

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.





April will be a busy month for us, with 4 move-ins already scheduled, and several other prospects in the works. Along with the increase in census, we are ensuring that our staffing levels remain optimal. Thank you to all that came out for the family council meeting in March. We have had a consistent turnout every month.

You may have noticed that my Friday update emails have been inconsistent over the past few weeks. Starting this week, I will be sending updates to families again on a bi-weekly basis instead, to make sure you are getting the latest information, and not repetitive emails.

Our next family council meeting will occur on Thursday April 10th at 5:30

Practice the Big Three for Stress

1. Eating a diet full of fresh, whole foods helps the body combat stress naturally. It is also wise to avoid stimulants like caffeine, alcohol, and nicotine, that can amplify stress, interfere with sleep, and worsen the effects stress has on the body.

Getting the recommended amount of exercise lowers blood pressure and provides a healthy outlet to relieve stress. Aim for 30 minutes of moderate activity, five days a week.

 Not getting a proper amount of sleep makes it difficult to deal with stressful situations and can increase anxiety and depression. To establish a healthy sleeping routine, make sure to turn off electronics 30 minutes prior to going to bed. Reading and meditating will signal your mind to relax and prepare for a restful night's sleep.

Community Life

- April is upon us and we are looking forward to nicer weather ahead, where we can get outside and enjoy the fresh air and sunshine. If you would like to go on either of our outings this month, sign up on the sign up sheets located on the counter by the activity tables.
- Family members are always welcome to join.
- We have some great entertainment scheduled for April.
 We are also welcoming back Holly the alpaca and her handler Karin. Again, family and friends are always welcome and encouraged to join your loved one for music and entertainment.
- We have created a little library between rooms 101 and 102. Feel free to grab a book or a puzzle, sit and relax, work on a puzzle, and enjoy our new space.
- I love suggestions and new ideas. There are suggestion boxes in the community. One by the bulletin board near the front entrance, and one by the activity tables. I welcome all your input.
- Our chef chat with chef Emily is on Friday April 25th at 2:00. It's a great opportunity to discuss the menu, and let the chefs know what you like or don't care for on the menu.
- Our next Spark challenge is starting up in mid April. We are moving on to the forklift racing league. Wish us luck as we compete in our new challenge.
- Happy April everyone!
- Mindy La Clair community life director

Entertainment

- Rockin' with Tony performing in memory care. April 8th & April 22nd
- All music performances start at 2:30.

Holly the Alpaca - Wednesday April 23rd 2:00 in A.L. 2:30 in M.C.

Midweek Matinees

The Wizard of Oz Wednesday April 2nd at 2:00

Willy Wonka & the Chocolate Factory Wednesday April 30th at 2:00

- Performing in the A.L. dining room
- Friday April 4th Phil Kitze
- Friday April 11th Dale Martell
- Friday April 18th Jenni Thyng

Outings

 Wednesday April 9th -Hobby Lobby at 2:30

Thursday April 17th - Como Conservatory at 1:30

Resident Council

Thursday April3rd at 2:00

Family Council

Thursday April 10th at 5:30

How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

А	E	D	F
L	Y	Е	S
0	N	G	٧
В	Т	D	S

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24





Fun Facts for April

*The April gemstone is the diamond

*The April flower is the Sweet Pea

*The name "April" is thought to come from the Latin word "aperire" which means "to open" signifying the beginning of Spring

*The arrival of the Cuckoo bird signifies that Spring is here – the bird will sing from approximately April 14th – April 24th every year

*The first Sunday of April was formerly known as "Daffodil Sunday" because in Victorian times, people would pick daffodils from their gardens to take to the sick in hospitals

*Famous fairy tale author Hans Christian Anderson was born on April 2nd

*Queen Elizabeth II was born on April 21st



Spring Cleaning Tips: Declutter Your Space and Mind

Let's be honest—no one really wakes up thinking, "Today is the perfect day for cleaning!" But spring has sprung, and like it or not, it's officially time to tackle those dust bunnies and clutter piles that multiplied mysteriously over winter. Don't worry; we've got tips to make spring cleaning a breeze—well, almost!

Start Small, Think Big!

Don't tackle the whole home at once, or you might find yourself taking a "cleaning nap" after 10 minutes! Begin with one drawer, shelf, or corner at a time. It's amazing how quickly small wins add up.

One-Year Rule

If you haven't used or worn something in a year, maybe it's time to let it go. And no, staring longingly at that sweater from 1985 won't suddenly make shoulder pads come back in style!

Buddy System

Cleaning is always easier (and funnier) with a friend. Invite a neighbor, turn up some tunes, and laugh your way through the process.

Who knew sweeping could double as a dance move?

Donate, Don't Hesitate!

Your gently-used items could make someone else's day. Set aside clothing, books, or household goods for donation. Giving back feels great and reduces clutter at the same time.

The Magic of Music

Create an upbeat playlist of your favorite songs. Music can turn drudgery into a dance party—even vacuuming feels less like a chore when you're singing along!

Reward Yourself

After you've accomplished a cleaning goal, reward yourself with something enjoyable—a cup of tea, a favorite snack, or perhaps a short break in your newly tidied-up space.
You've earned it!

Remember, spring cleaning isn't just about tidying your physical space—it's about refreshing your mental space, too. A cleaner, organized environment can lead to a clearer, happier mind. So, grab that feather duster (or leaf blower—we won't judge), and get cleaning! Who knows, you might actually enjoy yourself this year!