

# AMBER PARK

## ASSISTED LIVING COMMUNITY

401 Hill Road North • Pickerington, Ohio 43147 • Phone (614) 834-3113 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### MARCH 2020

#### AMBER PARK STAFF

Administrator..... KELLI LOVE  
Assistant Administrator..... MALCOM CAMPBELL  
Director of Health Services.....ZACK BROWN  
Resident Services Coordinator.....IVA WOODRUFF  
Executive Chef..... BARBARA DUNN  
Activity Coordinator.....RAVON PIERCE  
Administrative Assistant.....NIKKI CAI

#### MEAL TIMES

**8 a.m.:** Breakfast

**12:30 p.m.:** Dinner

**5:30 p.m.:** Supper

#### PARK MART STORE HOURS

**Friday:** 4-5 p.m.

#### TRANSPORTATION

**Monday-Wednesday, 9 a.m.-5 p.m.:**  
Doctor Appointments

**Sunday, 9 a.m.:** Epiphany Lutheran  
and Seton Catholic Church

**HAWTHORN**  
SENIOR LIVING

### Hawthorn Cook-off Competition

The Culinary Department participated and traveled to Dayton, Ohio, for competition with other Chefs within the company in the surrounding area. You will see the wonderful pictures of the food that was prepared by Executive Chef Barb and Sous Chef Erica. The trophy didn't come back to Amber Park, but on behalf of the staff and residents of Amber Park, we want to thank you and say job well done! You both are number one in our eyes.



*Plating of the  
food by Chef Barb*



*The station at the cook-off*

### Spring Forward

The time is moving pretty fast and I know we would like for it to slow down. March 8th, 2020, is coming soon — time to move our clocks. Spring forward one hour. Soon the flowers will bloom and it will be time to start our gardens.



## New Administrator

Kelli Love started at Amber Park as the Assistant Administrator in August 2019, and was promoted to Administrator in January 2020. Kelli graduated from Miami University in 2013 with a bachelor's degree in Gerontology. Kelli has worked in long-term care for over six years. She has two dogs that are like children to her. Sadie Mae is a three-year-old Yellow Lab and Mollie Jo is a two-year-old Golden Retriever. Kelli enjoys bringing her dogs to work from time to time to visit with the residents. They've both gone through training to become therapy dogs, but haven't yet taken the next step to become therapy dog certified. In her spare time, when she's not playing with her dogs, Kelli enjoys being around her family. Kelli has an 11-year-old nephew, Carter, who is an all-around athlete and excels in football, baseball, basketball and softball. Kelli has a 10-year-old niece, Emma, who is free-spirited and enjoys playing basketball, softball and cheerleading. Kelli's youngest niece, Gabbie, is six years old and loves to dance and put a smile on everyone's face. Kelli is excited to be in her new role here at Amber Park. Please join us in welcoming Kelli as our new Administrator.

## New Administrator Assistant

The staff and residents welcome Malcolm Campbell to the team here at Amber Park. Malcolm comes with plenty of experience working in long-term care. Malcolm has a twin brother, but Malcolm would like it noted that he is the oldest of the two. Malcolm is two minutes older than his brother. Malcolm has a son (Karter Jamal Campbell) who is five years old. Malcolm stated that Karter is his world and his best friend. He received his undergraduate degree from Muskingum University, where he played football. Malcolm enjoys watching sports, working out and spending time with college buddies. Malcolm is a mother's boy, and loves his grandmother, even though his father taught him sports. Malcolm was born in Michigan, where his father played for Michigan State. Malcolm is not a Buckeye fan. I (Ravon) explained to Malcolm that this is Buckeye Nation. The staff and some residents would like me to give you this message: O.H.I.O.! We're looking forward to football season.

Malcolm looks forward to working with all.

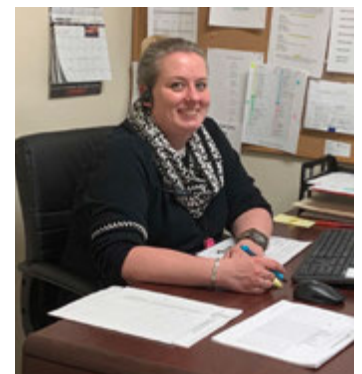


## The New Resident Service Coordinator

Iva is excited to join the team here at Amber Park. Nursing is her life and giving quality of life is her highest priority.

On Iva's first day on the job, she was running all over the place like she had been working at Amber Park for years.

On behalf of the staff and residents here at Amber Park, we want to welcome you to the team.





## Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.

## Global Ways To Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

**Hygge:** This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create hygge in your daily routine.

**Lagom:** Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing lagom.

**Wabi-sabi:** The ancient Japanese concept of wabi-sabi celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws.

**Gezellig:** At the heart of Dutch culture, gezellig can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered gezellig — even something unpleasant, such as waiting in a long line — if you're with a friend.

## Welcome to Green Month

March is officially green month! What is green month, you may ask? Well, green month is exactly as it sounds. It is a month to celebrate all things green! From the color itself, to learning more about what going green means to our planet, being green or new at something, to even celebrating the most green-filled day of the year, St. Patrick's Day! The activities will be centered around the color green. Residents and family, please come join us for the things that are being scheduled, from crafting and planting to dancing, laughing, learning and creating new things.

## Daily Chronicle

Here are just a few things that are daily trivia facts that we will be learning during the month of March.

- Pumice is the only rock that floats in the water, although it will slowly get waterlogged and sink.
- On March 1st, 1881, in Regina, Nicholas Davin published the first issue of the Leader. The newspaper continues today as the Leader-Post.
- Happy Birthday on March 1st to Frederic Chopin (1810-1849). He was one of the most influential composers and pianists of the Romantic Era.
- On March 1st, 1942, The Canadian Women's Army Corps was officially integrated with the Army and placed under military law. Its officers had the same rank and wore the same badges as their male counterparts.

The Daily Chronicle will be read daily in the Activity Room.

There will also be a Quote of the Day posted on the board outside the Activity Room.

| SUNDAY   |  | MONDAY   |  | TUESDAY  |  | WEDNESDAY   |  | THURSDAY   |  | FRIDAY   |  | SATURDAY   |  |
|--|--|--|--|--|--|---|--|--|--|--|--|--|--|
| 1  |  | 2  |  | 3  |  | 4   |  | 5  |  | 6  |  | 7  |  |
| 9:00 Epiphany Lutheran & Seton Catholic, OOB<br><b>10:30 Reynoldsburg Methodist Church, CH</b><br>2:00 Snack Bingo, AR<br><b>3:00 Doug Boker, DR</b><br><b>3:00 Movies, AR</b><br>3:30 Sewing with Jeanne, AR<br>3:30 Nail Spa, AR |  | 11:00 Green House Crafts, AR<br><b>3:00 Movies, AR</b><br>6:45 Cards and Fun, AR<br><b>6:45 Magician Show, DR</b>                          |  | 11:00 Cooking Greens, AR<br>2:00 Candy Bar Bingo, AR, AR<br><b>3:00 Movies, AR</b><br>7:00 Pastor Doug, DR   |  | 11:30 Library, AR<br>1:45 Bible Study, CH<br><b>3:00 Movies, AR</b><br>6:45 Cards and Fun, AR   |  | 10:00 Shopping Trip/ Bank Run, OOB<br>2:30 Tea and Discussion with Chef Barb, AR<br><b>3:00 Movies, AR</b><br>6:45 Making Blankets for the Needy, AR |  | 10:00 Fitness Workout, AR<br>11:00 Decorating for St. Patrick’s Day, AR<br>2:00 Central Ohio, DR<br><b>3:00 Movies, AR</b> |  | 10:00 Mary Kay, Come Relax and Get Made Up, AR<br>2:00 Rummy/Euchre<br><b>3:00 Movies, AR</b><br>6:30 Game and Card Night, AR          |  |
| DAYLIGHT SAVING TIME BEGINS 8  |  | 9  |  | 10   |  | 11  |  | 12   |  | 13   |  | 14   |  |
| 9:00 Epiphany Lutheran & Seton Catholic, OOB<br>2:00 Snack Bingo, AR<br><b>3:00 Movies, AR</b><br>3:30 Sewing with Jeanne, AR<br>3:30 Nail Spa, AR   |  | 11:00 Green House Crafts, AR<br><b>3:00 Movies, AR</b><br>4:00 Wade Jones, Playing an Instrument and Singing, DR<br>6:45 Cards and Fun, AR |  | 10:00 Fitness Workout with Jennifer<br>11:00 Cooking Greens, AR<br>2:00 Candy Bar Bingo, AR, AR<br><b>3:00 Movies, AR</b><br>7:00 Pastor Doug, DR  |  | 11:30 Brain Games, AR<br>11:30 Library, AR<br>1:45 Bible Study, CH<br><b>3:00 Movies, AR</b><br>6:45 Cards and Fun, AR  |  | 10:00 Fitness Workout<br>10:30 Brain Games<br>11:00 Making Carnation with Green Color, AR<br><b>3:00 Movies, AR</b>                                  |  | 10:00 Fitness Workout, AR<br>10:30 Brain Games, AR<br>11:00 Decorating for St. Patrick’s Day, AR<br><b>3:00 Movies, AR</b> |  | 11:30 Brain Games, AR<br>2:00 Rummy/Euchre<br>2:00 Make Irish Nachos, AR<br><b>3:00 Movies, AR</b><br>6:30 Game and Card Night, AR     |  |
| 15   |  | 16   |  | ST. PATRICK’S DAY 17   |  | 18  |  | FIRST DAY OF SPRING 19   |  | 20   |  | 21   |  |
| 9:00 Epiphany Lutheran & Seton Catholic, OOB<br>2:00 Snack Bingo, AR<br><b>3:00 Movies, AR</b><br>3:30 Sewing with Jeanne, AR<br>3:30 Nail Spa, AR<br>6:45 Mike Singing, DR  |  | 11:00 Green House Crafts, AR<br>1:00 Scavenger Hunt, DR<br><b>3:00 Movies, AR</b><br>6:45 Cards and Fun, AR                                |  | 11:00 <b>Pickerington Senior Center Potluck, OOB</b><br>11:00 Cooking Greens, AR<br>2:00 Candy Bar Bingo, AR, AR<br><b>3:00 Movies, AR</b><br>3:00 St. Patrick’s Day Party, AR<br>7:00 Pastor Doug, DR |  | 11:30 Brain Games, AR<br>1:45 Bible Study, CH<br>2:00 Fair Hope Celebrate Life, AR<br>2:00 St. Patrick’s Trivia, AR<br><b>3:00 Movies, AR</b><br>3:30 Birthday/Welcome Party with Fair Hope, AR<br>6:45 Cards and Fun, AR |  | 10:00 Shopping Trip/ Bank Run, OOB<br>10:00 Residents Get Weights Done All Day, AR<br>2:00 Leprechaun Project, AR<br><b>3:00 Movies, AR</b>          |  | 10:30 Brain Games, AR<br>11:00 Decorating for St. Patrick’s Day, AR<br>2:00 Central Ohio, DR<br><b>3:00 Movies, AR</b>     |  | 11:30 Brain Games, AR<br>1:30 Richard Wiener Singer, DR<br>2:00 Rummy/Euchre<br><b>3:00 Movies, AR</b><br>6:30 Game and Card Night, AR |  |
| 22   |  | 23   |  | 24   |  | 25  |  | 26   |  | 27   |  | 28   |  |
| 9:00 Epiphany Lutheran & Seton Catholic, OOB<br>2:00 Snack Bingo, AR<br><b>3:00 Movies, AR</b><br>3:30 Sewing with Jeanne, AR<br>3:30 Nail Spa, AR   |  | 11:00 Green House Crafts, AR<br><b>3:00 Movies, AR</b><br>6:30 Pet Pals, AR<br>6:45 Cards and Fun, AR                                      |  | 11:00 Cooking Greens, AR<br>2:00 Candy Bar Bingo, AR, AR<br><b>3:00 Movies, AR</b><br>7:00 Pastor Doug, DR   |  | 11:30 Brain Games, AR<br>11:30 Library, AR<br>1:45 Bible Study, CH<br>2:00 Greg Di, DR<br><b>3:00 Movies, AR</b><br>6:45 Cards and Fun, AR<br>7:30 Merry Christmas, AR  |  | 10:00 Fitness Workout, AR<br><b>3:00 Movies, AR</b><br>6:45 Young Chef Academy, OOB  |  | 10:30 Brain Games, AR<br>12:00 Young Chef Academy, OOB<br><b>3:00 Movies, AR</b><br>6:45 Black Hat Harmony, DR             |  | 11:30 Brain Games, AR<br>2:00 Rummy/Euchre<br><b>3:00 Movies, AR</b><br>6:30 Game and Card Night, AR                                   |  |
| 29   |  | 30   |  | 31   |  |   |  |  |  |  |  |  |  |
| 9:00 Epiphany Lutheran & Seton Catholic, OOB<br>2:00 Snack Bingo, AR<br><b>3:00 Movies, AR</b><br>3:30 Sewing with Jeanne, AR<br>3:30 Nail Spa, AR   |  | 10:00 Fitness Workout, AR<br>11:00 Green House Crafts, AR<br><b>3:00 Movies, AR</b><br>6:45 Cards and Fun, AR                              |  | 11:00 Cooking Greens, AR<br>2:00 Candy Bar Bingo, AR, AR<br><b>3:00 Movies, AR</b><br>7:00 New Year’s Eve Party, DR<br>7:00 Pastor Doug, DR  |  |   |  |  |  |  |  |  |  |

MARCH 2020

Birthdays

Margie Craner, 7th  
Marjorie Bush, 31st

Locations

Activity Room, AR  
Back Patio, BP  
Chapel, CH  
Dining Room, DR  
Fireplace, FPL  
Front Porch, FP  
Library, LB  
Out of Building, OOB  
Windsor Room, WR

Interested in volunteering at Amber Park? Contact Ravon Pierce, our Activities Coordinator, today at 614-834-3113.

“Great art picks up where nature ends.”  
—Marc Chagall



## Project Completed by George, Marie and Nikki and Others on Our Travels

The residents enjoyed their experience traveling to Morocco, Egypt and Tanzania, from the food to the brain games, arts and crafts and even entertainment.

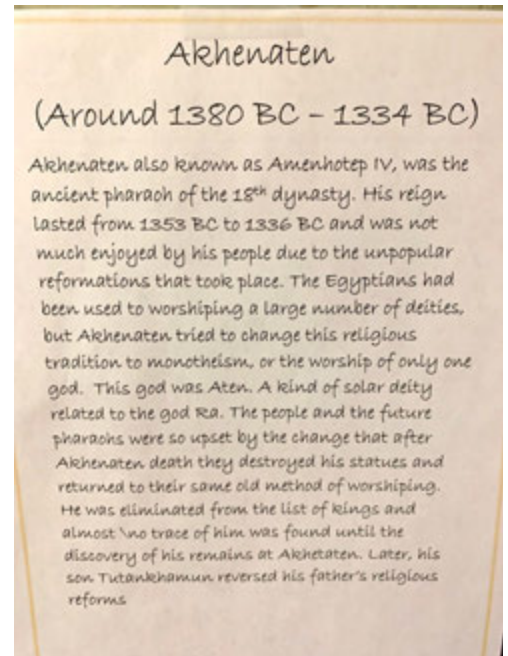
I want to thank the staff, residents and families for such an amazing time.

To the crew on the Culinary team, Chef Barb, Sous Chef Erica and the cook, Niki Dunn, job well done to each of you. All the meals for our vacation were outstanding. Thanks!

We are looking forward to next year.



*Image of Egypt*



*Facts that Beverly, the RA, shared with Amber Park and the Residents. Team C and D hallways.*



*Group project that was being done while in Egypt*



*Jim can't wait to dive into that pig in the blanket while in Egypt.*



## Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm. The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.



## St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.



# AMBER PARK

ASSISTED LIVING COMMUNITY

401 Hill Road North  
Pickerington, Ohio 43147



## **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.

AMBER PARK

ASSISTED LIVING COMMUNITY

**614-834-3113**

