

The Maple Ridge News

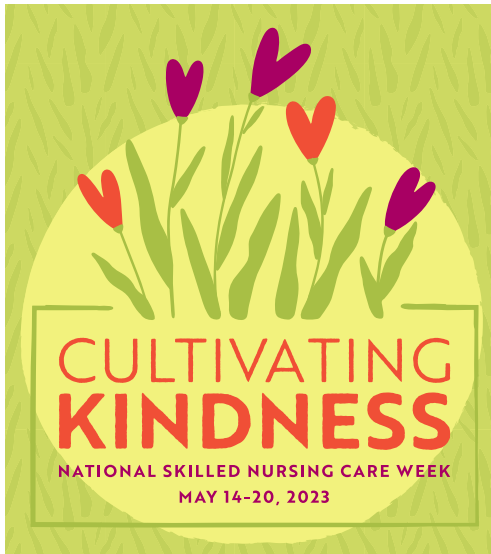
Rehabilitation • Skilled Nursing • Hospice • Respite

National Skilled Nursing Care Week – The 2023 theme for National Skilled Nursing Care Week (NSNCW), **Cultivating Kindness**, is inspired by the many acts of kindness that happen in skilled nursing care centers every day. Research has found that practicing compassion and kindness not only can improve health and well-being but can also strengthen human connections and bonds. Staff, residents, families, and members of the local community are encouraged to come together, lift each other up and participate in activities that promote and spread kindness.

Now and through May 14-20, 2023, families, residents, and staff are encouraged to collaborate and participate in activities that encourage “cultivating kindness” such as sharing kind personalized feel-good notes, drawings and/or video messages.

Plan some fun spring fling events that feature local choirs, music groups, or dance troupes. **Encourage intergenerational game nights and attending outings, activities, and meals with loved ones to celebrate.**

Established by the American Health Care Association (AHCA) in 1967, NSNCW, formerly known as National Nursing Home Week recognizes the role of skilled nursing care centers in caring for America’s seniors and individuals with disabilities.



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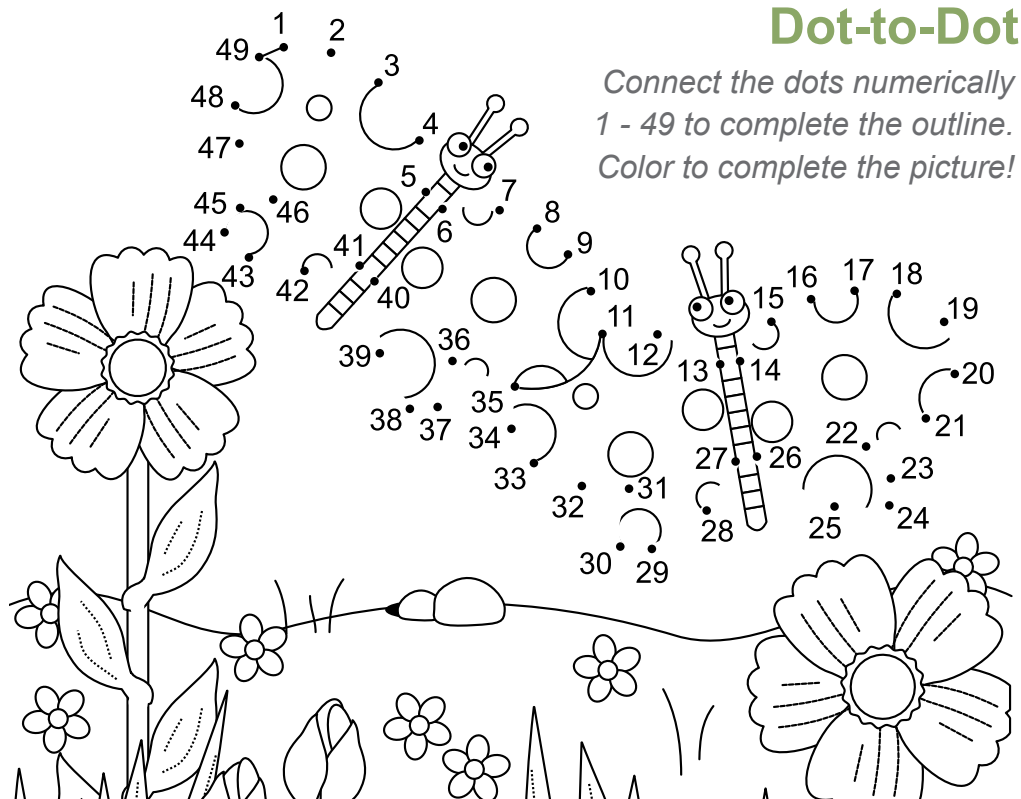


**Wisconsin Illinois
SENIOR HOUSING INC.**

WE ACCEPT CREDIT CARDS

Dot-to-Dot

Connect the dots numerically
1 - 49 to complete the outline.
Color to complete the picture!



National Nurses Week: Appreciating Our Nurses

National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday. We would like to recognize nurses for their dedication to providing quality care for homebound individuals, hospitals, health centers, and senior living facilities.

This week be sure to show your appreciation for your favorite nurse or nursing staff by expressing your gratitude! This could simply be a wonderful, uplifting compliment, card, flowers, gift basket, or catered lunch.

From all of our community staff, we want to honor the dedication of nurses, who work selflessly day and night to help heal and care for our residents. Thank you!



Benefits of Mindfulness

Stress can be difficult to deal with on your own. According to the Mayo Clinic, "Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you."

So how to you practice mindfulness? Here are a few easy steps to follow:

1. Pay attention to your environment and your senses. Touch, sound, smell, sight and taste can be tuned in to with focus. For example,

take time to feel the softness of a favorite blanket, savor the taste of delicious food, enjoy the sound of a relaxing melody or birds chirping outside. Be present in the moment, and push aside the intrusive stressful things you cannot control.

2. Accept yourself. Give yourself the love, appreciation and forgiveness you usually save for your closest friend. Dedicate some time to admiring yourself as you are.
3. Focus on your breathing. Take a deep breath and close your eyes. Focus on your breath moving oxygen into your lungs, and then out, taking your stress with it. Any amount of time doing this can help, even if it's only a few minutes.

