

APRIL

THE TEAM:

Executive Director

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Personal Care Home Administrator

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Nurse Supervisor

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Community Life

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Sales

Mitch Huston
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Important Dates in April:

Birth Flower: Sweet Pea & Daisy

Birthstone: Diamond

April 1st: April Fool's Day

April 11th: National Pet Day

April 15th: Tax Day

April 22nd: Earth Day

April 26th: Arbor Day

APRIL FOOL'S JOKES

Why do eggs like April Fools' Day?
They love funny yolks.

What movie character is the happiest on April Fool's Day?
The Joker!

What do you call a trickster panda?
A bamboo-zler!

Why are hyenas the best animals to prank?
Because they love a good laugh!

ADMINISTRATOR: DEVON HOLLER, PCHA

Hi All,

February had two less days in the month than March, but somehow it felt like February was much longer than March! I look forward to the blossoming tulips, grass growing, and sun shining for longer into the evening. Every April, I must remind myself that we might have more rain, muddy dog paws, and clouds than sunshine but “may the flowers remind us why the rain was so necessary.”

Our annual survey is coming up, and our “spring cleaning” is well underway. Important reminders for specifically Memory Support – There should not be any toiletries or items in their rooms that can be consumed by other residents. For example, lotions and potions, shampoo, conditioner, etc. should be kept in the resident shower tote locked away when not in use. An important reminder for Personal Care is that all medications need to have a physician order associated with it. This includes cough drops, allergy medications, Advil/Tylenol, nose sprays, etc. If the resident can “self-administer” any medications, those medications must be kept in a secure and locked location within their room.

I hope that everyone had a safe and healthy Easter and look forward to sunnier days ahead!

Sincerely,

Devon Holler, PCHA, NHA

Devon Holler, PCHA, NHA



OUR CENSUS COUNTS: MITCH HUSTON

MARCH:

- Two residents pass away on hospice services
- One Admission – Miss Helen has admitted to Memory Support with the intent of moving to Personal Care once a room becomes available
- Three Discharges – One to Phoebe’s Cottage, One to Phoebe’s Skilled Nursing, and One was moved to a Skilled Nursing Facility closer to their daughter

We anticipate that April will be a busy month for Move-In’s, so please provide the Phoebe Family welcome to all of our new residents.

BUSINESS OFFICE: RACHAEL MUSSELMAN



OPEN FROM
8AM – 3:30PM
MONDAY – FRIDAY

DIETARY:



CHANGING TO THE
SPRING MENU
SHORTLY

COMMUNITY LIFE: JESSICA JACKSON

New Evening Activity

Hymn Sing with Ruth
April 2nd 6pm



Heritage Conservancy
Demonstration on Native
Pennsylvania Gardening

April 26th at 10am



Bingo Night with Devon
Tuesday, April 23rd @ 6pm

Music Programs

- Musicality Music School April 18th
- Patrice Hawthorne April 30th

Jessica Jackson, Community Life Lead

267-371-4564 or jjackson@phoebe.org

APRIL
SHOWERS
BRING
MAY
flowers



APRIL

WORD SEARCH

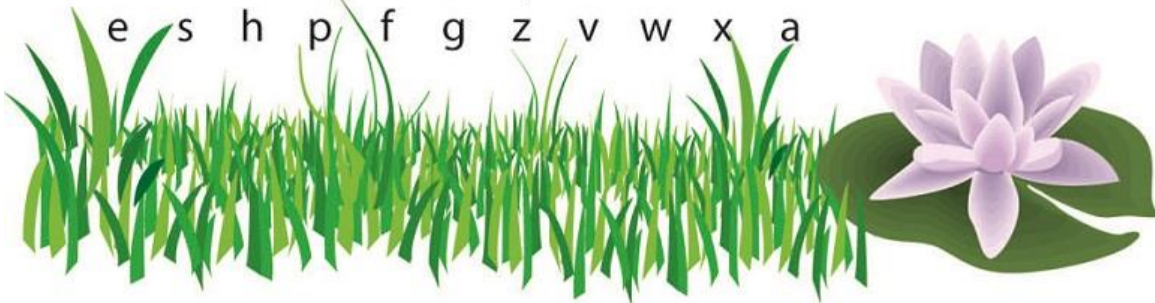


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WORDS

- showers
- under
- daffodil
- tulip
- bloom
- taurus
- diamond
- easter
- passover
- fool





APRIL

WORD SEARCH

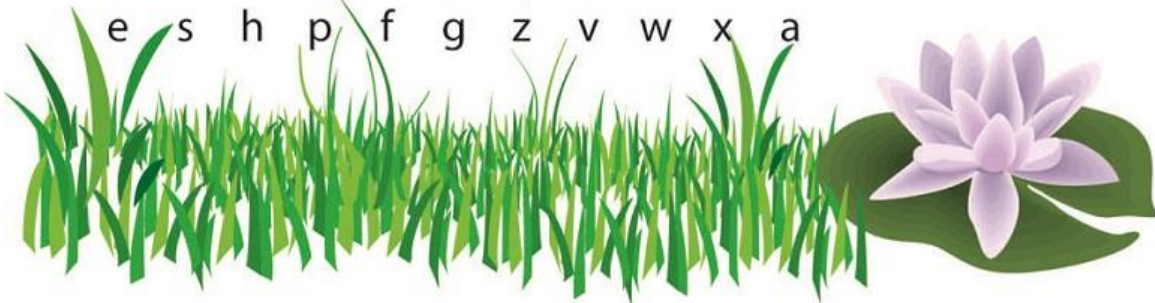


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NURSING:

6 WAYS MEDITATION CAN HELP SENIORS



UPLIFTED MOOD

Meditation can provide an uplifting structure to combat depression and apathy.

BETTER DIGESTION

Meditation promotes better breathing and blood flow, which can result in better digestive function.



MENTAL ENRICHMENT

The added mental stimulation can slow the progression of Alzheimers and other degenerative brain disorders.

LESS LONELY

Seniors who engaged in regular meditation reported feeling less lonely.



LOWER BLOOD PRESSURE

More seniors suffer from high blood pressure than the general population. The calming ritual of meditation lowers blood pressure.

REDUCED HEALTHCARE COSTS

A popular study found that seniors who meditated were less likely to be hospitalized.



Don't Forget!

- To tell the nursing staff when you are going to an appointment
- Your paperwork from the nurse when you leave to go to the appointment
- To return the paperwork once returning from the appointment



CHAPLAIN CHAT:

Greetings Everyone! Spring has sprung and left just as quickly! It's April and if I remember from my childhood correctly, April can be such a testy/challenging weather month with some days being so warm you need to find shade from the sun and other days so cold that I can hear echoes of someone saying, "I hate the cold, I hate the cold, I hate the cold, I hate the cold..." Yet, April holds so much promise and hope for the brighter and warmer days to come. I love spring, because it holds so much promise. Those among us who are Christian have just celebrated the remembrance of Jesus' resurrection and the promises that come with that celebration. Our Jewish siblings will remember Moses leading the Israelites out of Egypt in the celebration of Passover. And our Muslim friends continue celebrating Ramadan, which is the remembrance of the initial revelations to Muhammad. April is such a beautiful month, and it is filled with many religious remembrances. It is a time to remember and a time to look forward. I pray that each of us will take some time to do both this month. Peace and blessings, PC!



**THANK YOU,
PC!**

PC is currently the only Chaplain at Phoebe Richlandtown. There is a part-time Chaplain position available for Richlandtown.

Pastor Christian worked hard this Easter season to ensure that the Phoebe Richlandtown residents received and celebrated the Handwashing Ceremony, Palm Sunday, Good Friday, Communion, and Easter services.

Thank you SO much to PC and his support team for making this Easter season a wonderful time.