

# Shavings

The Magazine  
of

The  Estates  
A T C A R P E N T E R S

April 2021



*“Jesus said to her, “I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die.”*

*John 11:25-26*

# From The Executive Director



As a senior in high school, I remember having a TV on a cart rolled into my physics class to watch history. A teacher from New Hampshire (and a good friend of my physics teacher) was part of the Challenger crew after being selected from thousands of applicants from across the country. Together, we watched the historic event until the unthinkable happened. For me, it was not only about the tragedy unfolding on the television ... it was seeing my physics teacher watch her friend perish.

Every generation has at least one defining event that shapes our outlook on life and reminds us what is truly important. During my lifetime, the explosion of the space shuttle Challenger and the terrorist attacks on 9/11 were my two defining events. At least they were until March of last year.

Over the last 12+ months, over 30 million Americans have been infected by COVID-19 and over 550,000 have died. By now, all of us know someone who was infected or has passed. The pandemic of 2020 has become the defining moment of all current generations. And, like many defining moments in history, the effects of the pandemic will change our lives forever.

Several weeks ago, a resident wrote me a letter that “broke down” a phrase that I have used repeatedly in my communications over the last year ... “We will get through this together.” I loved it when she wrote that the “We” meant our Estates’ family and was impressed by her approach to identifying the meaning of “this” from her viewpoint. She wrote that ...

“This” is laughing, playing, studying, eating, and praying together.

“This” is being patient and supportive as we accept things we do not necessarily like.

“This” is seeing God’s wonderful world outside our windows.

“This” is telling family and friends how fortunate we are to live here.

During World War II, Winston Churchill stated, “Never let a good crisis go to waste.” As tragic as the pandemic has been, we can identify the “golden nuggets” within this experience and hold on to the many small and simple pleasures we have learned to appreciate over the last year. We can choose to be the individual who will find fault even in Paradise (Henry David Thoreau) or the person who finds miracles in the common (Julian Bauer).

The pandemic has made realize that the things that we use to take for granted - a hug from a loved one or dinner with friends - are more important than we ever knew and made us see the world in a different way. Last month I wrote, “If the past year has taught us anything it has taught us to be resilient.” While this statement remains true, the past year has also reminded us “to stop and smell the roses” and to rediscover the simple and beautiful things all around us.” It has been a long and difficult 12 months, but our Estates’ family remains strong. We will get through this together.

- *Brian Robare, CEO & Executive Director*

# MEET YOUR NEW NEIGHBORS

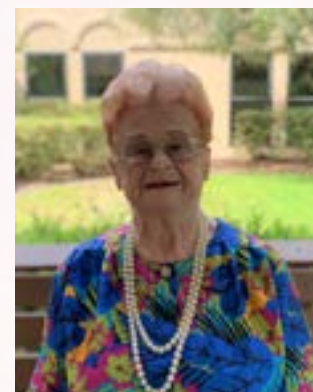
## **Gary Mitchell, J121, Phone: (912)388-9549**

Gary Mitchell, PhD is originally from the Tampa Bay area (50+ years) and moved to the Estates from Solivita in Kissimmee, Florida. Gary's story of how he met his wife is a very sweet one. He met his wife, Peg, at church after a Sunday service. He walked up, sat beside her, and began to ask her out. Before she gave him an answer, she decided to ask her pastor (Pastor William Wynn, Barbara Wynn's late husband), since she was wondering if this would be a good thing for not just her, but her son as well. Once Pastor Wynn said it was okay and gave her his blessing, she said yes, and the rest was history. Gary worked as a law enforcement executive and after his wife passed, he decided moving to The Estates was the best option for him. He enjoys tinkering and working with whatever he can get his hands on, reading, and writing. We are happy to welcome him to our Estates family!



## **Christine Govier, F-316, Phone: (863) 797-8048**

Christine Govier is originally from Minnesota and moved to the Estates from another part of Lakeland. She met her husband in Bible college. Her husband worked as a facilities engineer, while she worked as a bank clerk. Christine and her husband were both missionaries in Brazil (her husband was quite the Bible historian). She enjoys counseling and is a proud social butterfly. We are delighted to welcome her to the Estates.



## **MEMORIALS, HONORARIUMS, AND DONATIONS**

The Estates would like to thank the following individuals for their generosity during the month of February 2021:  
Alice Burgess, Brian Robare, John Thompson and Matthew Thompson.



# Spring Has Sprung

It seems like it has been a long winter and we did not even have snow! I will never regret moving to Florida! Even though our winter is not freezing cold here in Florida, we do stay indoors more and become less active. The great advantage to being here is that we can get out and enjoy the weather much sooner than those poor folks up North. The advances associated with the virus that have been made recently, have also allowed us more freedom from our homes. Here are some reasons why springtime is a great time to renew and refresh mind, body and spirit.

- The end of the cold weather is the beginning of much more pleasant temperatures. Did you know that being outside in the nice weather can even improve your memory? I better get out there quickly!
- There is more daylight. With each passing spring day, the days get a little longer and the nights get shorter. Extra sunshine can be a great mood booster!
- You may see more baby animals. Even the animals like the nice weather and will show off for you when you sit on the bench or take a walk outside.
- The nice weather can help you be more creative. Now that activities are allowed, you may feel like starting a new hobby or joining a new group, you may even meet some new people.
- The leaves grow back on the trees, which is something we really look forward to when we are out for our walk on a warm day. Do you look forward to walking into the shady spots as you walk on the path around our property? It is a welcomed reprieve on a very warm day.
- Despite the sneezing we do at this time of year from the pollen, it is still a beautiful thing to see the flowers blooming once again. Do you stop and take in their beauty? You should.
- You can open your windows! Get a nice breath of fresh air again! Let that spring breeze come through your apartment! Think back to when you used to hang your sheets out in the breeze! Ahhhh, it smells so good!
- Get your Vitamin D naturally! The sunshine helps your body produce Vitamin D and that helps keep your bones healthy and strong. Just remember your sunscreen.

There are so many reasons we look forward to this wonderful time of year! Forget the negative and concentrate on making this the best season ever, because spring has sprung my friends!

- *Cheri Shrader, Director of Nursing*

## Put a Spring in Your Step

Spring is in full swing! The weather is warming up, birds are chirping, and flowers are in bloom. April has amazing temperatures, with highs in the 80's, and is the perfect time to enjoy the outdoors and get moving. The outdoors not only gives us different places to explore and opportunities to get moving, but it also does wonders to our emotional health.

The outdoors provides us with valuable Vitamin D, which is important for our bones, blood cells, and immune system. Studies show that even five to fifteen minutes in the sun, two to three times a week, can do the trick. When we exercise outdoors, it helps keep variety in our routine. The more variety we have in our exercise routines, the more likely we are to stick to a plan. While you are outside, invite a friend to join you! Socializing is a great way to help us stay accountable and get much-needed social interaction.

If you find yourself having a hard time sleeping at night, you might be needing some sun exposure! Exposing our eyes to sunlight helps our bodies set our sleeping cycle – it may just do the trick! As we age, our eyes are not as sensitive to the absorption of light, making natural light exposure that much more important. If you are dealing with stress, boosting your serotonin levels with sunlight has been shown to raise energy levels and helps to keep you positive and focused. The sun is a great tool for relieving symptoms of stress and is an important part of our emotional health.

Join us on Wednesday, April 7th for a community themed walk, followed by an assortment of delicious, refreshing smoothies in celebration of National Walking Day. Bring a friend while you soak in the famous Florida sunshine and welcome in this new spring season.

- *Marco Silvera, Wellness Coordinator*

Sources: [www.nationaldaycalendar.com](http://www.nationaldaycalendar.com)  
[www.webmd.com](http://www.webmd.com)

# Resident Spotlight: Alita Keller



Alita Keller has been a resident at the Estates for twenty-one years. Alita was born and raised on a farm in Iowa and stayed until she was sixteen years old. Throughout her life, Alita has always stayed busy. Her first job was helping a sweet lady who worked within her church that had recently had surgery. Her husband was a trucker and was gone all day, so she would help babysit her three little girls and helped to cook and clean. This was just the start of the busy life she had ahead of her. During World War II, she became engaged to a man in the Navy. She then started working in a factory sewing army shirts. Because of the Navy lifestyle, Alita and her fiancée moved all over the United States. In Indianapolis, Indiana, she sewed military headgear. In Miami, Florida, she sewed sheets and pillowcases for the Navy. After returning to her home-state, she worked in a bomb factory inspecting the size of bombs. And in New York, Alita worked in an electronic assembly for the Navy. After getting married, Alita and her husband settled in Green Cove Springs, Florida where they had three children. One of their children was unfortunately lost at birth. Once her husband was out of the Navy, Alita and her family resided for twenty-five years in San Francisco, California. All the moving around finally ended when Alita and her husband moved to the Estates in the year 2000. If this spotlight is not enough and you would like to know more about Alita's life, then I have the perfect idea for you. If you get a chance to talk to Alita, ask her if you could read her book. Yes, a published book about her life! When Alita turned ninety years old, one of her granddaughters asked her to write her life story. Her granddaughter (who was in touch with a company in the United Kingdom), then started putting together her grandmother's book. The book was then published and came out in October of 2020 and ended up being a present for Alita for her ninety-fifth birthday. I am honored to have the opportunity to speak with Alita and share her life with all of you!

- Kira Morisako, Resident Lifestyles Assistant

# NATIONAL WALKING DAY LUAU!

**Wednesday, April 7th  
at 8:30am**

**Event Starting Line:  
19TH HOLE**

**Come dressed in your  
tropical best as we celebrate  
the health benefits of walking**



**Finish the walk poolside to  
enjoy a refreshing fruit smoothie!  
Please wear your mask and  
continue to social distance**

# Sunday

# Monday

# Tuesday

# Wedn

**Gift Shop Hours**  
M-F 8:30 - 10:00 a.m.  
2:00 - 3:30 p.m.

**Salon OPEN**

For more details, please check  
the posters by the C/D, F/G,  
and M elevators.



## Happy Easter 04

9:30 CHERA Worship - MDR  
**12:00-6:00 Easter Brunch - MDR**  
1:30 Hand, Knee & Foot -  
C/D 3rd Floor  
2:00 Mah Jongg - A/B 3rd Floor  
Fitness Center Open 24/7  
All Day Swimming  
All Day Outdoor Activities  
Game Room OPEN  
Art Studio OPEN



## 05

8:15 Daily Devotions -  
PHONE  
10:30 Target Run - BUS  
11:00 Kindness Crew - CR  
11:00 Silent Singers - AUD  
1:00 Wii Bowling League - GR  
1:00 Local Bank Run - BUS  
2:00 Mah Jongg - A/B 3rd Floor  
2:00 Comedy Series - AUD  
6:00 Scrabble - C/D 3rd Floor

## 06

8:15 Daily Devotions -  
PHONE  
9:00 Gentle Yoga - AUD  
9:30 Publix Shopping - BUS  
10:00 Drum Fit - AUD  
11:00 Miscellaneous Tuesdays (Art)  
AUD  
1:00 Bible Study with Jim Moore -  
AUD  
2:30 Bible Study with Gayle Moore  
AUD

## 06

8:15 Daily Devoti  
PHONE  
**8:30-10:00 Nation  
Event**  
9:30 Publix Run -  
10:00 Bean Bag B  
1:00 Wii Bowling  
2:00 Spiritual Ser  
6:00 Bridge - C/D  
6:15 Mexican Tra  
F/G 3rd Floor

## 11

9:30 CHERA Worship - MDR  
1:30 Hand, Knee & Foot -  
C/D 3rd Floor  
2:00 Mah Jongg - A/B 3rd Floor  
Fitness Center Open 24/7  
All Day Swimming  
All Day Outdoor Activities  
Game Room OPEN  
Art Studio OPEN

## 12

8:15 Daily Devotions - PHONE  
9:00 Group Exercise - AUD  
10:00 Body Balance - AUD  
10:30 Target Run - BUS  
11:00 Kindness Crew - CR  
11:00 Silent Singers - AUD  
1:00 Wii Bowling League - GR  
1:00 Local Bank Run - BUS  
2:00 Mah Jongg - A/B 3rd Floor  
2:00 Comedy Series - AUD  
6:00 Scrabble - C/D 3rd Floor

## National Peach Cobbler Day 13

8:15 Daily Devotions - PHONE  
9:00 Gentle Yoga - AUD  
9:30 Publix Shopping - BUS  
10:00 Drum Fit - AUD  
11:00 Miscellaneous Tuesdays (Travel) - AUD  
**1:00-3:00 Peach Cobbler Day Celebration  
19TH HOLE**  
1:00 Bible Study with Jim Moore - AUD  
2:30 Bible Study with Gayle Moore - AUD



## 13

8:15 Daily Devoti  
PHONE  
9:00 Group Exerc  
9:30 Publix Run -  
10:00 Bean Bag B  
10:00 Journey Thr  
1:00 Wii Bowling  
2:00 Spiritual Ser  
6:00 Bridge - C/D  
6:15 Mexican Tra  
F/G 3rd Floor

## 18

9:30 CHERA Worship - MDR  
1:30 Hand, Knee & Foot -  
C/D 3rd Floor  
2:00 Mah Jongg - A/B 3rd Floor  
Fitness Center Open 24/7  
All Day Swimming  
All Day Outdoor Activities  
Game Room OPEN  
Art Studio OPEN

## 19

8:15 Daily Devotions - PHONE  
9:00 Group Exercise - AUD  
10:00 Body Balance - AUD  
10:30 Target Run - BUS  
11:00 Kindness Crew - CR  
11:00 Silent Singers - AUD  
1:00 Wii Bowling League - GR  
1:00 Local Bank Run - BUS  
2:00 Mah Jongg - A/B 3rd Floor  
2:00 Comedy Series - AUD  
6:00 Scrabble - C/D 3rd Floor

## 20

8:15 Daily Devotions - PHONE  
9:00 Gentle Yoga - AUD  
9:30 Publix Shopping - BUS  
10:00 Drum Fit - AUD  
11:00 Miscellaneous Tuesdays  
(Wellness) - AUD  
1:00 Bible Study with Jim Moore -  
AUD  
2:30 Bible Study with Gayle Moore  
AUD  
**7:30 New Neighbors Welcome Party -  
MDR**

## National Day

8:15 Daily Devotions  
9:00 Group Exercise -  
9:30 Publix Run - BUS  
10:00 Bean Bag Baset  
**1:00 National Tea Ce  
19TH HOLE**  
1:00 Wii Bowling Lea  
2:00 Spiritual Series  
6:00 Bridge - C/D 3rd  
6:15 Mexican Train -

## 25

9:30 CHERA Worship - MDR  
1:30 Hand, Knee & Foot -  
C/D 3rd Floor  
2:00 Mah Jongg - A/B 3rd Floor  
Fitness Center Open 24/7  
All Day Swimming  
All Day Outdoor Activities  
Game Room OPEN  
Art Studio OPEN

## National Pretzel Day 26

8:15 Daily Devotions - PHONE  
9:00 Group Exercise - AUD  
10:00 Body Balance - AUD  
10:30 Target Run - BUS  
11:00 Kindness Crew - CR  
11:00 Silent Singers - AUD  
**1:00 Pretzel Day Celebration -  
19TH HOLE**  
1:00 Wii Bowling League - GR  
1:00 Local Bank Run - BUS  
2:00 Mah Jongg - A/B 3rd Floor  
2:00 Comedy Series - AUD  
6:00 Scrabble - C/D 3rd Floor







## 27

8:15 Daily Devotions -  
PHONE  
9:00 Gentle Yoga - AUD  
**9:00 Clergy Fellowship - MDR**  
9:30 Publix Run - BUS  
10:00 Drum Fit - AUD  
11:00 Miscellaneous Tuesdays  
(Discovery) - AUD  
1:00 Bible Study with Jim Moore -  
AUD  
2:30 Bible Study with Gayle Moore  
AUD

## 27

8:15 Daily Devoti  
9:00 Group Exerc  
9:30 Publix Run -  
10:00 Bean Bag B  
1:00 Wii Bowling  
2:00 Spiritual Ser  
6:00 Bridge - C/D  
6:15 Mexican Tra  
F/G 3rd Floor

Wednesday	Thursday	Friday	Saturday
	<p><i>Maundy Thursday</i> <b>01</b></p> <p>Ping Pong ALL DAY  8:15 Daily Devotions - PHONE  9:00 Gentle Yoga - AUD  9:30 Publix Run - BUS  10:00 Strength Training - FC  10:00 Senior Scholars - AUD  1:00 Scrabble - C/D 3rd Floor  2:00 Reflections - 19TH HOLE  2:00 Movies - AUD</p>	<p><i>Good Friday</i> <b>02</b></p> <p>Fitness Center Open 24/7  8:15 Daily Devotions - PHONE  Phone #: (701)802-5471  Access Code: 359460#  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN</p>	<p><b>03</b></p> <p>Fitness Center Open 24/7  8:15 Daily Devotions - PHONE  Phone #: (701)802-5471  Access Code: 359460#  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN</p>
<p>ons - <b>07</b></p> <p><b>Annual Walking Day</b>  - 19TH HOLE  BUS  Baseball - AUD  League - GR  ies - AUD  3rd Floor  in -  r</p>	<p><b>08</b></p> <p>Ping Pong ALL DAY  8:15 Daily Devotions - PHONE  9:00 Gentle Yoga - AUD  9:30 Publix Run - BUS  10:00 Strength Training - FC  10:00 Senior Scholars - AUD  1:00 Scrabble - C/D 3rd Floor  2:00 Reflections - 19TH HOLE  2:00 Movies - AUD  <b>7:30 CHERA Meeting - MDR</b></p>	<p><b>09</b></p> <p>8:00 Coffee Hour - CR  8:15 Daily Devotions - PHONE  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Wii Bowling - GR  1:00 Local Bank Run - BUS  1:30 Hand &amp; Foot - A/B 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - C/D 3rd Floor</p>	<p><b>10</b></p> <p>Fitness Center Open 24/7  8:15 Daily Devotions - PHONE  Phone #: (701)802-5471  Access Code: 359460#  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN</p>
<p>ons - <b>14</b></p> <p>ise - AUD  BUS  Baseball - AUD  rough Grief - CR  League - GR  ies - AUD  3rd Floor  in -  r</p>	<p><b>15</b></p> <p>Ping Pong ALL DAY  8:15 Daily Devotions - PHONE  9:00 Gentle Yoga - AUD  9:30 Publix Run - BUS  10:00 Strength Training - FC  10:00 Senior Scholars - AUD  1:00 Scrabble - C/D 3rd Floor  2:00 Reflections - 19TH HOLE  2:00 Movies - AUD</p>	<p><b>16</b></p> <p>8:00 Coffee Hour - CR  8:15 Daily Devotions - PHONE  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Wii Bowling - GR  1:00 Local Bank Run - BUS  1:30 Hand &amp; Foot - A/B 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - C/D 3rd Floor</p>	<p><b>17</b></p> <p>Fitness Center Open 24/7  8:15 Daily Devotions - PHONE  Phone #: (701)802-5471  Access Code: 359460#  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN</p>
<p><i>Tea</i> <b>21</b></p> <p>- PHONE  AUD  S  ball - AUD  <b>celebration -</b>  gue - GR  AUD  Floor  F/G 3rd Floor</p> 	<p><i>Earth Day</i> <b>22</b></p> <p>Ping Pong ALL DAY  8:15 Daily Devotions - PHONE  9:00 Gentle Yoga - AUD  9:30 Publix Run - BUS  10:00 Strength Training - FC  10:00 Senior Scholars - AUD  1:00 Scrabble - C/D 3rd Floor  2:00 Reflections - 19TH HOLE  2:00 Movies - AUD</p> 	<p><b>23</b></p> <p>8:00 Coffee Hour - CR  8:15 Daily Devotions - PHONE  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Wii Bowling - GR  1:00 Local Bank Run - BUS  1:30 Hand &amp; Foot - A/B 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - C/D 3rd Floor</p>	<p><b>24</b></p> <p>Fitness Center Open 24/7  8:15 Daily Devotions - PHONE  Phone #: (701)802-5471  Access Code: 359460#  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN</p>
<p><b>28</b></p> <p>ons - PHONE  ise - AUD  BUS  Baseball - AUD  g League - GR  ies - AUD  D 3rd Floor  in -  r</p>	<p><b>29</b></p> <p>Ping Pong ALL DAY  8:15 Daily Devotions - PHONE  9:00 Gentle Yoga - AUD  9:30 Publix Run - BUS  10:00 Strength Training - FC  10:00 Senior Scholars - AUD  1:00 Scrabble - C/D 3rd Floor  2:00 Reflections - 19TH HOLE  2:00 Movies - AUD</p>	<p><b>30</b></p> <p>8:00 Coffee Hour - CR  8:15 Daily Devotions - PHONE  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Wii Bowling - GR  1:00 Local Bank Run - BUS  1:30 Hand &amp; Foot - A/B 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - C/D 3rd Floor  <b>6:30 Outdoor Concert - FPL</b></p> 	<p><b>Abbreviations Key</b></p> <p>AUD - Auditorium  CR - Community Room  MDR - Main Dining Room  GR - Game Room  AS - Art Studio, D-406  FC - Fitness Center  C - Chapel, K-106  FPR - Front Parking Lot  19TH HOLE - Outside C/D  PHONE - Phone Call</p>

# April Events

## APRIL 4TH, 2021

### ***EASTER SUNDAY BRUNCH***

**12:00-6:00 p.m.**

Come to the **Main Dining Room** on Easter Sunday for a delicious Easter brunch provided by our kitchen staff. This will be part of your regular meal plan, just with a special menu!

## APRIL 7TH, 2021

### ***National Walking Day***

**8:30-10:30 a.m.**

Be swept away to a tropical paradise as we celebrate National Walking Day with a nice stroll around the facility and end with some refreshing smoothies by the pool. The starting point will be at the **19TH HOLE**. See flyer for more details.

## APRIL 13TH, 2021

### ***National Peach Cobbler Day***

**1:00-3:00 p.m.**

Join us at the **19TH HOLE** for some scrumptious peach cobbler and vanilla ice cream! This special event kicks off at 1:00 p.m. and will be available until 3:00 p.m.

## APRIL 21ST, 2021

### ***National Tea Day***

**1:00-3:00 p.m.**

Celebrate National Tea Day with your Lifestyles Department at the **19TH HOLE** for some nice, refreshing iced tea. Tea will be served from 1:00-3:00 p.m.

## APRIL 26TH, 2021

### ***National Pretzel Day***

**1:00-3:00 p.m.**

You won't want to miss our National Pretzel Day treat at the **19TH HOLE**. Enjoy this soft and salty treat from 1:00 to 3:00 p.m.

## APRIL 30TH, 2021

### ***Outdoor Concert***

**6:30 p.m.**

Come out and enjoy an Outdoor Concert out in our **FRONT PARKING LOT**. Enjoy some snacks and drinks with some beautiful music provided by guitarist Geri Blount.



# Health Center Update

It is April and already time for spring! Spring is for celebrating Palm Sunday, Easter, growing flowers, warmer weather, and being able to enjoy the warmer weather outdoors.

The Health Center Recreation staff enjoy visiting and reminiscing with our residents about things that make them happy. Our residents here at the Manor and Villa have really enjoyed telling us about things they enjoy now and also things they used to do when they were younger.

Ms. Nola Rudkin, one of our residents in the Villa, let one of our Recreation Assistants, Katie Smith, know that she enjoyed gardening and watching things grow. Katie then found Ms. Nola an avocado seed for everyone to watch grow and enjoy! Lilybeth, our Therapy Director, provided the avocado from her garden and Katie and Ms. Nola started to watch their avocado seed grow on February 3rd. Ms. Nola and Katie transplanted it to a bigger container on February 25th, and it sprouted just two days later. Pictured is Ms. Nola Rudkin and Katie Smith with their avocado sprout.



This is just one of the recreational activities that we provide for our residents in the Health Center. As Recreation professionals, it is a joy to see our residents smile and learn new things. We will continue to provide individual room visits, walks outside, and informational fun items for our residents. The Health Center residents and staff would like to wish everyone a Happy Easter!

- *Jamie Backensto, Director of Recreation, Health Center*

## Celebrate Spring

A change in the wind, flowers blossoming, long daytimes, the warmth of the sun, and Easter are just a few reasons why winter, summer, and fall do not hold a candle to spring. Spring brings green growth back to plants, the growth of leaves on the trees ensures a cool canopy to relax under during the hot summer. Spring is often marked by increased rainfall, which helps to water the seeds taking root in the ground. Spring brings us many benefits as well.

- Studies have shown that flowers blossoming in the spring is good for our mental health, as it gives us happiness and positivity. Extra daylight gives us more time to spend outdoors and serves as a natural mood booster.
- Walking outside in the spring weather and inhaling the fresh air can decrease tension and increase energy levels. It can also provide benefits that are even more important for seniors, like controlling blood sugar, improving sleep, enhancing cardiac health, and boosting Vitamin D levels, which can help reduce the risk of bone problems and fractures.
- Opening your windows and letting the breeze in helps to ventilate indoor spaces, refreshing your home.

Many cultures celebrate the return of spring, like in Japan, where the blossoming of trees has become a national event. Those who practice Judaism celebrate Passover, which commemorates their freedom from slavery and Christians celebrate Easter, the resurrection of Jesus Christ. To some, spring is the most lovable of the four seasons. I hope you have a great time celebrating spring!

- *Rana Khan, Director of Nursing, Health Center*

Source: [www.agingcare.com](http://www.agingcare.com)



## ESTATES

Lois Donahue. . . . . 03  
 Vivian Pemberton. . . 04  
 Lucille Pritchard. . . 05  
 Betty Phillips. . . . . 06  
 Robin Masden. . . . . 07  
 Robert Ferguson. . . 08  
 Phyllis Jackson. . . . 10  
 Jim Poynter. . . . . 12  
 Thomas Dempsey. . . 13  
 Bunny MacMunn. . . . 13  
 Frances Nagel. . . . . 13  
 Joan Gosenski. . . . . 14  
 Kathy Harrison. . . . . 16  
 Gwen Allen. . . . . 17  
 Judyth Cox. . . . . 25  
 Joan Freeman. . . . . 26  
 Jan Peterson. . . . . 26  
 Richard Smith. . . . . 27  
 Sonya Mizell. . . . . 28  
 Dow Austin. . . . . 29  
 Carol Jackson. . . . . 29  
 Dean Sarbaugh. . . . . 30

## HEALTH CENTER

Robert Griffin. . . . . 05  
 Michael Phillips. . . . . 10  
 Ruth Adcock. . . . . 10  
 Donald Williams. . . . 14  
 Frances Bowie. . . . . 23  
 Emeline Bruce. . . . . 25  
 John Dixon. . . . . 27  
 Richard Suetterlin. . . . 28



**April 1st - "The Passion of Christ"**  
 Directed by Mel Gibson, this movie depicts the final twelve hours in the life of Jesus of Nazareth, on the day of his crucifixion in Jerusalem.  
 (R- 127 minutes)

**April 8th - "You Again"**  
 Starring Kristen Bell, Jamie Lee Curtis, and Betty White. When a young woman realizes her brother is about to marry the girl who bullied her in high school, she sets out to expose the fiancée's true colors.  
 (PG - 105 minutes)

**April 15th - "Hidden Figures"**  
 Starring Taraji B. Henson, Octavia Spencer, and Janelle Monáe. This is the story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.  
 (PG - 127 minutes)

**April 22nd - "Liar Liar"**  
 Starring Jim Carrey, Maura Tierney, and Cary Elwes. A fast-track lawyer cannot lie for 24 hours due to his son's birthday wish after he disappoints his son for the last time.  
 (PG-13 - 86 minutes)

**April 29th - "Into the Woods"**  
 Starring Meryl Streep, Anna Kendrick, and James Corden. A musical about a witch who tasks a childless baker and his wife with procuring magical items from various fairy tale classics to reverse the curse put on their family tree.  
 (PG - 125 minutes)

# He is Alive

Jesus is alive. Luke 24:3,5-6 (NLT), “So they went in, but they could not find the body of the Lord Jesus. Then the men ask, ‘Why are you looking in a tomb for someone who is alive? He isn’t here! He has risen from the dead!’” The resurrection validated a promise Jesus made: “I am the resurrection and the life, anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never die.” (John 11:25-26) (NLT). Jesus has given us hope in this life and hope beyond the grave. Jesus emerged the victor; and we are the victors too. Not just over physical death someday, but over the enemy’s attempts to defeat us now. The enemy wants to destroy your joy, peace, purpose and passion. Jesus said, “The thief’s purpose is to steal kill and destroy. My purpose is to give them a rich and satisfying life (John 10:10). His resurrection confirmed the truth, he came out of the grave fully alive and victorious. This tremendous victory fills us with wonder and gives us such hope and peace. Hallelujah, Jesus is alive!

God Bless You!

- *Chaplain Randy Horn*

## Easter Prayer

Lord, how can we ever thank you enough? You endured more pain, more shame, more sorrow, more grief than we can possibly fathom. Help us to remember why You gave Your life.

Because of love. Because of mercy. You gave your only Son, that we might be called children too. Lord, may we have hearts of thankfulness for Your sacrifice. Let us have eyes that look upon your grace and rejoice in our salvation. Help us to walk in that mighty grace and tell your good news to the world. In your name we pray, Amen.



## The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$387,588.68. As of February 28, 2021, \$64,069.58 has been used to help residents. Monies are taken from the interest earned.

# The Estates

A T C A R P E N T E R S

*Jesus was arrested, tried, and found guilty of claiming to be a king. His body was hung on a cross between two thieves. After his death, Jesus' body was wrapped in linen cloths and placed in a tomb with a large stone rolled across the opening. On the third day, an early Sunday morning, Mary Magdalene and another Mary came to the tomb and found it empty. Sitting on the rolled away stone was an angel of the Lord who told them to not be afraid because Jesus had risen. As the women left to tell the disciples, Jesus Christ met them and showed them his nail-pierced hands. When Jesus rose from the dead, he confirmed his identity as the Son of God and his work of atonement, redemption, reconciliation, and salvation.*



Source: [www.biblestudytools.com/](http://www.biblestudytools.com/)



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