 2pm

Keep your mind healthy! Evercare Hospice will present mental exercises and more!



Day With Dad

Saturday, June 21, 2008, 2-6pm

Bring your dad and enjoy a great day with us! We will have many different activities all day, plus dinner!

Holidays in July Craft Show

Saturday, July 12, 2008, 10am-3pm

Join us for this fun affair at Potomac Place. Many different vendors will showcase their creativity! Food & drinks available, too.



SUMMER'S COMING

You've heard of Groundhog Day, but unless you live near Ocean City, New Jersey, you probably haven't heard of Martin Z. Mollusk Day. Martin Z. Mollusk is a hermit crab, and on the first Thursday in May, he is carried as part of a procession of characters (including Elvis impersonators) to the beach and placed on a patch of sand. If Martin peeks out of his shell and sees his shadow (and flashlights have been used to help things along), summer arrives a week early in Ocean City. In 32 years of trotting Martin Z. Mollusk onto the beach, there has been an early summer 31½ times. "One year he only saw half of his shadow," says crab-keeper Mark Soifer.



MEDICAL CORNER

Speech-language pathology is the study of disorders that affect a person's speech, language, cognition, voice disorders, swallowing disorders and the rehabilitative or corrective treatment of physical and/or cognitive deficits/disorders resulting in difficulty with communication and/or swallowing. Speech-language pathologists (SLPs) or Speech and Language Therapists (SLTs) address people's speech production, vocal production, swallowing difficulties and language needs through speech therapy in a variety of different contexts including schools, hospitals, and through private practice.

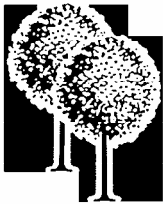
Communication includes speech (articulation, intonation, rate, and intensity), language (phonics, phonology, morphology, syntax, semantics, pragmatics), both receptive and expressive language (including reading and writing), and non-verbal communication

such as facial expression and gesture. Swallowing problems managed under speech therapy are problems in the oral, laryngeal, and/or pharyngeal stages of swallowing (not esophageal).

Depending on the nature and severity of the disorder, common treatments may range from physical strengthening exercises, instructive or repetitive practice and drilling, to the use of audio-visual aids and introduction of strategies to facilitate functional communication. Speech therapy may also include sign language and the use of picture symbols (Diehl 2003).

Speech therapists are also trained to assess, treat and manage swallowing difficulties.

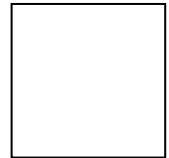
If you or your loved one may benefit from Speech services at Potomac Place, please feel free to contact Genesis Health Care at 703-490-6517.



Potomac Place



A Gracious Assisted Living Community
2133 Montgomery Avenue
Woodbridge, VA 22191



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