



LETTER FROM THE ADMINISTRATOR

Words cannot express the level of gratitude and pride I have felt this past month! On February 26th we had a change in administration, and I stepped in as Interim Administrator. I was overwhelmed by resident family members, residents and team members that continued to push for me to pursue the position full time! Jill Tucker, Regional Director for Ridgeline management called me on Friday, March 22nd and informed me that they had accepted me for the permanent role of administrator! I cried and could not wait to tell the team and my extended family (residents and family) the good news!

Moving forward my number one agenda, at this moment, is dietary

and ensuring that we are providing quality food 7 days a week! Please know that your concerns do not fall on deaf ears and we are creating, training and are actively addressing short comings.

I also wanted to remind you of our Friends and Neighbors referral program! We have availability in assisted living and memory care. Send a friend and you will receive a nice rebate!

Our Activities Coordinator, Alicia, and Cherrell, Memory Care Coordinator, are working together scheduling resident outings. Watch Channel 5 for updates or see the bulletin boards for flyers and sign up forms!

Happy Easter,
Dee Owens

Activity Highlights

Our Town Hall meetings have kicked off to a GREAT start! If you have not made it to hear the concerns and follow up plans discussed at our Town Hall meetings I invite you now to join us! It is the perfect platform for established residents and new to become neighbors, discuss current topics, and learn about the plan to correct older concerns! We will be meeting each month in the assisted living library. It is my goal to have one per community! At our last assisted living meeting we had 21 residents! Now on April 3rd we will have independent living and then memory care on April 17th.

SOUTHERN KNIGHTS
SENIOR LIVING COMMUNITY



HAPPY BIRTHDAY!

Evelyn P. 4/18

Lois S. 4/25

WELCOME

Welcome To The Family!
Please Introduce Yourself To
These Great New Residents
And Welcome Them To
Southern Knights: Mr and
Mrs Holter, Ms Stone and
Mr Sisk. We look forward to
getting to know you!

Spring-Cleaning

Are you using extension cords or
power supply surge protectors
that have more than one device
plugged into them? Please
help us in our Spring-Cleaning
effort and remove these from
your residence. These items are
strictly prohibited by our local
Fire Marshal.





Volunteering for a Charity

If you want to help a charity and interested in doing something more than making a financial donation, why not consider volunteering?

When choosing a charity, there are a few basic factors to consider. The charity you choose to volunteer for will determine which activities you will do. Think about what you can offer the charity. Reflect on what skills you possess and how they could be of benefit to the charity group. For instance, if you are especially good at administration, your organizational skills could greatly benefit the charity. Think about what you do well and offer to do it for the charity.

Consider which activities you would enjoy volunteering your time. Volunteering in a charity is not just about what you are good at; charity work is also about what your passion is. For instance, if you enjoy art but haven't had the chance to work at it as much as you would like, then combining this with charity

work in a volunteering capacity could be a good idea.

Another factor when volunteering for a charity is to decide how much time you have to donate. Think about how many hours each day you could give to volunteering to a charity. You may only be able to visit the charity in the evenings or on weekends, but you need to be aware of how much time you can give to the charity before you volunteer. That way you can be upfront about your availability and you can discuss your level of involvement with charity's volunteer coordinator.

Volunteering for charity work should be beneficial to both the volunteer and the charity. You should find satisfaction as well as gaining insight into the charity you are working for. **Volunteering with a charity is a great way to meet new friends, enjoy new projects, and find new skills while helping others at the same time.**

Stress Management Tips

Everyone needs successful stress management techniques. Try any of these easy-to-learn and easy-to-implement tips:

Copy good stress managers.

Have you noticed there are some people who always appear calm in stressful situations? What are they doing differently? What language do they use? Try to sit down with them for a chat. Learn from the best stress managers and copy what they do.

Stress is contagious.

Protect yourself from stress by recognizing stress in others and limiting your contact with them.

Use deep breathing. You can trick your body into relaxing by using deep breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11.

Stop stress thought-trains.

It is possible to tangle yourself up in a stress knot all by yourself. "If this happens, then that might happen and then we're all up the creek!" Most of these things never happen, so why waste all that energy worrying needlessly? Give stress thought-trains the red light and stop them in their tracks.

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SENIOR LIVING COMMUNITY

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ACTIVITIES COORDINATOR

Alicia Alexander



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APRIL – WORD SEARCH

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

BACON
BLANKET
DOUGH
EARTH
EASTER

EGGS
HAIKU
JOKES
PIGS
POEM

RECYCLE
STRESS
SYLLABLES
THERAPY
VOLUNTEER