

CHERRY HILL CONNECT

APRIL 2021



April NEWS

April is Poetry Month, which gives us 30 days to appreciate poems and the creative minds that give them to us. For some, poetry is as necessary to life as breathing. Poems are unique expressions of thoughts and feelings that inspire epiphanies large and small. For others, poetry remains inaccessible and difficult to understand. You can almost hear the desperate cries of “30 days?!” Thirty days’ worth of the stuff is torture for some, so for those in need of a smaller dose, April 29 is Poem in Your Pocket Day. On this day, choose any poem you like—long or short, modern or old-timey, humorous or serious, simple or complicated—and carry it in your pocket. Read it to yourself throughout the day or whenever the feeling strikes. Contemplate it. Puzzle over it. Question it. Share it with others, if you like. Or keep it to yourself, like a secret. No one has to know that you have a poem stashed away in your pocket. Above all else, enjoy it. If you need help getting started, consider these lines by Archibald MacLeish:

A poem should be palpable and mute

As a globed fruit

Thank you for practicing social distancing



REMINDER

Please continue social distancing precautions, 6 feet apart from one another. Safety is key!

April Fun Facts

April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an appearance!

Learn all about the origins of this beautiful spring month and even some knowledgeable history facts!

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There’s another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.

There are quite a few notable historical people born in April, such as Leonardo da Vinci and Queen Elizabeth II.

On April 15, 1912, the famous Titanic ship hit an iceberg and sunk on her first and only voyage.

George Washington was inaugurated as the First President of the United States on April 30, 1789.

Of course, one of the most well-known dates of April, is April Fools’ Day. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer’s story in “Canterbury Tales” called “Nun’s Priest’s Tale.”

On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line “Houston, we’ve had a problem here” was said, and is today usually misquoted.



April Birthdays

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

Marvin Gaye (singer) – April 2, 1939

Eddie Murphy (comedian) – April 3, 1961

Al Green (singer) – April 13, 1946

Charlotte Brontë (writer) – April 21, 1816

Barbra Streisand (entertainer) – April 24, 1942

Ella Fitzgerald (singer) – April 25, 1917



\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

COMMUNITY MANAGEMENT

Tiffany Tucker
Executive Director

Nicole McDonald
Business Office Manager

Renee Ralsky
Marketing Manager

Jolene Maples
Move In Coordinator

Kara Triplett
Culinary Services Manager

Andrew Raudszus
Environmental Services Manager

April Marcotte
Independent Living Manager

Independent Living Life
Enrichment Manager

Brittany Neal
Assisted Living Life Enrichment
Manager

Claire Carter
Memory Care Life Enrichment
Manager

Jasmine Montgomery
Resident Care Manager

Laura Grabowski
Wellness Coordinator

Charlie Harris
Wellness Coordinator

Dawn Vernon
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Associate of the Month:

Alaina Wiley

Alaina has been a great addition to our team. She always has a smile on her face and engages with the residents. Alaina works very hard to ensure the residents are happy and well take care of. Alaina also is a great team player who supports her teammates and continues to show dedication to her team and the residents.

Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!



EVERY DAY IS EARTH DAY

On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America's passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, President Nixon had created the Environmental Protection Agency, and shortly thereafter Congress passed the Clean Air Act and Clean Water Act. It's been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses.



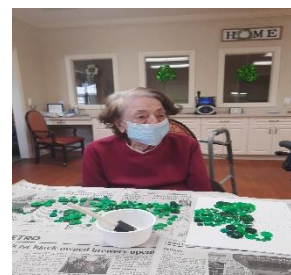
March HIGHLIGHTS

02

Today we made 4 leaf clovers with buttons on canvas to decorate outside our apartments.

04

Today we tried our hand at finger painting! We used canvas, paint, and plastic baggies to make unique pieces of art, without the mess!



18

Spring is in the air! We were finally able to get some fresh air and get outside. We enjoyed soaking up the sunshine.

20

We celebrated the First Day of Spring by making dot paintings of dandelions.



REMINDER

Please continue to wear facial coverings in and outside of the community. Safety is key!

SAFETY FIRST



Face coverings are required in our community.

Please see the Executive Director if you need a mask.



FOREVER FIT: A Sunny Spring

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

Chris Grabowski
Senior Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends

Happy Spring! This is my favorite season and we are looking forward to some fun seasonal activities with all of you. In the months ahead may the sunshine be contagious with continuous smiles, fun and laughter. We have so much to look forward to in April. Please see activities for additional information. Thank you for your patience while we continue to work together and gather more insight on activities of your interest. Please be encouraged to attend exercise and all planned activities. Our walking club is a SUCCESS and great for heart health and range of motion.

The weekly calls have been available for updates within the community, this is also an opportunity for me to hear from all of you. As always, we value your input and suggestions. As always, we appreciate all of the wonderful compliments shared with the team.

It's a pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffany.tucker@singhmail.com

Warmly,

Tiffany Tucker
Executive Director

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