

# Care Center Courier

Skilled Nursing • Respite Care • Rehabilitation Services



Have we helped you and/or your loved one? Tell others about your experience at our facility by scanning the QR code to leave a Google Review:



1. Scan the QR code with the cell phone or tablet's camera.
2. Sign-in to your Google account (if not signed in).
3. Give star rating and add your review.



We appreciate your feedback.

## Letter from our Activity Director

Happy spring and happy April to all. The snow is gone, and the sun has been shining longer each day. Soon our flowers will be in full bloom and the trees will have their buds. We are all looking forward to patio/pond visits.

To start out, our Valentine's Day was well attended, many treats were provided for our residents. What a great day it was. There were many groups that donated homemade Valentine's cards for each of our residents. ECC would like to thank all who took the time to come up with such

creative/beautiful cards. We had candy, cookies, punch and more candy, trivia, and music for our residents.

Activities continue with playing games (trouble, uno, sorry, kings in the corner), crafts, bingo, face, hand and arm massages.

Warmer weather will be arriving and soon we will be able to continue our patio visits, something everyone looks forward to!!

Happy Spring All,

**Teresa Fye and  
the ECC Team**



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Brynna Prellwitz, Administrator  
Haley Mueller, Business Office Mgr.  
Jamie Ruchti, Social Services

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Please call our office.



**Wisconsin Illinois  
SENIOR HOUSING INC.**

[EdgertonCareCenter.org](http://EdgertonCareCenter.org)

WE ACCEPT CREDIT CARDS

## Photo Highlights



Mary playing trivia with our residents during our Valentine's Day party



# APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Please Note:</b> The calendar is subject to change. It is sent to print weeks in advance of the actual dates. There will be additions and corrections. Please look for postings and listen for the announcements. Thank you!		<b>2 = Floor 2</b> <b>3 = Floor 3</b> <b>C = Cafeteria</b>	<b>As nicer weather approaches, outdoor activities will be added to the calendar.</b> <i>Weather permitting.</i>	<b>Happy Birthday!</b> <b>Joyce R. April 06</b> <b>Missy B. April 14</b> <b>Dee W. April 20</b> <b>Lance J. April 20</b> <b>Terry W. April 27</b>	<b>1</b> <b>APRIL FOOLS' DAY</b> 9:15 Morning stretches 10:30 Table tennis 2&3 1:15 Wheel toss 3 3:15 Horse shoes 2 6:00 Trouble 3	<b>2</b> 9:15 Pizza toss 2&3 10:30 Trivia 2&3 1:15 Uno 3 3:15 Fun facts 2 6:00 Sorry 3
<b>3</b> 9:15 Spiritual Hour 2&3 10:30 Grip toss 2 1:15 Horse shoes 3 3:15 Fun facts 2 6:00 Wheel toss 3	<b>4</b> 9:15 Exercises 2&3 10:30 Bowling 1:15 Ring toss 3 3:15 Bean bag toss 2 6:00 Yahtzee 3	<b>5</b> 9:15 Trivia 2&3 10:30 Wheel toss 2&3 1:15 Grip toss 3 3:15 Pizza toss 2 6:00 Uno 3	<b>6</b> 9:15 Team volleyball 2&3 10:30 Reminisce 2&3 2:00 Church 2&3 3:15 Ker-plunk 2 6:00 Sorry 3	<b>7</b> 9:15 Horse shoes 2&3 10:30 Fun facts 2&3 2:00 Bingo 2&3 3:00 Resident council 2&3 6:00 Trouble 3	<b>8</b> 9:15 Morning stretches 2&3 10:30 Grip toss 2&3 1:15 Team noodle ball 3 3:15 Tabletop hover ball 2 6:00 Bags 3	<b>9</b> 9:15 Kick ball 2&3 10:30 Reminisce 2&3 1:15 Bean bag toss 3 3:15 Disc throw 2 6:00 Ring toss 3
<b>10</b> 9:15 Spiritual Hour 2&3 10:30 Pizza toss 2 1:15 Trivia 3 3:15 Ker-plunk 2 6:00 Tabletop hover ball 3	<b>11</b> 9:15 Exercises 2&3 10:30 Reminisce 2&3 1:15 Ring toss 3 3:15 Sorry 2 6:00 Grip toss 3	<b>12</b> 9:15 Memories 2&3 10:30 Pizza toss 2&3 1:15 Uno 3 3:15 Ring toss 2 6:00 Sorry 3	<b>13</b> 9:15 Trivia 2&3 10:30 Balloon ball 2&3 1:15 Trouble 3 3:15 Uno 2 6:00 Wheel toss 3	<b>14</b> 9:15 Bags 2&3 10:30 Mad gab 2&3 1:15 Team noodle ball 3 3:15 Fun facts 2 6:00 Uno 3	<b>15</b> 9:15 Morning stretches 10:30 Table tennis 2&3 1:15 Wheel toss 3 3:15 Horse shoes 2 6:00 Trouble 3	<b>16</b> 9:15 Pizza toss 2&3 10:30 Trivia 2&3 1:15 Uno 3 3:15 Fun facts 2 6:00 Sorry 3
<b>17</b> <b>EASTER</b> 9:15 Spiritual Hour 2&3 10:30 Grip toss 2 1:15 Horse shoes 3 3:15 Fun facts 2 6:00 Wheel toss 3	<b>18</b> 9:15 Exercises 2&3 10:30 Bowling 1:15 Ring toss 3 3:15 Bean bag toss 2 6:00 Yahtzee 3	<b>19</b> 9:15 Trivia 2&3 10:30 Wheel toss 2&3 1:15 Grip toss 3 3:15 Pizza toss 2 6:00 Uno 3	<b>20</b> 9:15 Team volleyball 2&3 10:30 Reminisce 2&3 2:00 Church 2&3 3:15 Ker-plunk 2 6:00 Sorry 3	<b>21</b> 9:15 Horse shoes 2&3 10:30 Fun facts 2&3 2:00 Bingo 2&3 3:00 Resident council 2&3 6:00 Trouble 3	<b>22</b> <b>EARTH DAY</b> 9:15 Morning stretches 2&3 10:30 Grip toss 2&3 1:15 Team noodle ball 3 3:15 Tabletop hover ball 2 6:00 Bags 3	<b>23</b> 9:15 Kick ball 2&3 10:30 Reminisce 2&3 1:15 Bean bag toss 3 3:15 Disc throw 2 6:00 Ring toss 3
<b>24</b> 9:15 Spiritual Hour 2&3 10:30 Pizza toss 2 1:15 Trivia 3 3:15 Ker-plunk 2 6:00 Tabletop hover ball 3	<b>25</b> 9:15 Exercises 2&3 10:30 Reminisce 2&3 1:15 Ring toss 3 3:15 Sorry 2 6:00 Grip toss 3	<b>26</b> 9:15 Memories 2&3 10:30 Pizza toss 2&3 1:15 Uno 3 3:15 Ring toss 2 6:00 Sorry 3	<b>27</b> 9:15 Trivia 2&3 10:30 Balloon ball 2&3 1:15 Trouble 3 3:15 Uno 2 6:00 Wheel toss 3	<b>28</b> 9:15 Bags 2&3 10:30 Mad gab 2&3 1:15 Team noodle ball 3 3:15 Fun facts 2 6:00 Uno 3	<b>29</b> <b>ARBOR DAY</b> 9:15 Morning stretches 10:30 Table tennis 2&3 1:15 Wheel toss 3 3:15 Horse shoes 2 6:00 Trouble 3	<b>30</b> 9:15 Pizza toss 2&3 10:30 Trivia 2&3 1:15 Uno 3 3:15 Fun facts 2 6:00 Sorry 3



## More Photo Highlights



### Happy Birthday!

*Best wishes to our residents and staff celebrating birthdays this month.*

Joyce R.	April 06
Missy B.	April 14
Dee W.	April 20
Lance J.	April 20
Terry W.	April 27



*Our residents reading through some of their valentine cards*

### Resident of the Month

Del M. is our Resident of the Month. Del is such a pleasure to have in our home. Del has retired from teaching and is well known to those who attended the middle school in Edgerton. He enjoys socializing and joking around with other residents and staff members, loves to talk about the good old days, his friends, family, trips and adventures he and his wife went on.

Del is always up for a challenge when it comes to playing cribbage or a good game of euchre.

We are happy that Del has chosen to be part of our ECC family!

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## Humor May Be the Key to Less Stress

If it is left unchecked, stress may take its toll. While it isn't possible to completely eliminate all forms of stress from your life, you can feel a lot better when you use humor to relieve stress.

**It has long been said that humor is the best medicine, and there have been several studies that have shown this to be true, at least to some degree.** The full effects of humor are not completely understood, but laughter appears to release certain chemicals in the brain, and these chemicals make us feel better and relieve stress. Your goal should be to laugh as many times per day as possible and then a few more on top of that.

**Television and movies can be good sources of comedy.** The key is to watch whatever makes you laugh. If you're the only one in the room laughing hysterically while everybody else sits there with a straight look on their face, then you can laugh at that too. Humor is a subjective thing, but that's no excuse not to laugh.

**The internet is a practically endless source of humor to relieve stress.** There are tons of funny people online, though some of them are unintentionally funny.

Log on to the internet and you can find funny videos, cartoons, pictures, quotations, jokes, and just about anything else you can think of.

**Surround yourself with as many things that bring a smile to your face as you can.** A calendar that has a new joke every day, a T-shirt with a goofy picture on it, or even a humorous bumper sticker are just a few ways to add more humor to your life.

**Starting your own personal "humor file" is another way to get a much-needed chuckle when you need one.** Cut out funny comics from the newspaper, stories from magazines, pictures, and so on, then put them into a folder that you can access whenever you need to. It's a good idea to have a one physical file, as well as a file on your computer dedicated to humor.

**One of the cool things about using humor to relieve stress is that it doesn't require a prescription, so there are no negative side effects.** However, be sure to discuss any health concerns with your physician; stress may be the result of an underlying medical condition, and your physician may also give you additional suggestions for relieving stress.