



# Resident Sign— Out Books

You may have noticed the books at the Front Desk and the Nurse’s Station. We are asking that all Assisted Living residents sign out at either desk when they leave the building and sign back in when returning. This will help us know who is in the building and who isn’t in the case of an emergency. Also, if we haven’t seen a resident return for a while, we can make sure to check on them to make sure everything is ok.

Your help keeping up with is the key to making this work for all of us, thank you.



April showers  
bring May flowers

## Monthly Highlights

- Apr 3rd** Movie: Unfrosted,, The Pop Tart Story
- Apr 5th** Mass,; Mixer: Lisa Hittle Jazz ; Art Show
- Apr 8th** Solar Eclipse
- Apr 10th** Candy Bingo; Movie: The Courier
- Apr 12th** Pick your Project; Mixer: Tom Harder
- Apr 13th** Movie: Killer of the Flower Moon
- Apr 14th** Bonus Bingo
- Apr 16th** Garden Party
- Apr 17th** Explorer Elem. Activity; Movie: The Illusionist
- Apr 19th** Mixer
- Apr 24th** Cardmaking; Movie: Ordinary Angels
- Apr 25th** Trolley Trip
- Apr 26th** Craft; Mixer

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“Where life  
never gets old.”



DOVE ESTATES SENIOR LIVING

# NEWSLETTER

April 2024  
Volume 11, Issue 4

## National Volunteer Month



Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. Sometimes the difference a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national

organizations like 4-H, Boy and Girl Scouts of America, or American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need. President George H.W. Bush launch the 1000 Points of Light campaign in 1991 and established April as National Volunteer Month.

Every year the Goddard community hold a an event called Neighbors United. This is an event that gives back to our community through service. On Saturday, April 27th the Goddard community will be helping neighbors in need by helping with projects that need to be addressed. In years past local scout troops, churches, school clubs and families have planted plants at parks and along main street, trimmed trees, cleaned up trash, helped organize storage at the library and schools. Anyone can participate and anyone can request help with projects.

We have quite a few volunteers around Dove and each one is very special to us. This month we would like to thank them for all the joy they bring to us and our residents.

## Leadership Team

- Executive Director**.....Kevin Frymire
- Director of Nursing**.....Breann Beagley
- Admissions Coordinator**.....Sheena Sobba
- Business Office Director**.....Jody Little
- Director of Fitness**.....Lisa Bickel
- Director of Marketing** .....Renee Sanderholm
- Life Enrichment Director**.....Kim Carrillo
- Dining Services Director**.....Nathan Pollina
- Environmental Services Director**....Chris Larkin
- Memory Haven Nurse Manager**... Leigh Anne Powell



“Where life never gets old.”

## Gardening makes life better



In addition to providing tasty vegetables and lovely flowers, gardening offers health benefits especially for older adults. These benefits include lower blood pressure, exercise, memory care, motor skills, social benefits, stress relief, and improved immune system.

1. **Gardening activities alleviate high blood pressure.** Digging, watering, weeding are all movements regularly required to cultivate a garden. These are also activities that provide light exercise. Getting regular exercise helps to lower blood pressure and a garden that needs tending to can provide an excellent outlet for exercise.

2. **Cultivating plants offers an enjoyable, moderately**

**intense exercise.**

Even people who don't enjoy exercising can forget that they are getting some good exercise while gardening. Digging holes to plant seeds or plants, carrying gardening tools, watering seedlings, pulling pesky weeds, and cutting flowers or harvesting vegetables are all gardening tasks that need to be done to care for a garden. These are all also tasks that provide gardeners with great exercise.

3. **Horticulture therapy provides a form of effective memory care.**

Exposure to gardens and opportunities to participate in simple gardening tasks have been shown to help older adults living with early to mid-stage Alzheimer's disease or other memory impairments. Gardening and having time outdoors improve sleep cycles, lower agitation, and decrease isolation among older adults.

4. **Gardening maintains sensory awareness and motor skills.**

Gardening requires some dexterity especially the use of hands. This activity helps to maintain and even improve motor skills. In addition, many senses are used and awakened through gardening, which is helpful in promoting sensory awareness.

5. **Gardening group activities foster social benefits.**

Many things are more fun in a group and gardening is one of those activities. By working together, a group can make a big garden project easier work and build bonds while doing it. Social activities are especially important as people age as being socially active helps to improve emotional, intellectual, and physical wellness.

6. **Gardening relieves stress and boosts the immune system.**

Being outside and active are important parts of gardening. Time spent in nature can be therapeutic in many ways for older adults. Stress relief and improved immunity are two more benefits that can come from gardening.

## From the Desk of...

Help Dove Estates welcome Alyssa Luckey into her new position of Dining Room Supervisor. Alyssa has been with Dove Estates in various positions over the last several years and has now accepted a new role in Dining. In her new role, Alyssa will be assisting all residents with any concerns you may have while in the dining room. During your mealtimes you will see her constantly moving among you to ensure you have a great dining experience. So, welcome Alyssa and encourage her, we look forward to this being a great transition for her.

*Kevin Frymire, LNHA*

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New Resident  
Welcome 



Cletus Rausch

Cindy Hampel

Sally Goodwin

Jim Jerome

**April 6** Lou Ann Wager

**April 9** Bob Goebel

**April 10** Margaret Blasi

**April 25** Cathy Dooley

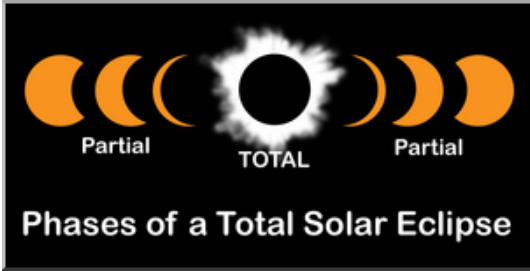
**April 29** Joe Gorges

# April Word Search

- OCCUPATIONAL THERAPY
- VOLUNTEER
- GARDEN
- PECAN
- SHOWERS
- POETRY
- PARKINSONS
- PRETZEL
- AUTISM
- APRIL
- JAZZ



## The Great American Eclipse



The last solar eclipse, a partial eclipse, occurred in October and was an annular eclipse, meaning the moon passes between the sun and the Earth

when it is farthest from the Earth. Because the moon is so far, the moon cannot cover the sun completely, which causes a ring effect around the moon, often referred to as the "ring of fire."

April's event is a rare total solar eclipse, which means the sun will be completely blocked out for those in the path of totality. The total eclipse will be viewable in the U.S. in Texas, Oklahoma, Arkansas, Missouri, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine. Other states, like Kansas, will only see partial coverage.

The next total solar eclipse won't occur until Aug. 23, 2044, according to NASA. In Wichita, the eclipse will begin at 12:31 p.m. and end at 3:06 p.m. Viewers will be able to see maximum coverage at 1:48 p.m., according to online global clock Time and Date. Overland Park is the city in Kansas that will have the most obstruction at 89.5%, while Wichita will have 87.59%.

\*Remember, just because part of the sun is partially blocked during the eclipse does not mean it's safe to stare directly at it without eye protection. If you plan to peek April 8, be sure to wear eclipse glasses.

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Why shouldn't you tell ducks jokes on April Fools' Day?  
 They'll quack up.



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## Days to Celebrate in April

- National Parkinson's Awareness Month
- National Occupational Therapy Month
- National Pecan Month
- National Poetry Month
- National Jazz Appreciation Month
- National Gardening Month
- National Soft Pretzel Month
- National Autism Awareness Month

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