



**Warm
Villa
Welcomes...
The Keystone
Villa at
Douglassville
welcomes
our new
residents:**

Virginia P.
Sandra M.
Eleanor V.
Larry T.



SPRING CAME

Spring arrived in our town today.
She dressed our trees in her own gentle way.

Tiny leaves of softest green.
Buds of pink and white can also be seen.

The crocus are blooming, the tulips are trying.
The daffodils, touched by the morning dew, seem to be crying.

The birds are busy in the trees.
They are building nests for their new families.

Walk to the park at this beautiful time.
Watch the rabbits hopping, and the squirrels scampering looking for
something to climb.

Feel the warm sun shining down from the sky.
Find a soft patch of new grass on which to lie.

Look up at the blue, and fluffy clouds of white.
Name their shapes. It is a wonderful sight.

Move on now because there is much to see.
Spring is as short as it can be.

Dorothy C. G.



REMINDER

When signing up for
an outing, please be
mindful of your
schedule. Last minute
cancellations for
outings potentially
creates problems with
our driving schedule
and issues with
staffing.

Thank you!



Suz's Blog will return in our next issue.



Don't Forget to check out our new Heart Healthy Menu options. There is a Heart Healthy Meal choice now available on the menu at each mealtime. Also, there are additional Heart Healthy foods that can be ordered from the kitchen during any meal.

We have also added more exercise classes to our calendar to help meet the different needs, interests and abilities of our residents.

Please join us on our journey to better health. Our next Heart Healthy meeting will be held on Thursday, 4/19 at 2:30pm in the Dining Room. We hope to see you there.



Fly Eagles Fly...



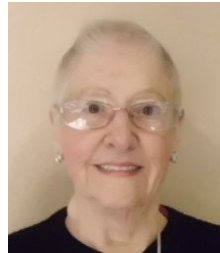
In loving memory...



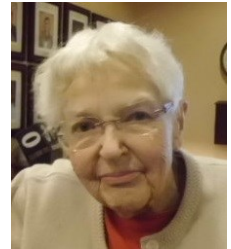
No matter how life changes,
No matter what we do,
A special place within our hearts,
Is always kept for you.



Gerald F.



Joline D.



Ethel D.



Mary N.



Lucille M.



Glennis F.



Louise G.

A Memorial Service will be held on Friday, April 27th at 2:30pm in the Community Room.

Health Tips for Seniors:

Keep active. Do something to keep fit each day, something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

Eat well. Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise.

Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water. Water is calorie free!

(information found on www.parentgiving.com)

We Need You!!!

We are looking for news from you to be included in future Villa Voices. Perhaps you have a special "happening" in your family you would like to share with everyone. Maybe you enjoy writing poems, jokes or have a special thank you for someone, please let us know. Submit your entries to Donna, Alicia or the front desk. Be sure to label it "Villa Voices."

Thank you!

I'm just sayin'...

ODE TO OUR SAVING GRACES

Enough can't be said in praise of our angelic servers!!!!
Beyond memorizing our respective names, they've become familiar with our idiosyncrasies/fetishes. (After all, our preferences were a long time in development!!)

One might expect these yearlings (servers) to be intimidated by such seasoned veterans (residents), yet they continue to appease us, if not by offering an alternative selection, they're also serving as supreme LISTENERS ---a major undertaking!!

Hats (or spatulas) off to VILLA's intrepid servers with ample gratitude!!!

L.S.H.

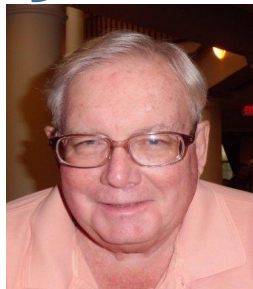
Laugh Out Loud...

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."



Thank you, Gene!



A special thank you to Gene H. for his hard work and dedication with our Villa gift shop. Gene has volunteered for about 5 years as the shop's manager. He spends time purchasing the items for sale as well as keeping inventory, stocking the shelves, and spending time as one of the store's salespersons. Gene currently has three residents helping him with the store, including Dottie G., Beverly E., and Anita O.

Thank you Gene for your continued support in making the gift shop so successful.

"The Legend of the Dogwood"

According to legend, the dogwood tree used to grow so tall and straight that its wood was used to make the cross of Christ. Out of pity for the Lord's suffering, the dogwood shrank, becoming slender and twisted. Its branches drooped with sadness. The dogwood would never again be used to make a cross. Instead, its blossoms would repeat the story of Jesus' death. The four white petals of each blossom form a cross, and at the outer edge of each petal are rusty brown nail prints stained red as with blood. In the center, tiny florets form a crown of thorns. The bent but lovely dogwood blooms each year at Easter time to remind the world of the story of the crucifixion and that out of suffering comes the promise of new life.