



APRIL BIRTHDAYS

KAREN A. April 23rd
EVELYN S. April 28th

ZODIAC:

Aries March 21 – April 19
Taurus April 20 – May 20

Birthstone – Diamond

Aries is the first sign of the zodiac and are natural born leaders in both love and life. They tend to be passionate, innovative and charismatic. Aries are honest and direct and they share their thoughts and feelings.

Taurus, an earth sign is known for being grounded, reliable and sensual nature, valuing comfort, stability, and loyalty, while also being practical and sometimes stubborn.



FRIENDS & FAMILY
REFERRAL PROGRAM

April is Absolutely Paw-some



It's a "pet"-culiar April. While the month may bring showers, it's also pouring with celebrations of our furry friends. From Every day Is Tag Day (Apr. 5) to Pet Day (Apr. 11), Bulldogs Are Beautiful Day (Apr. 21), Scoop the Poop Week (Apr. 23), Pet Parents' Day and Little Pampered Dog Day (Apr. 27), all the way to Tabby Day (Apr. 30)—it's truly raining cats and dogs!

It's an age-old question: Are you a dog person or a cat person? Dogs are the most popular pets in the United States and have the moniker "man's best friend." With their "nine lives," cats are a close second in pet popularity. Over the past few decades, several studies have compared the personalities of cat and dog owners. Dog owners were observed to be more extroverted, optimistic, and socially motivated. Cat owners seemed more introverted, contemplative, and artistic. Of course, dogs need to be walked and can be taken to dog parks, which leads to more social interactions. Despite their many differences, cats and dogs have been a part of our lives for thousands of years, aiding us in mundane tasks and important work, and offering comfort and companionship. Connections to a cat or dog can decrease depression and lower blood pressure in humans.

Sixty-eight percent of Americans are pet owners. Dogs are more popular pets than cats in every U.S. state except for Vermont. On the realtors.com website, Tucson, Arizona, is listed as the best city to dwell in with pets.

\$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!

CARRIAGE PARK CONNECT

APRIL 2025



UPCOMING EVENTS

April Showers bring May Flowers, and fingers crossed, not the icy kind. Spring fever is definitely in the air. Stores are starting to fill up with plants and yard items. People are taking advantage of any warm days to come out of hibernation. Residents are eager to get out and get moving, and I'm starting to rev up our calendar with lots of outings. This month our partnership with Emagine Theatre continues with the showing of the movie "Harvey". This is free to all residents, their families and friends. Come out and join us on April 9th at 1:30pm. Our annual Family Easter Luncheon is being held on April 12th. Please R.S.V.P. at the front desk by April 7th. This year our Easter Egg Hunt will be April 19th, the day before Easter. The event starts at 1:30 with games, crafts, and of course the Big Easter Egg Hunt. This is a free event and all family members of residents are welcome to attend. We finish out the month with a trip to Stahl's Museum in Chesterfield. This is a private museum exhibiting rare automobiles and music boxes. We did this trip 2 years ago and the residents loved it. Seating is limited so sign up early.



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Tasha Clark
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Erin McGraw
Life Enrichment Manager IL

Fran Farrell
Life Enrichment Manager AL

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Manager

Ashley Hall
Marketing Manager

Kenneth McCormack
Marketing Manager

Welcome Tasha Clark Wellness Co-ordinator

Tasha has been in health care for 25 years playing a vital role in the wellness of people’s lives. Along with her job, she is a wife, a mother, and proud grandmother to 5 grand boys and 1 grand girl. Outside of her professional life, she enjoys singing, teaching Sunday school, traveling, and spending time with her family. She is very passionate about senior care and her goal is to enhance their quality of life. We know she will be a great asset to our team, working alongside our care providers, sharing her knowledge and providing positive moral support. Welcome to Carriage Park, Tasha!



FOREVER FIT / WELLNESS Chris Grabowski, MS

The Perfect Pair

A strong body starts from the ground up and choosing the right shoes is a key part of keeping our feet healthy. Correctly fitting shoes can help to reduce foot, knee, hip and back pain and promote healthy circulation. Shoes with low-padded heel drops, proper arch support and wide bases with good traction can also drastically help to reduce the risk of falls. As we age it’s not uncommon for our feet to also get wider and flatter. Nearly 1/3 of seniors will suffer from chronic foot pain, much of which is caused by ill fitted footwear. Having your feet accurately measured by professionals who specialize in shoes for seniors can help to ensure well-fitting shoes and feet that will feel the difference.

MARCH ACTIVITIES



EXECUTIVE DIRECTOR CORNER

Spring is in the air!!! We look forward to hosting our annual Easter Luncheon on Saturday 4/12, along with our Family Egg Hunt, Saturday 4/19. Details can be found at the concierge desk and an email will be going out next week to families. We are happy to announce that we have promoted Tasha Clark as our new Wellness Coordinator!! Tasha will assist with Amanda in managing care coordination and staff development. You can learn more about Tasha in this months Associate Spotlight.