

Everyone Deserves
a Great Life

April 2017



THE RETREAT

AT SUNRIVER ST. GEORGE

4480 S ARROWHEAD CANYON DR. • SAINT GEORGE, UT 84790 • (435) 256-8900



Our Friendly Staff

Executive Director

Karen Brown

Resident Care Coordinator

Nance Guzman

Director of Nursing

Julie Hall

Culinary Director

Jose Medina

Office Manager

Kim McGarvie

Life Enrichment Director

Melissa Patton

Enhanced Care Director

Heather Wright

Housekeeping Director

Leslie Childs

Maintenance Director

Larry Harris

Home & Garden



Check Out the Newest Sprouts in the Garden Area

Give lots of TLC & water.

Freshly Cut Grass Stimulates Your Brain

The scent of just-cut grass is a familiar one this time of year. Not only is it instantly recognizable, but it can also be powerful. Neuroscientists say a freshly mowed lawn releases chemicals that can affect the parts of the brain that produce happiness and relaxation and may prevent cell damage that can cause age-related memory loss. The researchers have even bottled the aroma into a spray so that people can reap the benefits anytime.



Saturday, April 1st, 11-1PM

Happy 5th Birthday to Us!!

Join us for this annual Car Show Fiasco!! Featuring *The Desert Rodders* and live music by *The Bar None Band*. As always, we will be providing a delicious lunch and cold beverages. Invite your family, friends, and neighbors. Grab your sunscreen, lawn chairs, and sunglasses. We look forward to seeing all of the classic Hot Rods!! This event is free to the public.



Happy Passover!

We wish you all a blessed and joyous festival!



Key Notes Musical Performance


April 21st, at 10AM

Mr. Staheli & Mr. Wheeler Piano & Violin

April 3rd & 17th, at 2:40PM

MEMORY MATTERS

REMINDER: Memory Matters is a support group for family and friends who have loved ones that suffer from Memory Loss. The meeting is open to all who want to join. Meetings are held in the library here at the Retreat in SunRiver at 1:00 PM, On the last Thursday of the month.



Life Enrichment Corner



Happenings

Wacky Workplace

Get goofy with the staff in our community on April 1, International Fun at Work Day.

Remember and Honor

April 9 is National Former Prisoner of War Recognition Day.

Happy Easter!

Sunday, April 16th, 2017. May you have the happiest of celebrations on this special day!

Be 4 Something Today

April 4th, 2017

Appreciate Our Planet

Celebrate Earth Day on April 22, spend some time enjoying the beautiful sights of spring.

PB & J Day

April 2nd, 2017.

Twinkie Day

April 6th, 2017

Day of PINK

April 13th, 2017



**Cherry Pie on Presidents Day
With Our Favorite Friends.**



Happy Birthday

HAPPY BIRTHDAY to SOME AWESOME PEOPLE

Maurice Horner	April 4, 1927
Hilde Forster	April 4, 1922
Lois McClanathan	April 11, 1918
Mary Lyman	April 24, 1933
Don Hyde	April 6, 1927
Dee Mickley	April 28, 1941

Staff Birthdays

Lynda Goble	April 2
Brooklyn Reber	April 7

Just for Fun

April 10th, 2017

Mannequin Challenge Day. This fun and quirky day is a modern day craze where groups of people get together and freeze like mannequins while being filmed. We are pleased and delighted to take action in our very own piece and would love your participation. Join us at 2:00PM for fun and light refreshments.

April's Spirit

"April, dressed in all his trim, hath put a spirit of youth in everything." — William Shakespeare



Memory Care Neighborhood



Jackie has such a big smile and wonderful laugh. We LOVE her and have so much together.

Jackie R. Meyer

Jackie was born in Huntington Park, California on March 27, 1934.

She worked as a School District Payroll Clerk for 30 years. She is a lover of all animals and lights up when one comes for a visit. She loves Hallmark movies, cooking and shows and music of all sorts.

She has the biggest smile and the best laugh that keeps people around her happy. Jackie, We LOVE YOU JACKIE!

12 Ways to Create an Empowering Dementia Environment

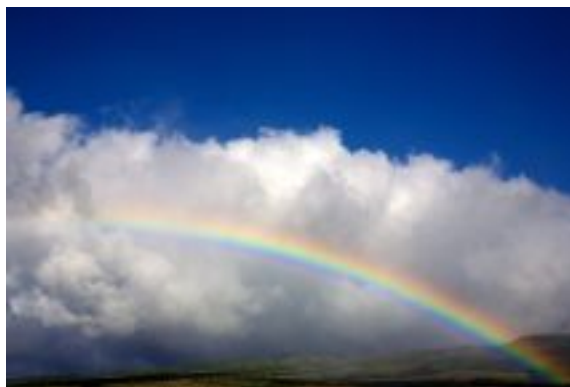
1. Develop purposeful Activities.
2. Speak face to face.
3. Gain the person's attention.
4. Make conspicuous what you want him to notice.
5. Keep items in plain view for positive responses to a task.
6. Do not argue.
7. Validate the emotion you hear.
8. Do not disagree with her sense of reality.
9. Orient
10. Simplify
11. Find the trigger to the behaviors you wish to decrease.
12. Offer choices but no more than two.

Spotlight on Alzheimer's



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~Leo Buscaglia



**Always Look for the RAINBOW,
It Is After Every Storm.**

Wit & Wisdom

APRIL

On April 11, 1954... Nothing Happened! No major events were recorded. It was the most boring day in history -until people noticed- it became interesting for being so incredibly boring!!



A Few Easter Facts

- Did you know that Americans buy more than 700 million marshmallow peeps during Easter.
- Americans consume more than 16 million jelly beans during this holiday. That is enough to circle the globe three times.

April 2017

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

April							1
2	3	4	5	6	7	8	
9		11	12	13	14	15	
16	17	18	19	20		22	
23/30	24	25	26	27	28	29	

Spring is here!

We're looking forward to seeing you out in the community.

