

Everyone Deserves
a Great Life

April 2017



GOLDEN ORCHARDS

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WWW.MERIDIANSSENIOR.COM/COMMUNITY/GOLDEN
WWW.FACEBOOK.COM/MERIDIANGOLDENORCHARDS/

Eat Eggs to Feed Your Brain

Experts say including eggs in your diet may help enhance brain function by providing your body with key building blocks. Along with vitamins B-12 and D, egg yolks are a rich source of choline, an essential nutrient needed to produce neurotransmitters, which are chemicals that brain cells use to communicate with each other.

Sleep on It

Whenever you have writer's block or get stuck doing a word game, a snooze might give you some fresh insight. Research shows that there is a link between sleep and creativity, as long as you doze long enough to reach the dream cycle.



Your Management Team Is Here for You!

- Kathy Executive Director
- Celeste Resident Care
- Jessica Business Office
- Ashley Life Enrichment
- Heidi Dietary
- Brent Maintenance

Be Safe & Don't Get Sick

As the flu season nears we would like to remind everyone how important it is to take all needed precautions! Make sure to keep everything clean and to wash hands often to kill off the virus. Also, we would like to remind everyone that if you are not feeling well to call in; it might mean losing a day of pay but that is better than getting everyone around you sick! Further precautions need to be made when around the residents in our building because of their weaker immune systems. Together we can make this flu season short lived.

-The Nursing Staff



Flourish of Flowers

Whether it's tulips, daffodils or azaleas, each April, from coast to coast, folks celebrate the flowers of spring. In some places, multi-day festivals have blossomed around their arrival. Washington's Skagit Valley is famous for its 300 acres of brightly colored tulip fields. More than half a million yellow daffodils are the center of attention in Meriden, Conn., and Wilmington, N.C., showcases its lush gardens of azaleas.

A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

Family Dinner

Please join us the third Tuesday of every month at 5pm for our family dinner, a celebration of your family and ours. Please RSVP by calling 269-561-4663 with the number of people who will be attending. Thank You!



Game of bingo and music.

Business Office

From the Business Office

Please remember that payments are due on the 1st of every month. If your payment is not received by the 5th at the latest, a \$250.00 late fee will be added. This fee is not added at a community level; it is done by our corporate office if a payment is not deposited on time. If your family member doesn't receive their checks until after this date, please call to let us know. If you are having a hard time making your payments, please call so we can discuss options. If you have any other questions or concerns, feel free to contact me. Please let me know if your phone number or address changes.

Thank you,
Jessica Clifton,
BOM

Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of putting pen to paper.

Activates the brain. Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

Improves memory. Studies show that jotting down words, such as taking notes when learning a new skill or listening to instructions, strengthens memory and helps retain information.

Promotes creativity. Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking. Even in this age of technology, many professional writers still create first drafts in longhand.



Provides a workout. Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.

Helps concentration. Writing in longhand, without the distractions of the internet just a click away, enables us to focus better.



Volunteers from Al-Van shared a couple of cats which brought smiles to everyone's faces.



Feeling Creative in the New Art Studio



One of the new additions we have at Golden Orchards is our new art studio as seen above. This is where residents can come when they are feeling artsy and create their own masterpieces. Whether it is a canvas to paint on or pictures to color, residents have this new room to open up and express themselves.

The Birth of Baby Carrots

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.

Reading Is Always Key

We are happy to continue the Golden Reader's Club with the elementary students at Fennville schools! Every Thursday morning some of our residents are brought to the school and have the pleasure of listening to the intriguing stories read by the elementary students. This amazing activity is not only beneficial to the residents at Golden Orchards but it is also encouraging to the students of Fennville to keep up with their reading skills.



Easter Egg Hunt Is Back Again

Our annual Easter egg hunt is back at Golden Orchards. Not only do we have the egg hunt with fun games, artsy crafts, and the Easter Bunny, but 92.7 the Van will also be broadcasting the event live! This celebration will take place on Saturday the 15th of April from 10am-1pm. All friends and family are welcome. Please bring cameras for pictures with the Easter Bunny and the hunt is for children 18 months through 12 years old.



Wit & Wisdom

"I got to thinking about relationships and partial lobotomies. Two seemingly different ideas that might just be perfect together—like chocolate and peanut butter."
—Sarah Jessica Parker

"All you need is love. But a little chocolate now and then doesn't hurt."
—Charles M. Schulz

"Look, there's no metaphysics on earth like chocolates."
—Fernando Pessoa

"There is nothing better than a friend, unless it is a friend with chocolate."
—Charles Dickens

"Strength is the capacity to break a chocolate bar into four pieces with your bare hands—and then eat just one of the pieces."
—Judith Viorst

April 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|-----------|----------|--|----------|
| | |  April  | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 |  10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |  21 | 22 |
| 23/30 | 24 | 25 | 26 | 27 | 28 | 29 |

"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.