



LETTER FROM THE ADMINISTRATOR



So by the time you read this I hope you were able to play a joke on someone for April Fool's Day. The challenge is to carry out a joke that is

believable, if only for a little while. Many of you will be celebrating Easter on the 21st this month. The meaning of Easter is the resurrection of Jesus Christ from the dead. The Lenten season leading up to Easter Sunday is a time of fasting, sacrifice and prayer. It is the Christian way of replicating in a small way what Christ sacrificed for us, both in his fasting and his final death on the

Cross. The word "Easter" comes for the Saxon pagan festival, honoring the goddess "Eastre" (also called Oestre). The goddess Eastre's symbol is the rabbit.

On April 22, we will be celebrating Earth Day. Earth Day is now a global

event each year, and we believe that more than 1 billion people in 192 countries now take part in what is the largest civic-focused day of action in the world. It is a day of political action and civic participation. People march, sign petitions, meets with their elected officials, plant trees, clean up their towns and roads. Corporations and governments use it to make pledges and announce sustainability measures. Faith leaders, including Pope Francis, connect Earth Day with protecting God's greatest creations, humans, biodiversity and the planet that we all live on.

Now that it is getting nicer outside we would like to do more outings on the bus with all of you. Please be a part of our monthly activity meeting to voice your thoughts on where to go for lunch club and on the outings. Why don't you make one change and try something

different, you may just have fun. We would love for everyone to enjoy the trips.

Mary Rush

ADMINISTRATOR

Special Events

Join us for our 3:00 **Happy Hour** every Thursday!

We are expecting to celebrate a few Fun Holidays such as "**Easter**" (of course), "**National Red Hat Day**", "**National Karaoke Week**" and "**International Pie Day**".

We would love to have you join us for the entertainment, fun and the delicious food.



Happy Birthday

RESIDENT BIRTHDAYS

Evelyn M.	4/13
Valerie C.	4/18
Lilly G.	4/24
Marilyn B.	4/25
Patricia H.	4/26

STAFF BIRTHDAYS

Caitlyn H.	4/4
Nicole V.	4/27
Mary R.	4/30

WELCOME NEW MEMBERS

Lucinda D.	Jane D.
Lois K.	William K.
Steve O.	Gilletta P.
Virginia P.	Bessie P.



Enjoying the entertainment



Putting the Spotlight on Our Featured Resident: John S.

John was born on 1930 in Bronx NY. He was in the Navy on the Pacific for 4-years and out of the Navy he worked around the country. He spent a lot of time in Southern California

then finally settled down and retired from Hughes Corporation in the 1990's where he lived in Tucson until 2014. He enjoys music, (when he was able – liked to dance) he enjoys painting and drawing. He moved to Henderson in 2014 and the rest is history! He is very happy living at Lakeview Terrace. We truly enjoy having John here at Lakeview Terrace; he has a great sense of humor and so kind to everyone.

Dietary Notes

Happy Spring everyone, this month is the start of our "Super food of the Month" and our first Super food is Spinach! Spinach is high in iron, fatty acids and is a great source of B6 and B-1. Spinach helps digestion, lowers blood pressure, and helps fight infection.

Positive Quote: "Once you replace negative thoughts with positive ones, you'll start having positive results."

St. Patrick's Celebrations



St. Patty's Cookie Decorating Party!!



Activities Update – As you are probably aware by now Jason has taken over as our Activity Director. He really enjoys helping out with our events and is always involved making sure that things are in place. He can't wait to get everyone excited for our morning exercise. Look forward to many changes on the daily calendar so you don't miss out on anything. Please be sure to check the binder up front to sign up for all activities on the bus. We look forward to having some fun with all of you. Jason will be making daily announcements for the day's events and the following day which will help you remember what you want to participate in.



Dorothy's favorite Phoebe!

◀ **Michael's Paws arrived to entertain a few of our residents**

MARKETING CORNER

Welcome Spring! Spring is a time for renewal. A time when we look past the cold days of winter to the new growth that comes with spring. I would like to encourage everyone to please take a moment and think of all of your friends and family. Do you know anyone that needs assistance? Are they tired of cooking? Would they benefit from having well balanced meals prepared for them? Do you know someone that has already experienced a fall? Maybe a friend that would benefit from having assistance 24 hours a day 7 days a week?

Please see Sherry or Mary if you know of someone that may need our assistance, would be happy to help. Happy Spring Everyone!!!



Evelyn was excited to see three puppies!



Employee of the Month

It was with much enthusiasm to announce Ryan has our employee of the month. Ryan is compassionate by nature and always positive about things. He has a pleasant demeanor that is balanced perfectly by his sense of dedication to his job. He is an extremely knowledgeable caregiver who has been able to offer each of our residents the very best in care. Ryan goes above and beyond for each of our residents and we are pleased to have him as a part of our care staff.



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Your Team

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Jason Hollida

MAINTENANCE DIRECTOR
Shawn Turner

ACTIVITY DIRECTOR
Jason Hollida



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HEALTH SERVICES - HYPERTENSION

Hypertension, commonly known in layman's terms as high blood pressure, is a serious disease if left untreated. Nearly 3 out of every 10 people in the United States suffer from hypertension. The simplest way to describe hypertension is your blood is causing undue pressure against the arterial walls.

As we reach middle age or older, our arteries often tend to become hardened or even clogged with plaque, causing them to become narrow. Left untreated, hypertension can lead to a heart attack or stroke. If your heart is particularly strong and pumps a lot of blood and your arteries are narrow, your blood pressure rises. Fortunately, hypertension is easily controlled with medication, weight loss and dietary changes. There are several different classes of medications including diuretics, angio-tension receptor blockers, calcium channel blockers, alpha blockers and several others. Your doctor will advise you of treatment options and in most cases, your blood pressure will be back under control.