



## LETTER FROM THE ADMINISTRATOR

**April Showers bring May Flowers!!** I think we need a few showers now, as Winter was wet, but this Spring is dry already. And Easter being on April Fool's Day this year just does not seem right. I hope the Easter Bunny brought you some good chocolate stuff and you bit the head and ears right off of that chocolate bunny. That is some good eating right there!!

This April will be a special one for me. My daughter and son-in-law are having my second Grandson on April 17. Another little boy, and this Grandpa is very excited. I have managed to spoil the first one pretty good, and hope to do the same to this one as well. My first Grandson,

Daniel, is already 2 and a half years old, and growing like a bad weed. It is so much fun to have him around and play with him. I would love to know what he is thinking at times, and what all goes thru that little mind of his. He is such a delight to have around, and I just love spoiling him. I will have lots of pictures to share in a few weeks.

With the official start of Spring just a week ago, on March 20, the April flowers are sure out and blooming full. This is my favorite time of the year as I mentioned in last month's newsletter. I have always been amazed with nature, the plants and trees, and how they know when to put the blooms and leaves back on after a cold, hard

Winter. It is a wonder how each plant knows just what to do and at just what time of the year. Enjoy this beauty while it lasts, as before too long, it will be too hot to go outside. We just have to get through this pollen time of the year as well.

Enjoy this April the transition into summertime. Eat all of your Easter candy, play a few April Fool's jokes on someone, and get outside while the weather is still nice. Just take your allergy medicine beforehand.

*Kevin W. Garriga*  
**ADMINISTRATOR**

*SOUTHERN KNIGHTS*  
SENIOR LIVING COMMUNITY



## Reduce Your Environmental Footprint

There are many projects we can do to reduce our environmental footprint and help in the rehabilitation of the earth. Here are some tips you can easily do everyday to care for our environment.

**Reduce** – Conserving our natural resources can be done everyday. If we don't start conserving our resources soon, we may face greater problems in the future.

- **Electricity.** You can conserve electricity by turning off appliances and lights that are not in use.
- **Water.** Shorten the length of your showers and turn it off while soaping. Turn off the sink faucet while lathering your hands or brushing your teeth.

**Reuse** – Before throwing away items, think of the other things you can do with your things. Make sure that something really has no use for you anymore before you decide to throw them away. Packages, plastic containers, bottles and boxes can be cleaned and used to store things that you don't use all the time.

**Recycle** – The easiest thing to recycle is paper. Before discarding a paper, make sure that you've used both sides of it.

Reducing your environmental footprints will help alleviate the problem global warming. Remember that change starts from small acts. The small acts you do today can have big effects tomorrow.



## Featured Resident: Evelyn B.

**Evelyn B** is a Texas born native! She was raised in Garwood Texas but she did not stay there for long. She met and married her husband Howard. He was a successful Lab Tech but Evelyn knew he wanted to be a Doctor. She went to work at the railroad as a ticket puncher so Howard could go to school. He was career Navy and at one point he was a Flight Surgeon on the Roosevelt. Thanks to Evelyn's support they traveled all over the United States to different Navy Posts and spent 3 years in Taiwan. Evelyn and her husband had four children, three boys and one girl.



**Evelyn is a big participant in our activities and games and we are very happy she is here!**

## HIGHLIGHTS FROM OUR LUAU





# Activities and Shenanigans



## FOR THE UPCOMING MONTH...



**Getting Crafty in April!** First, we are creating this masterpiece for the Activity Room! Next, we will work on housing homeless birds!

## Using Leftover Eggs from Easter

Leftover eggs can be used in a number of ways. Take your culinary skills and go from there.

**Hard Boiled Eggs** – Shell the egg and eat it. Nothing like a good boiled egg with a little pepper on it.

**Egg Salad** – Just add some mustard, mayonnaise and some dill and you have a wonderful sandwich spread.

**Deviled Eggs** – Shell the eggs, take out the yolks and mix with some mustard powder, mayonnaise, and salt and pepper. Take the mixture and spoon back into one half of an egg white. Sprinkle some paprika decoratively on top. You can also change the filling and use avocado or seafood.

**Salads** – Shell the eggs and dice up both yellow and white parts to make a nice garnish.

**Potato Salad** – This will use up more eggs than are left. Mix in some potatoes, mustard, relish, and onion for a great treat.

**Chip Dip** – Cream leftover eggs, about 7-8, with cream cheese in a blender. Add onions, salsa, or chives for a great tasting dip.

**Hot Pickled Eggs** – Use the liquid from jar of jalapeños or other peppers. Place the eggs in the juice and let set for a week.

**Asparagus** – This tasty vegetable is sometimes served with butter and diced egg.

**Casseroles** – Mix eggs with mashed potatoes, cheese, butter and chives. Also, take some chicken, water chestnuts, and bamboo shoots and add in a few eggs. Both will give you a scrumptious easy-to-make dinner.

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## APRIL – WORD SEARCH

Z	W	I	K	I	N	D	N	E	S	S	T	D	M	B
B	G	J	I	U	Q	B	D	W	H	T	E	A	E	V
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O	U	A	A	O	Z	P	S	Q	P	E	V	L	I	A
L	S	R	R	C	V	E	Y	R	P	S	I	Y	N	W
U	S	T	K	C	I	G	J	R	I	S	R	A	V	H
N	P	H	I	U	O	G	G	E	N	I	O	C	G	Y
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Q	X	V	S	O	I	R	K	E	M	J	T	T	T	S
O	E	V	K	N	S	C	X	I	L	N	T	I	U	T
M	J	E	U	A	M	B	Y	R	D	J	A	E	D	E
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DAILY ACTIVITIES

EARTH

EASTER

EGGS

ENVIRONMENT

GRATITUDE

HAPPINESS

KINDNESS

OCCUPATIONAL

OPTIMISM

PARKINSONS

RECYCLE

SPRING

STRESS

VOLUNTEER