



**THE PILLARS
OF GRAND RAPIDS**
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

April 2025
Vol. 4 Issue 4

Newsletter



Message from the Executive Director

Happy April! We are excited for the spring season to begin. As flowers and leaves will begin soon we also have some new beginnings here at The Pillars as well.

I would like to welcome these new additions to our team!

Myriah Woods is coming on board with us as our new Dimensions Manager. She will be primarily located in the Dimensions Care Unit, Mondays-Fridays. She brings a wealth of knowledge and fresh perspectives for our Memory Care Community.

Robert Vance is coming on board with us as our new Environmental Services Director. He has many years of experience in the maintenance department. We look forward of his addition to our leadership team.

Dean Johnson has already joined the Environmental Services Department as the Maintenance Assistant. We are thrilled to have him a part of the team and he has already fixed a few things for some of you. But he will primarily be the one to do small repairs that come through.

The structure of submitting a work order stays the same. This would be going to the front desk and submitting the work order with the concierge. Please let them know if you would like to be present when they do the repair or if you are ok with them coming in while you are away.

The water repair progress is still moving forward as we passed the insulation inspection with the city.

If you have any questions, comments, or concerns please feel free to contact me.



Tiffany Johnson

Upcoming Events

Food Talk

Wed. April 9th, 2025 2:00pm

Sammy's Pizza

Thurs. April 10th, 2025 11:00am

Advancing The Science Alzheimer Association

Mon. April 14th, 2025 6:00pm

Easter

Thurs. April 17th, 2025 Noon

Aging Resources - St. Croix

Fri. April 18th, 2025 11:00am

Walmart

Tues. April 22nd, 2025 10:00am

Itasca Orchestra

Thurs. April 24th, 2025 4:00pm



CULINARY CLIPS

Chris Geirsdorf

Food Talk Wednesday April 9th 2025

Join us for Food Talk on Wednesday April 9th in the Community Room at 2:00pm. This month we will talk about The importance of Eating Breakfast:

Spring Summer New Menus

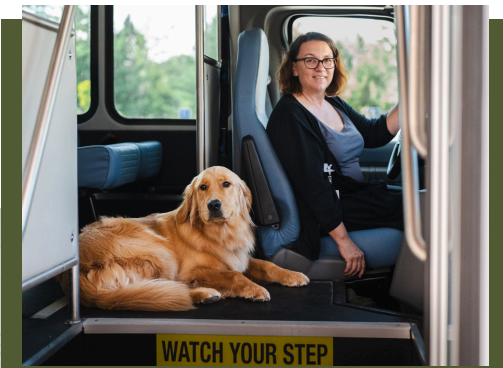
April 1st brings us a change in our Always Available Menu. Some of the favorites remain like the BLT and the Flame-broiled Burgers. We are adding a Hamburger Steak, Chicken Tenders, Spaghetti w/Meatballs, and Mashed Potatoes as a side to tempt your tastebuds.

April also brings our Spring & Summer menus that will offer more summertime favorites, fresh vegetables, salads, and some new menu items for you to try.

Build the Connection Across All Stages of Life.

Like most things in life, our nutrition needs change as we age. On average, adults ages 60 and over should consume 2-2.5 cups of vegetables, 2 cups of fruit, 6-7 ounces of grains, 3 cups of dairy products, 5.5-6 ounces protein rich foods, 27 grams fat/oils, and approximately 240-250 discretionary calories per day. In general, older adults fall short of consuming adequate fruits vegetables and dairy products. Conversely, older adults are consuming more added sugars, saturated fat and sodium than recommended. It is important to build balanced and sustainable eating habits. A great way to do this is by eating food in various forms such as fresh, frozen, canned, and dried and looking for sales when purchasing food. Older adults should look for foods that are high in protein to reduce the loss of lean muscle mass as well as foods high rich in vitamin B 12 as the ability to absorb this vitamin decreases with age. It is also important to adequately hydrate as most older adults do not drink enough fluids. Hydration is important for cell function within the body and helps with the digestive process! In addition to water, consider drinking low fat/ fat free milk, 100% fruit or vegetable juice and electrolyte beverages. Celebrate how food connects us and cook a meal with the people you love! Chose to intentionally slow down with food. Learn to cook, eat with others, remove distractions, seek out accurate nutrition education and reap the lasting health benefits of connecting with food. Small changes over time lead to big results!

ACTIVITIES



Melissa Drake & Riggs



WEEKLY SOCIAL GROUPS

- Hand and Foot Sundays at 1:45pm and Tuesdays at 5:45pm in the Community Room
- 500 Thursdays at 6:30pm in the Community Room
- Needles and Chat Sundays at 3:00pm in the Art Studio
- Coffee and Chat Monday Thru Saturday 9:00am in Community Room

We are looking for residents who want to share their passion with others. Whether it be a hobby, collection, travel stories or special interest. If you are interested, please reach out to Melissa on 2nd floor.



The bus operates every Tuesday from 8:00am to 12:00pm for local doctor appointments. Please remember the cut off for reserving your spot is 12:00pm by the Friday prior (no exceptions). You can leave me a message on my phone 218-999-4962 but the cut off time still applies.

Group Exercise Classes

Group exercise classes are daily in our Yoga studio (please refer to your activity calendar for specific classes and times). If working out on your own is more your thing, check out our fitness center (please call Melissa if interested in learning more about the equipment 218-999-4962).



If you have puzzles, games, books, or old crafting supplies you would like to donate please reach out to Melissa or leave a message at front desk with your contact information. My office is located on the 2nd floor please feel free to stop by anytime.

Please refer to your calendar for social hour themes on Tuesdays at 1:30pm in the community room and Thursdays at 3:00pm in the Pub.

Please remember if borrowing things from community spaces to return them so other residents can use them.

If you have Bingo Bucks to spend please look for dates and times on calendar for when the Bingo Store in Melissa's office.

THE IMPORTANCE OF RECREATION AND SOCIAL INTERACTION FOR ACTIVE OLDER ADULTS

As we age, staying active is crucial for maintaining our physical health, but an often-overlooked aspect of well-being is the importance of social interactions. For active older adults, combining social activities with recreational activities can significantly enhance quality of life. Recreational activities can be essential to your health in many ways, including the following:

Enhances Mental Health

Social interactions can greatly reduce feelings of loneliness and isolation, common issues among older adults. Engaging in recreational activities with peers provides a sense of community and belonging. This social engagement can lead to lower levels of stress, anxiety, and depression. Studies have shown that older adults who maintain strong social connections have a lower risk of cognitive decline and dementia.

Boosts Physical Health

When recreation is done in a group setting, it often becomes more enjoyable, encouraging consistent participation. Group activities like walking clubs, dancing, yoga classes, or team sports not only improve physical health but also increase adherence to regular exercise routines. Social support can motivate older adults to push themselves a bit more, leading to better overall fitness.

Improves Cognitive Function

Engaging in social recreational activities stimulates the mind and keeps it active. Activities like card games, board games, or even group classes for learning new skills (e.g., painting, crafts, or a new language) can help improve memory, problem-solving abilities, and other cognitive functions. The mental stimulation from these activities is essential for maintaining cognitive health as we age.

Fosters Emotional Well-being

Being part of a social group can provide emotional support, which is vital for handling life's challenges and changes, especially as we get older. Sharing experiences, laughter, and even challenges with friends can lead to stronger emotional resilience. The sense of companionship and the joy of shared experiences can enhance overall happiness and satisfaction with life.

Promotes Lifelong Learning

Participating in recreational activities often involves learning new skills or hobbies. This lifelong learning process is beneficial for keeping the brain sharp and engaged. Whether it's picking up a new sport, learning to play an instrument, or exploring new technologies, continuous learning fosters a sense of accomplishment and purpose.

Creates a Support Network

In later years, having a robust support network is invaluable. Regular social interactions through recreational activities help build and maintain your social network. Friends made through activities can offer practical support, companionship, and encouragement.

Encourages a Positive Outlook on Life

Regular participation in social recreational activities can significantly improve one's outlook on life. Being active in a social environment creates opportunities for fun, laughter, and meaningful connections. This positivity can lead to a greater sense of overall well-being and a more optimistic view of aging.

Creating social interaction with recreational activities is vital for the holistic well-being of older adults. It enhances mental and physical health, fosters emotional support, and promotes a positive outlook on life. By staying socially active, older adults can enjoy a higher quality of life and maintain their independence and vitality for years to come. This month our client locations in senior living are engaging in programming centered around recreation and being social. Encourage your friends and fellow residents to get out there, join a group, make new friends, and keep moving!

TimeSlips™

Join the Creative Care Revolution to bring meaning & Purpose into the lives of elders through creative engagement



For 20 years, TimeSlips has taught care partners to replace the pressure to remember with the freedom to imagine...bringing meaning and purpose into the lives of elders through creative engagement. We offer TimeSlips to our residents in our Memory Care Dimensions neighborhood. Through a combination of instruction, interaction and practice, we engage with our residents focusing on person-centered care and creative engagement.

Timeslips can increase the quality and quantity of interactions between the staff and residents. Also improves the attitudes and communication between the staff and residents. It is known to decrease distressed behaviors among people with dementia and increase social engagement.

TimeSlips methodology helps bring people into meaningful relationships by fostering creative engagement and conversations. Part of the program is asking what are called “Beautiful Questions”, for example: How do you welcome a new friend to your community? Starting with this newsletter, we will be introducing the “Beautiful Questions” into our newsletter in hopes to spark conversations with your loved ones.

Melissa Drake, Life Enrichment Director is a certified TimeSlips facilitator for us at Pillars of Grand Rapids. She will work with her team and Myriah Woods, Dimensions Manager to implement this program into our activities scheduling in the coming months. If you would like to know more about this program feel free to reach out to Melissa at 218-999-4962 or email her at Melissa.Drake@Fairview.org.

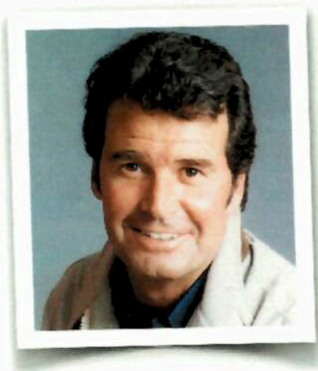
BEAUTIFUL
Questions

***If you could close your eyes and be anywhere in the world,
where would you go?***



Fran Rowe 4/14
Bonnie Bartz 4/15
Rick Harding 4/18
Norm Johnson 4/20
Dwayne Mann 4/28





Famous April Birthdays

The following people were born in April. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Andre **AGASSI**
- B. Dale **EARNHARDT**
- C. Betty **FORD**
- D. James **GARNER**
- E. Billie **HOLIDAY**
- F. Washington **IRVING**
- G. Thomas **JEFFERSON**
- H. David **LETTERMAN**
- I. John **MADDEN**
- J. Pete **ROSE**
- K. William **SHAKESPEARE**
- L. Barbra **STREISAND**

S	Y	M	A	D	D	E	N	R	O	N	E
V	E	A	R	N	H	A	R	D	T	O	N
U	W	A	D	I	T	E	V	F	K	S	U
B	Y	L	G	I	Y	G	N	I	V	R	I
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Z	H	R	O	R	S	O	E	B	W	F	E
N	O	L	O	E	I	S	H	C	C	F	K
F	D	N	L	N	O	N	I	T	Q	E	G
S	N	A	M	R	E	T	T	E	L	J	T
X	V	D	N	A	S	I	E	R	T	S	F
J	B	B	N	G	M	C	J	R	L	J	R
S	H	A	K	E	S	P	E	A	R	E	E

Bonus: Match the person to the correct clue.

- 1. Author _____
- 2. Actress/singer/director _____
- 3. Baseball player _____
- 4. Auto racer _____
- 5. U.S. president _____
- 6. First lady _____
- 7. Tennis champion _____
- 8. TV personality _____
- 9. Jazz singer _____
- 10. Playwright _____
- 11. Football coach _____
- 12. Actor _____