April 2022

A Reminder From Nursing
It’s SPRING! Daylight Saving, longer days and warm, warm, warm!! Everyone is a bit manic to get back into cleaning, planting, exercise and the outdoors!

Michael Smolensky, PhD, professor at the University of Texas-Houston School of Public Health cautions – TAKE IT SLOW.

"...if you’ve been a couch potato all winter,” take it easy and don’t over-do it. A lot of heart attacks happen in the springtime. “It’s real important that people realize they are vulnerable -- especially the more mature person with compromised cardiovascular or lung function.” Source WEB MD

The 1950's Relived Throughout the Month of April
As we work our way through the decades each month, we all learn more about each other and the way it “once was” in the world. The stories, the experiences and the connections throughout have made this series on our Leisure & Enrichment Calendars one that continues to bring much joy to our Residents & Staff. If you have not joined in one of the Thursday “Coffee & Conversation, Do you Recall?” events, please mark your calendar & be a part. Thank You to Allan Thomson, Joy Thomson’s son, for sharing such fascinating memorabilia from the 1940’s during our March focus. Just having those talking points from that era sparked afternoons of conversation. If you have anything that you would like to share with us as we continue this series, please feel free; we would love to bring back as many memories as we can find.

Prepare for Spring Weather
The arrival of spring means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly. Also be sure to wear secure footwear and to grab an umbrella before leaving on outings.