

April 2020



Newsletter

Whispering Oak Place * Address * Phone number * Fax number * Other information



Celebrating April

**Arab American Heritage
Month**

Poetry Month

Jazz Appreciation Month

Passover Begins

April 8

Easter

April 12

Gardening Day

April 14

Bulldogs Are Beautiful Day

April 21

Earth Day

April 22

Arbor Day

April 24

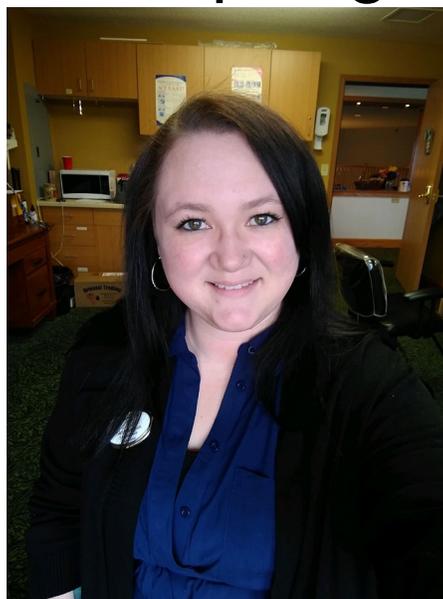
International Dance Day

April 29

Laughter counts as exercise, right?

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, so let's get to laughing!

Staff Spotlight!



Alexis Bartness

How long have you been here: For a little over a year, I started as a Resident Assistant and still work as one.

What is your role: Life Enrichment Coordinator, and jack of all trades!

What is your favorite thing about Whispering Oak Place: I love the residents and being able to bring joy into their lives.

About you: I live in Ellendale with my husband and our dog, I enjoy reading, painting, and trying to improve my green thumb!

In case you missed us in March

The drama club from NRHEG High School came to put on a play from Dr. Seuss for Read Across America!



We went out to eat at George's in Geneva for some girl time!



We also had our own St. Patrick's Day Party!



Upcoming Events

- * 4/1- Make your own Puzzle
- * 4/7- Beatles Wheel of Fortune Game
- * 4/8- Painting good luck Gnomes
- * 4/15- Kite door decorations
- * 4/21- Make Home Run Mix
- * 4/29- Decorating and sending out letters

Every Tues & Thurs- Bingo @ 10am
Every Fri- Church @ 10

April Birthdays!

April 18th- Donald Ruhl



From the Nurse's Desk

These are two great pictures that I feel are so prevalent with what we are going through as a community.

-Brenda Wyant HCC

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

FIGHT GERMS BY WASHING YOUR HANDS!

- 1 Wet your hands
- 2 Soap
- 3 Lather and scrub - 20 sec

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Manager's Corner

NATIONAL WALKING DAY

The first Wednesday in April is National Walking Day. The American Heart Association sponsors this day to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, you are encouraged to take a 30-minute walk.

Here are some great ways to make that 30-minutes more enjoyable:

Wear comfortable clothes.

Take a friend to pass the time.

Make sure to stretch those muscles.

Drink plenty of water.

Move your arms, too.

Make sure you have good posture.



-Rachel Baldwin Community Manager

Volunteers Unite!

We are looking for individuals to come and spend one on one time with residents, help with activities, play cards or other games, entertainment, companionship or just bringing new ideas and activities to our residents. Come talk about What's Happening in the world today. Have coffee or Tea, walk the halls. Our Residents would love to spend some time with you! Contact us if you would like to lend a helping hand!

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