

LEBENSRAUM

ASSISTED LIVING

Enjoy the Little Things!

APRIL, MAY JUNE

. Birthdays

MAY

GRACE SOWERS- 26TH

VIVINA WJADA- 15TH

JUNE

JOYCE FIX- 1ST

LORRIANE BACON- 14TH

*At our age we can be
anything we choose to be...
we choose fabulous!*



Quarterly Newsletter April, May, June

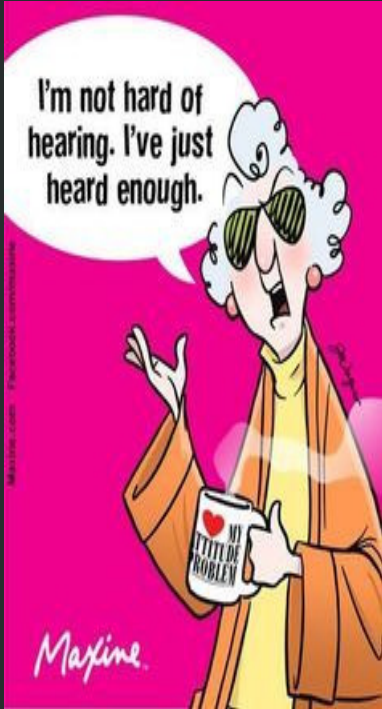
Hello Friends & Family! It's hard to believe it's almost April and one year ago we locked our doors thinking that we would need to keep ourselves safe for a few weeks or a few months, but seriously one year. We are excited to share that we will be opening back up and letting people into our building and things should be back to somewhat normal for us all. We have made it through our first round of our Covid vaccinations and some have had their second. We want to thank you all for your patience and understanding during this hard time! Everyone that comes into the building must wear a mask followed by a proper screening. Visitors must go directly into the resident's room! As of April we will be allowing entertainment back into the building as well! We are looking forward to all of the wonderful company and getting everything back to normal.

Things Going on this Quarter

- WE ARE GOING TO START BUNCO CLUB AGAIN ON THE 4TH FRIDAY OF EACH MONTH!
- BIBLE STUDY WILL ALSO START BACK UP THE 1ST & 3RD TUESDAY EVERY MONTH!
- SPIRIT WEEK WILL BE APRIL 19TH THROUGH THE 23RD
 - APRIL 23RD WILL BE PICNIC IN THE PARK!
 - APRIL 23RD RESIDENT COUNCIL
 - TIM JAVORSKY WILL BE HERE ON THE 20TH OF APRIL!
- JAY TOWELL WILL BE HERE TO ENTERTAIN WITH MUSIC & MEMORIES

In Her Words:

Allow me to introduce myself, I'm Joyce French- Fix. I married my high school sweetheart in 1968 and we had two wonderful daughters Angela and Jill. Both girls are happily married and I am blessed with Matthew my only grandchild. Angela & John live in Florida and Jill & Tim live in Texas. My grandson Matthew will graduate from Florida State University in 2022 with a degree in Music!



My dentist says
I need a crown...
well, duh!



LET'S GET MOVING SPRING TIME FITNESS

We want our residents to have fun and be engaged in programs. In the last year, we have seen what social isolation has done to the populations we work with and the local communities we live in. Not being able to engage in group activities like the ones residents are used to have been detrimental to their physical and emotional well-being. We need to provide our residents with a sense of normalcy through our programs and want them to have fun while also having a purpose which is vital during these unsettling times. We have been able to incorporate doorway or hallway and other small group programming in our communities. In order for these groups to take place, there are guidelines to follow including maintaining appropriate social distancing and promoting infection prevention. Remember to have the residents sanitize or wash their hands before and after groups to prevent the spread of infection. We are getting back to our routine and have started back up with our chair Zumba which is a little mixture of exercises! We also talk daily walks outside if the weather is nice otherwise we walk inside around the building. Staying hydrated is always important!



Get to Know our Staff

Deb Halm-Owner

**Megan Corona-
Owner**

**Lasha Hudson-
Manager**

**Giann Willey- Activity
Director**

**Lasha's Kitchen
Favorite Recipes**

Raspberry Smoothie Bowl

**1 frozen banana
1 cup raspberries
1tbs Almond Butter
2/3 cup Almond milk**

**Blend all ingrediants
together until smooth,
put into a bowl and
add desired toppings!**

Remember When?

What happened in history at this time of year...

New House-\$14,175

Average Income-\$4,938

New Car- \$2,653

Average rent- \$120 per month

Gasoline-32cents per gallon

Harvard Tuition-\$1,760

Movie ticket-\$1.25

Postage Stamp- 5 cents

One Ounce Gold- \$35.13

Fad's in 1966

Spirograph

Twister

Barrel of Monkeys

View Master

Mini skirts

Color T.V

Mod Dress Dolls

Pampers disposable diapers

March Birthdays

Helen Browning-7th

Dorothy Smith-19th

