

CARROLL GOLDEN AGE RETREAT

2202 Kensington Rd. N.E./P.O. Box 365

Carrollton, OH 44615

Phone: 330-627-4665 Fax 330-627-7772

www.carrollcountyohio.us (Website)

carrollgoldenage@gmail.com (Email)

www.facebook.com/carrollgoldenageretreat (Facebook)

APRIL

2021

FROM THE DESK OF THE SUPERINTENDENT

Hello to all our family and friends! I am so thankful our residents are able to have close family members in to visit now. We have all noticed a positive improvement in their overall mood. Spring is here! We have gone on a bus ride here and there on the warm, sunny days. Reminder, each of our residents have their own extension number. If you do not know their extension number, please call the main office to get it. If you are trying to call a resident at their extension and it is ringing busy, please call the main office. We will be sprucing up our flower beds in the next few weeks and would love to get a variety of plants and flowers; if you are in the process of thinning out your flower beds, we would love to have new additions to ours! We have been getting new admissions and are still accepting new residents. All are welcome to attend our Citizens County Home/ Golden Age Improvement Fund meeting April 6th, 2021 at 6pm. We will begin levy discussions as this is our levy renewal year. Thank you all for the continued love and support for our wonderful community. Happy Spring!

Jessica Dawn Faulk, LPN

QUOTE OF THE MONTH

"WHEN FLOWERS BLOOM, SO DOES HOPE!"

~ LADY BIRD JOHNSON

GOLDEN NUGGETS

Happy April! We are so happy that the weather is warming and we are seeing more sunshine! We have started some new exercise programs, and boy are they fun! On Monday, Wednesday, and Friday we do Chair Yoga. This is great exercise for all abilities. It helps with strengthening of our muscles, as well as our flexibility and mobility. On Tuesday and Thursday, we have Cardio Drumming, and boy is this a workout! Cardio drumming is a fast-paced form of exercise. We follow along with some videos on YouTube. We sit on chairs or stay in our wheelchair and get a pair of drum sticks. A small, round laundry basket sits in front of us with a giant exercise ball in it. We use the ball as our drum. It is a lot of fun!

This month's Resident of the Month is Carol Finn! We are also celebrating our Employee of the Quarter, Mandy Thompson! Congratulations to you both!!!

The week of St. Patrick's Day, we celebrated by having a Spirit Week. We got to dress in our pajamas, wear mismatched clothes, wear green for St. Patrick's Day, wear food theme clothes and dress like a cowboy! For St. Patrick's Day we watched "Waking Ned Devine", had sugar cookies and homemade shamrock shakes!

March 24th was our Resident Council meeting. We discussed the calendar for April. We came up with some fun things to do, so be on the look out for all the pictures coming your way on our Facebook page! Our next meeting will be April 21!

The last week of March we prepared for Easter. We made Easter hats, colored Easter eggs, had an Easter theme coloring contest, played Easter Bingo and decorated Easter treat bags!

We added a few extra helpers to our Activity Department! Karen Wagner and Emilee Ayers. Both of these wonderful ladies wear multiple hats! Karen not only helps in the activity department, she also works in the housekeeping department, as a Mobility Aide and as a Nurse's Aide! Emilee helps in the Activity Department four days a week, one of those days being Sunday and she also works in the Kitchen!

APRIL FUN FACTS

- We know it's the fourth month of the year, but that's only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.
- April also only had 29 days, but a 30th was added when Julius Caesar established the Julian calendar.
- In the Southern Hemisphere, April is the seasonal equivalent to October.
- No one is sure how the month ended up with its name, but we do know the Romans named it "Aprillis."
- The etymology behind the word "April" comes from the verb "aperire," which means "to open" or "bloom".
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th-26th each year. There is another one called Eta Aquariids meteor shower that can be seen onwards from April 21st.
- George Washington was inaugurated as the First President of the United States on April 30, 1789
- The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out of their burrows in April.
- Ford unveiled their first Mustang on April 17, 1964 for the price of \$2,368.



KOOKIN' WITH KASEY

One of the highlights of April is playing some harmless pranks on your friends and family on April Fool's Day! Here are some fun, and safe, pranks you can try out!

- Switch the Jelly Belly Beans for Bertie Bott's Beans. Jelly Belly jelly beans come in all sorts of delicious flavors. Bertie Bott's Every Flavour Beans, inspired by the Harry Potter films, come in all sorts of disgusting and /or unexpected flavors (for example, sardine, black pepper, grass, horseradish, vomit, earwax, earthworm, spaghetti, spinach, soap, sausage, pickle and bacon.)
- Switch the salt for sugar. Replace the salt from the salt shaker with sugar!
- Brussels sprout lollipops. All you need are lollipop sticks, raw Brussels sprouts and paper to wrap them in (wrapping paper, aluminum foil, Tootsie-Pop or Blow – Pop wrappers). Put the Brussels sprouts onto the lollipop stick and wrap them with your choice of wrapping! To take it to the next level, you could dip the sprouts in coating chocolate before wrapping!
- Fake Fruit Punch. This one is another of our favorites! Prepare some Jell-O, pour it into drinking cups and insert a straw into each cup. Refrigerate until firm, then serve this undrinkable drink with snack for a fun surprise.
- Meatloaf Cupcakes. Prepare your favorite meatloaf recipe and cook it in lined muffin tins. Top the "cupcakes" with piped on mashed potatoes. Add some food coloring to the mashed potatoes for added fun!

BIRTHDAYS

Residents

Linda Buehler 04/17
Kay Wagner 04/24



Employees

Ashley Rainsberger 04/10
Jackie Moore 04/10
Galyna Nichols 04/12