

Culpepper Place of Jonesboro

A Premier Senior Address

The Culpepper Gazette

May 2011

Resident of the Month



Ruth Rose

Ruth Rose

*What's in a name? that which we call a rose
By any other name would smell as sweet;
William Shakespeare*

Ruth (Swihart) Rose was born July 11th, 1918 to Merrill Lester Swihart and Mable (Brown) Swihart in Leachville, Arkansas. Ruth is the youngest of four children, one brother, Johnnie, and two sisters, Lila and Ruby.

Ruth grew up on a farm where her father Merrill Swihart was referred to by many different names; 'The Sweet Potato King', The Watermelon King', "The Peach King", and "The Pecan King". Many of us have at one time or another tasted a Swihart Peach.

(I know on many occasions my family and I have gone to the Swihart Orchards to pick peaches, and once you have tasted a Swihart Peach there is nothing to compare), in my opinion at least).

Ruth and her family with their busy lives managed to take a family vacation every year. Ruth remembers going to the World's Fair twice while growing up.



Top Left: Patricia, Ralph, Ruth and David Rose.

Top Right: Ruth, Mable, Johnnie, Lila and Ruby Swihart.

Bottom Left: Ralph, Patricia, June and Ruth Rose.

Ruth went to school in Leachville and graduated from Leachville High School. In 1936 she married Ralph Rose. They have four children, June, David, Patricia, and Terry. The family continued to farm cotton until they made the decision that their daughter June's health was most important. June had severe Asthma and Emphysema. When June was 11 years old they sold everything they had and moved to Arizona. They then opened and ran a service station for 10 years before moving back to Leachville. June's health returned to normal due to the dry climate where she still lives today.

After returning to Leachville and farming, Ruth continued to do what she loved most, growing flowers, canning and making her famous pecan brittle. She is probably best known for her pecan pies, pecan brittle and her flowers. She competed in several area fairs where she always took home First Place. Ralph passed away in 1999 after 63 years of marriage. Ruth moved here to Culpepper Place in May of 2009 and I must say "BINGO" has never been the same.



Letter From the Health & Wellness Director

*Shelly Hampton, LPN
Director of Health and Wellness*

Geriatric Exercise for Patients in Wheelchairs Part 1 of a 4 part series

Exercise is important for all ages and fitness levels, including the elderly wheelchair-bound population. Geriatric exercises for patients in wheelchairs can help increase flexibility and joint lubrication, strengthen muscles, and stabilize the spine, according to the Sit and Be Fit website. Check with your physician prior to starting new exercises to be sure specific exercises are appropriate for your individual condition.

Back Stretch

You can improve your spine stability by doing alternating arm stretches, according to the Sit and Be Fit website. Begin by lifting your left arm over your head and reaching toward the sky. Stretch your fingers. Simultaneously lower your right arm toward the floor. Stretch your left fingers. Hold this stretch for eight seconds. Slowly return your arms to the original position. Relax for 10 seconds. Repeat the exercise by lifting your right arm and lowering your left arm.

Employee Spotlight Diana Ball



Please congratulate Diana on being the Employee of the Month for May. Diana has worked for Culpepper Place for a year and a half as a cook in the kitchen. She lives in Brookland, is married to Al Ball and has two children Amy and Sarah.

Good job Diana!

Maintenance Matters By Ronnie Tacker

Thank you to all the wonderful people who made it possible for me to bring the highest level of safety and service to all our residents and staff, here at Culpepper Place of Jonesboro, I am truly honored to be able to make a difference in the lives of all our amazing residents. Please share your suggestions, concerns or any maintenance issues promptly to maintenance of any Culpepper staff member.

Thank You



Your birthday is a special time to celebrate the gift of "You" to the World.

*Iva Shaw 5/7
Laverne Foster 5/12
Robert Huckaby 5/16
Regenia Camp 5/16
Ray Weitkamp 5/19
Bertha Wiley 5/21
Dell Stark 5/28*



Activity Corner

*By Shanon Johnson
Activity Director*

As an Activity Director, setting an example is very important to me. It means listening to the residents about the things you like and don't like about our program and being willing to make the necessary changes to make it a better program. It also means giving you the quality of life by recognizing your pasts and celebrating your lives today. I know together we can make each and everyday count with activities and social events that will promote quality of life and happiness. Here are some of our upcoming events for the month of May.

- Ice Cream Trip and Van Ride through Craighead Forrest. 5/4*
 - Mother's Day. 5/8*
- Nettleton Middle School Pen Pals Visit. 5/11*
 - National Pickle Week. 5/23-27*



Humor

Submitted by Colene Pugh

A silver haired lady called her neighbor and said, "Please come over and help me. I have a killer jigsaw puzzle I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it is finished?" The little silver haired lady says, "According to the picture on the box, it's a rooster." Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster. He takes her by the hand and says, "Secondly, I want you to relax, let's have a cup of tea, and then he says with a deep sigh....Let's put all the corn flakes back in the box."



Letter from The Director

*Tim Johnson
Community Director*

Greetings to You All..

I couldn't help but to be amazed once again as over the last few weeks I've watched the grass the trees and flowers that have been laying dormant from a long cold winter begin to come to life. It truly is a wonderful time of year, perhaps my very favorite. Our lives are in many ways comparable to the seasons. Spring is representative of birth and new beginnings, Summer brings the fullness of our lives, Fall represents the evening or latter part of our lives, and Winter brings the completion or conclusion of the seasons.

James 4:14 tells us, Whereas you know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.

Much like the seasons, life comes and goes. Charles Dickens wrote a poem, "Things that Never Die" and I would like to share it with you for your enjoyment. It is true we only have one life, but our spirit will live eternally as will the spirit in which we lived our lives...these things will never die. God Bless each and everyone of you.



Things That Never Die

By Charles Dickens

*The pure, the bright, the beautiful
that stirred our hearts in youth,
The impulses to wordless prayer,
The streams of love and truth,
The longing after something lost,
The spirit's longing cry,
The striving after better hopes-
-These things can never die*

*The timid hand stretched forth to aid
A brother in his need;
A kindly word in grief's dark hour
that proves a friend indeed;
The plea for mercy softly breathed,
When justice threatens high,
The sorrow of a contrite heart-
-These things shall never die.*

*Let nothing pass, for every hand
Must find some work to do,
Lose not a chance to waken love
-Be firm and just and true.
So shall a light that cannot fade
Beam on thee from on high,
And angel voices say to thee-
"These things shall never die."*

