



**Notable Quotable**

“Life literally abounds in comedy if you just look around you.”

~ Mel Brooks

**A message from the Executive Director ...**

We, at CaraVita Village, have been known for having an upbeat and positive atmosphere that instills a fun attitude in our community, residents and employees. CaraVita Village has proven to create active, exciting and fun-filled lifestyles year after year. This happens by truly knowing our residents, their families and their interests. We celebrate senior living through our commitment to healthy minds and active bodies.

We pride ourselves in our casual approach and we are willing to make adjustments as times and needs change. Our ears are always open to our residents desires, reassuring that we honestly care about their happiness and their decision to call CaraVita Village “home!”

**Food For Thought...**

**Kentucky Derby Pie**

- 1-6 oz. Semi-Sweet Chocolate
- 1-9 inch pie crust
- 1-Stick of butter
- 2 Eggs
- ½ Cup of all-purpose flower
- 1 cup of Pecans
- 1 Cup of Sugar
- 1 tsp. of Vanilla extract

*Mix off of the above ingredients in a mixing bowl. Pour the batter in the 9 inch pie crust. Bake at 325 degrees for 1 hour.*

**A Message from the Life Enrichment Director...**

Summer time is rapidly approaching. There are many outside activities that we can begin to do such as swimming or walking. These things are great for us, but we have to remember to keep ourselves very well hydrated with this Alabama heat. Wearing a hat or Visor is a great way to avoid direct sun exposure. Always apply Sun Screen when going outside for any amount of time. When temperatures are very hot I will find plenty of “cool” activities that we can do.

Thank you all for your continued participation with in-house activities. If there is anything I can do or add to the calendar just let me know!!!

Melodie Trammell



*CaraVita Express*

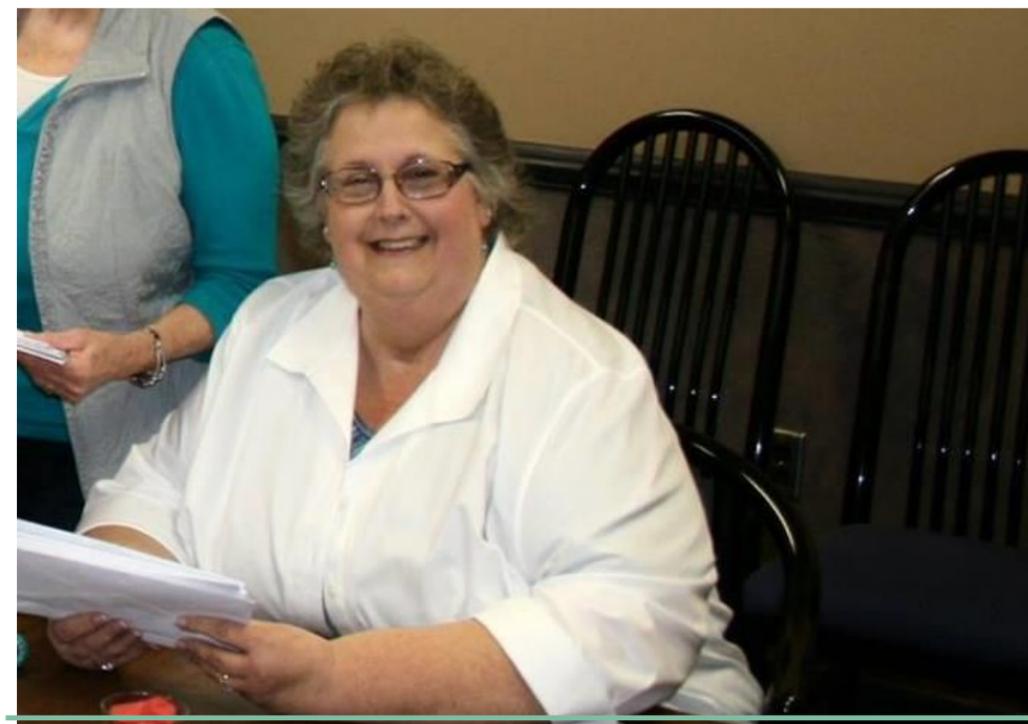
May/June 2016



CaraVita Village Senior Living Community  
4000 Fieldcrest Drive  
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**Resident of the Month**

Mrs. Pam Cory was born in Mobile, Alabama. At 3 months old she was adopted and moved to Montgomery, Alabama where she currently resides. After high school she attended Judson College for women where she received her undergraduate degree. She later went to Troy University Montgomery and received her Graduate degree. She taught kindergarten for many years. Her biggest accomplishment up until now is making a difference and a positive impact on people lives. In her free time, she enjoys listening to Big Band and Classical music, reading, swimming and playing cards. For the summer, her plans are to either go to the beach or catch up on some Alabama Crimson Tide Football. Her fun, caring and energetic personality keeps her continuously connected with her long term friends and family.



Celebrating May

Family Month

Arthritis Awareness Month

Personal History Month

Global Love Day  
May 1

Intergalactic Star Wars Day  
May 4

Dandelion Days  
May 6-8

Mother's Day  
May 8

International Nurses Day  
May 12

New Friends, Old Friends Week  
May 15-21

Tap Dance Day  
May 25

Memorial Day  
May 30

Celebrating June

Great Outdoors Month

Rose Month

Women's Golf Month

Say Something Nice Day  
June 1

Corn on the Cobb Day  
June 11

Men's Health Week  
June 12-19

## A Word from the Front Desk...



*The word narcissist means someone who is self-involved, vain and selfish.*

The Front Desk Concierge service is available to residents 24 hours a day. These Services include, but are not limited to, making maintenance request, organizing your transportation needs to the doctors office, grocery store, bank, etc.

We are also able to assist you when you have issues with your cellphone, look up numbers or even send a fax. Anything that we are able to help you with we will try our best to do it.

For your safety, security is here every night walking the premises. Never hesitate to call if you need them.

Cecilia, Tony, Tori, Jamie, Dee, William Jr. and Leslie.

## Nuts and Bolts...

*(A Message from Maintenance)*



*Adults need play just as much as children do.*

The Pool is Officially Open!!!!!! Again, please tie all trash bags before dumping them in the shoots. Double bag all animal litter. Unsecured bags cause extra hours of work for maintenance and it is very unpleasant to clean up. We all have to play our part in keeping the community clean. By doing these things it will allow us to render our services more promptly and/ or get to you sooner. Thank you in advance for all that you continue to do.

Mike & Randy

## Resident Birthdays

### May Birthdays....

Quinton Ross, 5/1  
George Curry, 5/1  
Robert Perry, 5/6  
Delores Daniels, 5/11  
Lois Payne, 5/13  
Carol Jeffcoat, 5/20  
Lizzie Walker, 5/22

### June Birthdays...

Virginia Childs, 6/8  
Doris Norris, 6/10  
Vincent Thacker, 6/14  
Henry Pearson, 6/15  
Bill Barrett, 6/17  
Bonnie Atchley, 6/23  
Willie Scott, 6/24  
Ella Barbour, 6/30



## A Message from Outside the Gates...



*Romans would play "ship or head" to decide matters small and large.*

The summer months are always so busy with various activities and events going on in both the CVV Community as well as our surrounding community. This season is the best time to combine the two, giving everyone a time to meet and greet, enjoy fellowship together and, of course, show off our place! I'll be out and about

working to make these fun opportunities happen. To you, our CVV family, enjoy the season, enjoy meeting new folks and most of all...enjoy your life at CaraVita Village!

Here's to YOU!

Liz

## A word from Sales and Marketing...

I just want to put out a reminder that if you refer someone to the CaraVita Village Community, and they move in...you will receive \$500 off your rent for one month. Be sure to share with friends and family the many amenities and services that we provide. There is a reason we were voted "Best in Senior Living" two years in a row – we love our residents!! My door is always open, so don't hesitate to reach out if I can ever be of any assistance.

Jodi



*Men doing "Stupid guy things" are trying to make women laugh.*

## Household Tips... (A message from housekeeping)

Remember to always tie your trash. Please do not sit trash outside of your apartment. Please mark all items sent to the laundry with your last name or your apartment number included. Clean floors are the basis for a clean house.

Think about it: if your floors are dirty and dusty, and your family is walking all over the house, stirring it up and breathing it in - it's not very healthy - especially if there is a person in the house that suffers from allergies.