

Mulberry Gardens

GRACIOUS RETIREMENT & ASSISTED LIVING

395 South Main Street • Munroe Falls, Ohio 44262 • Phone (330) 634-9919 • www.seniorlivinginstyle.com
Facility License Number 2405R

APRIL 2019

MULBERRY GARDENS STAFF

Administrator MICHAEL SHACKELFORD
Assistant Administrator..... TIFFANY QUERRY
Director of Health Services..... SHARON LANN
Assistant Director
of Health Services SARAH GRAY
Resident Services
Coordinator AMBER HINDELANG
Executive ChefSERINA CLEAVENGER
Activity CoordinatorGLORIA CHURNEY

Mardi Gras Fun at Mulberry Gardens

Our residents had a blast celebrating Mardi Gras with glittery masks, great tasting food, and fabulous music. We had a wonderful time making our own Mardi Gras masks out of sparkly sequins and fluffy feathers, and we had fun testing our knowledge with some Fat Tuesday Trivia. Donned in our best beads, we enjoyed a wonderful musical performance by the dynamic duo, Steppin Out! Just like they do down in New Orleans, we let the good times roll!



Ready for Mardi Gras



Beautiful mask, Marge!



Happy Mardi
Gras, Wynne!



Steppin' Out performs

HAWTHORN
SENIOR LIVING



Mulberry Gardens' Easter Special Event

All Families and Friends Are Invited!

Please join us for our Easter Special Event on Thursday, April 18th, at 7 p.m.

7 p.m., Easter Egg Hunt for the kids

7:15 p.m., Delicious Buffet

7:30 p.m., Visit by the Easter Bunny

We are kindly requesting candy donations for the egg hunt. Please drop off two bags of wrapped candy for the Easter eggs. A collection basket will be in the Activities Department. Thank you for your support!

Hope to see you there!



Agape Salon at Your Service!

Beauty Boutique

We have added some items for sale in the Beauty Salon.

Handmade soaps and sanitizers by PeggySue. All natural ingredients. Honey from their hives and flowers from her gardens: \$3-\$5.

Microwaveable soup bowl hot bowl pads: \$5 each or 3 for \$12. All monies for these items are donated to Heart 4 the City to finance their food pantry.

Wheelchair purse bags: \$18. All monies go to the women's shelter at Haven of Rest. Look for more items as we find things the residents can benefit from.

Boutique is open during Salon Hours.

Tuesday: 9:30 a.m.-noon

Wednesday:

9 a.m.-noon

Thursday: 9 a.m.-

4 p.m., closed

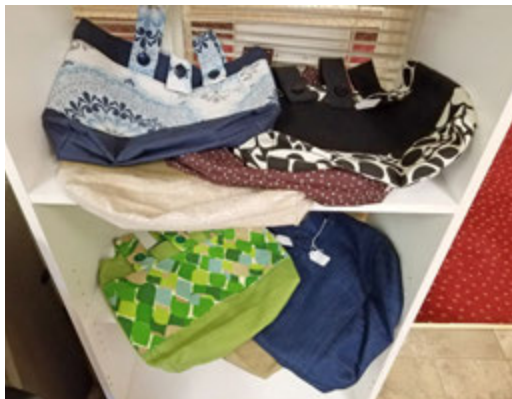
during lunch

Friday: 9-10 a.m.

Stop by and browse!



Handmade soaps and sanitizers



Walker bags



Microwave bowl holders



Looking Forward to Spring!

We made it!

March was in like a lion and out like a lamb. We are safely through the winter snow and looking forward to the nicer weather – sitting outside, blooming



flowers and working in the garden. We started our herbs inside this year. We planted parsley, sage, cilantro and oregano. Once sprouted and to a transferable size, we will move them outside to our garden. We will be adding additional vegetable plants to finish off our 2019 garden. The herbs and vegetables we grow in our garden will be used by our awesome Culinary staff for meal preparation. It doesn't get any fresher than that! Stop by the Activities Department to check the growth of our herbs and sign up for our Gardening Club!

Yoga on Wednesdays

We will be featuring a new exercise on Wednesdays. Each Wednesday, we will be practicing yoga. Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. All of our yoga exercises will be done seated. Stop by activities on Wednesday mornings at 11:30 a.m. and try our Yoga class!



Healthy Hints:

Understanding Cholesterol

Check out this month's Health Presentation "Dining As We Age" on Thursday April 25th at 10:30 a.m. in the Activity room. Learn valuable tips to help you make healthy decisions in nutrition.

The presentation will also cover how choices affect your health. The following is some preliminary information on cholesterol.

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels.

Amount Per Serving	
Amount Per Serving	
Amount Per Serving	
Calories 200	Calories from Fat 15
Total Fat 17g	% Daily Value*
Saturated Fat 2.5g	26%
Trans Fat 0g	
Cholesterol 0mg	13%
Sodium 120mg	
Total Carbohydrate	
Dietary Fiber	

APRIL 2019

Birthdays












Eva Santa, 7th
 Susie Wellspring, 8th
 Emilie Keith, 9th
 Michael Shackelford, 11th (Employee)
 Loretta Panno, 13th
 Melissa Cash, 20th (Employee)
 V. Jean Klug, 22nd
 Helen Johnson, 25th
 Heather Timms, 25th (Employee)
 Ryan Moeller, 28th (Employee)
 Pamela McDonald, 28th (Employee)

Locations

Activity Room, AR
 Dining Room, DR
 Library, LB
 Mulberry Room, MR
 Wellness Center, WC

“A sense of humor is a major defense against minor troubles.”

—Mignon McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	All Activities Cancelled: April Fools! 10:30 News & Views, AR 11:30 Senior Fitness, AR 2:30 Lutheran Worship, DR 3:30 Triominoes and Dominoes, AR 6:45 Resident Card Night, AR	10:30 Chit Chat with Kath, AR 2:30 Bingo, AR 3:45 Clean Categories Challenge, AR	10:00 St. Eugene's Catholic Service, MR 10:30 News & Views, AR 11:00 Lunch at Beer & Belly Grille 11:30 Senior Fitness, AR 2:00 Reading Residents to Echo Hills Elementary 2:30 The Hebb's Gospel Music, DR 3:45 Table Top Tennis, AR 6:45 Resident Game Night, AR	10:15 Oceans of Lotions, AR 10:30 News & Views, AR 11:30 Move It with Melinda, AR 2:30 Steve Moticak on the Guitar, DR 3:45 A Mazing Mazes!, AR	10:15 Fun Facts & Trivia, AR 10:30 Coffee Chat, AR 11:30 Yoga, AR 2:30 Bingo, AR 3:45 Left, Right, Center!, AR	10:15 Name That Tune!, AR 10:30 Mulberry Bowling 11:30 Stretch and Flex, AR 2:30 Beach Ball Bonanza, AR 3:45 Hedbanz!, AR
7 10:30 Art with Ellie, AR 11:30 Senior Aerobics, AR 2:30 Church Services with Adam, AR 3:45 April IQ Quiz, AR 	8 10:30 News & Views, AR 11:30 Senior Fitness, AR 2:00 Bible Study Group Meeting, MR 2:30 Mulberry Movie and Popcorn, AR 6:45 Resident Card Night, AR 	9 10:30 Chit Chat with Kath!, AR 11:30 Ballo Flex Exercise with Jani Ott, AR 2:30 Bingo, AR 3:45 Kitchen Tour with Chef Serina 	10 10:00 St. Eugene's Catholic Service, MR 10:30 News & Views, AR 11:30 Senior Fitness, AR 2:30 Flyswatter Volleyball, AR 3:45 Playing Pictionary, AR 6:45 Resident Game Night, AR	11 10:15 Oceans of Lotions, AR 10:30 News & Views, AR 11:30 Move It with Melinda, AR 2:30 Greg Piscura Entertains, DR 3:45 Word Search and Beyond, AR 	12 10:15 Fun Facts & Trivia, AR 10:30 Coffee Chat, AR 11:30 Yoga, AR 2:30 Bingo, AR 3:45 Balloon Table Tennis, AR	13 10:15 Name That Tune!, AR 10:30 Baking with Friends, AR 11:30 Stretch and Flex, AR 2:30 Beach Ball Bonanza 3:45 Joggin Your Noggin: Picture Games, AR 
PALM SUNDAY 14 10:30 Art with Ellie, AR 11:30 Senior Aerobics, AR 2:30 Worship Services, AR 3:45 Let's Play Scattergories, AR	15 10:30 News & Views, AR 11:30 Senior Fitness, AR 2:30 Ice Cream Sundae Social: Trivia & Prizes!, AR 4:00 Faith Santa on the Piano, DR 6:45 Resident Card Night, AR	16 10:30 Chit Chat with Kath, AR 11:30 Go Chicken Fat Go, AR 2:30 Bingo, AR 3:45 Silly Jokes!, AR	17 10:00 St. Eugene's Catholic Service, MR 10:30 News & Views, AR 10:45 Lunch at Cheesecake Factory 11:30 Senior Fitness, AR 2:15 Shopping at Marc's 2:30 Beach Ball Bonanza, AR 3:45 Trivia Time: Test Your Knowledge!, AR 6:45 Resident Game Night, AR	18 10:15 Oceans of Lotions, AR 10:30 News & Views, AR 11:30 Move It with Melinda, AR 2:30 Bonnie Baughman Sings, DR 7:00 Easter Special Event: Egg Hunt & Chef's Buffet, DR	19 GOOD FRIDAY PASSOVER BEGINS AT SUNSET 10:15 Fun Facts & Trivia, AR 10:30 Coffee Chat, AR 11:30 Yoga, AR 2:30 Bingo, AR 3:45 Senior Singalong, AR	20 10:15 Name That Tune!, AR 10:30 Bean Bag Baseball, AR 11:30 Stretch and Flex, AR 2:30 Kim Gallagher on the Piano, DR 3:45 Coloring Easter Eggs, AR 
EASTER 21 10:30 Art with Ellie, AR 11:30 Senior Aerobics, AR 2:30 Church Services with Adam, AR 3:45 Concentration Connection, AR	22 EARTH DAY 10:30 News & Views, AR 11:30 Senior Fitness, AR 2:30 Lutheran Worship, DR 3:15 Dominoes & Triominoes, AR 4:00 Furry Friend Visit with Stella, AR 6:45 Resident Card Night, AR 	23 10:30 Chit Chat with Kath!, AR 11:30 Ballo Flex Exercise with Jani Ott, AR 2:30 Bingo, AR 3:45 Chef Chat with Serina, AR	24 10:00 St. Eugene's Catholic Service, MR 10:30 News & Views, AR 11:00 Day Trip to Crawford Auto Museum 11:30 Senior Fitness, AR 2:30 Duane Carlson on the Piano & Resident Bday Party, DR 3:45 Left, Right, Center!, AR 6:45 Resident Game Night, AR	25 10:30 Health Presentation: Dining As We Age, AR 2:30 Piano Paul, DR 3:45 Wacky Words Puzzles, AR 	26 10:15 Fun Facts & Trivia, AR 10:30 Coffee Chat, AR 11:30 Yoga, AR 2:30 Bingo, AR 3:45 New Resident Party, AR	27 10:15 Name That Tune!, AR 10:30 Making Coffee Filter Flowers, AR 11:30 Stretch and Flex, AR 2:30 Beach Ball Bonanza 3:45 Joggin Your Noggin: Words Games, AR
28 10:30 Art with Ellie, AR 11:30 Senior Aerobics, AR 2:30 Worship Services, AR 3:45 Jenga Competition, AR 	29 10:30 News & Views, AR 11:30 Senior Fitness, AR 2:30 Puzzle Palooza, AR 3:30 Piano Tunes From Paul Barto, AR 6:45 Resident Card Night, AR	30 10:30 Chit Chat with Kath, AR 11:30 Go Chicken Fat Go, AR 2:30 Bingo, AR 3:45 Resident Council, MR				



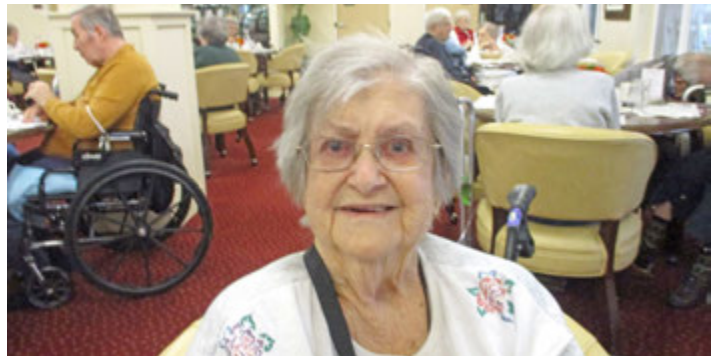
Welcome New Residents



Bill and Bobby



Carole



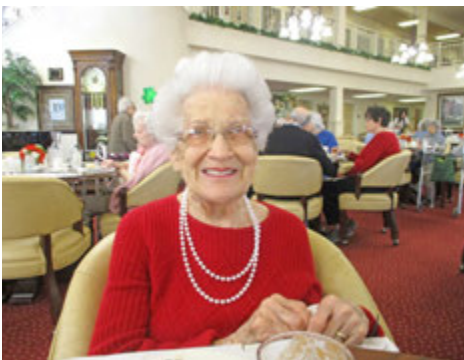
Marie



Jean



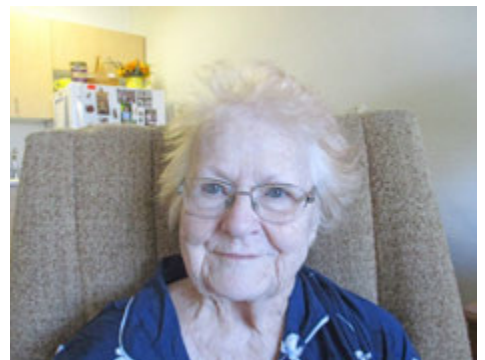
Douglas



Alberta



Eva



Patricia



Mulberry Gardens' Famous Drive-In Movie Night

Spring is in the air when it's Drive-In Movie Night at Mulberry Gardens! A huge 16x14 blow-up movie screen was brought in and set up in our very own Dining Room. Each Dining Room table was transformed into a mini convertible car and the residents donned fun diner hats that threw it back to the '50s. Our personal "carhop" staff delivered hot dogs, hamburgers, french fries, old-fashioned bottles of root beer, and an ice cream novelty to each movie goer. While munching on our dinners, we all enjoyed the musical "Chicago." The night was filled with memories, movies and Mulberry Gardens fun!



The gang's all here!



Looks delicious!



Cheers John!



Looking good!



Movie time!



George and Katie are ready!

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395 South Main Street
Munroe Falls, Ohio 44262



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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