

# Waterford Grand

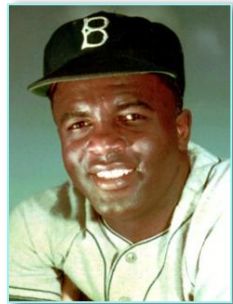
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## Directors and Managers List

Executive Director .....	Tonya Hodges
Assistant Executive Director .....	Brittany Locke
Business Office Manager.....	Jessica Jenks
Community Relations Director.....	Apryl Krouy
Community Relations Director.....	Kim Dunn
Dining Services Director .....	Denise Bradbury
EverFit / Senior Fitness Director .....	Don Bitle
Resident Services Director .....	Misty Valet
Resident Services Director .....	Kevin Conradsen
Wellness Director .....	Britny Loehr
Associate Wellness Director.....	Barb Bowen
Wellness Director .....	Wendy Brady
Associate Wellness Director.....	Debi Bone
Plan Operations Director .....	Poet Hobbs
Life Enrichment Director.....	Julie Nedele
Life Enrichment and Personal Preferences Coordinator .....	Terri Kelley

## Major League Debut



On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.

## April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

### Happy Birthday to our residents born in April!

- |  |                         |
|--|-------------------------|
| <i>Barbara K – 4/4</i>                                 | <i>Cathy B – 4/11</i>   |
| <i>Pat H – 4/4</i>                                     | <i>Patty R – 4/15</i>   |
| <i>Dan B – 4/4</i>                                     | <i>Anne M – 4/15</i>    |
| <i>Kathleen P – 4/6</i>                                | <i>Lavonne C – 4/16</i> |
| <i>Lela A – 4/10, Carol E – 4/25, Natalie M – 4/26</i> |                         |

### You share your birthday month with the following celebrities.

- Marlon Brando (actor) – April 3, 1924
- Jackie Chan (actor) – April 7, 1954
- Beverly Cleary (author) – April 12, 1916
- Queen Elizabeth II (royalty) – April 21, 1926
- Barbra Streisand (entertainer) – April 24, 1942
- Duke Ellington (pianist) – April 29, 1899

## Celebrating April

### Lawn and Garden Month

### Humor Month

### Welding Month

### Laugh at Work Week

*April 1–7*

### National Volunteer Week

*April 21–27*

### Peanut Butter and Jelly Day

*April 2*

### World Rat Day

*April 4*

### Teflon Day

*April 6*

### National Gardening Day

*April 14*

### Take a Wild Guess Day

*April 15*

### Earth Day

*April 22*

### Talk Like Shakespeare Day

*April 23*

### International Jazz Day

*April 30*

## Tartan Tales

Scottish American Heritage Month is a time to don kilts, hum to the tunes of bagpipes, and celebrate the rich tapestry woven by Scottish immigrants in the fabric of American history. Rewind to the 17th and 18th centuries, and picture the adventurous Scots sailing across the Atlantic to the promising landscapes of Canada and the United States. They sought refuge from religious persecution, economic hardships, and land scarcity. Political unrest, coupled with the promise of religious freedom and better prospects, were incentives for many Scots to pursue a fresh start in the New World.

The spirited settlers didn't just plant their flags; they wove their culture into the fabric of their new homes. From Nova Scotia to North Carolina, they created communities that echoed the hills of Scotland. They didn't leave behind their love for haggis or the skirl of bagpipes; they infused these traditions into the heartbeat of American culture.

Fast forward to today, and you'll find echoes of Scottish influence in the very fiber of America. From the lilt of folk tunes to the thunder of athletes at Highland Games, their legacy lives on. The haunting, soulful whine of the bagpipes and the swirl of the tartans evoke a sense of kinship, reminding us of the indelible mark left by these pioneers.

Scottish American Heritage Month isn't just a nod to history; it's a celebration of resilience, tradition, and the merging of cultures. From their stories of fortitude to their rich cultural contributions, their legacy transcends time, resonating in the essence of the American spirit. This April, don your tartan, strike up the bagpipes, and celebrate the remarkable journey and enduring impact of the Scottish Americans who made this land their own. Raise a dram of whisky (or your favorite beverage) to salute the spirited Scots who helped shape America. Cheers to a heritage as rich and diverse as the Scottish landscape itself!

## Mental Health Benefits of Gardening

Gardening has long been recognized as a therapeutic and enjoyable pastime, and research has enumerated those mental health benefits. Studies have shown that spending time in nature and engaging in activities like gardening can improve mood, reduce stress, and decrease symptoms of depression and anxiety.

A *Journal of Health Psychology* study tested the effect of gardening on stress relief by exposing participants to a stressful task, then assigning them to thirty minutes of outdoor gardening or indoor reading. While both activities resulted in decreased stress levels, gardening resulted in more significant decreases and “positive mood was fully restored after gardening.” Another study found that people who spend at least two hours a week in nature, including gardening, were significantly more likely to report good health and higher psychological well-being.

## Food and Happiness

Gardening also brings many other benefits that can have cascading positive outcomes for your mental health and happiness! For instance, when you engage in gardening, you are often growing food to eat, like your favorite fruits and vegetables. This promotes a healthier diet and improved nutrition, both of which boost your overall health and, in turn, your satisfaction.

Studies have highlighted a clear link between nutrition and mental health. Diets that include a lot of refined sugar have been associated with impaired brain function and worsened mental health, while clean, whole foods—like the produce you get from your garden—support good brain health.

So, if you're ready to cultivate more happiness and health today, try getting your hands dirty in some potting soil!

Submitted by Wendy Brady, RN for Memory Care  
Source: [Gardening and Mental Health | Appetite For Change \(appetiteforchangemn.org\)](#)

### APRIL EMPLOYEE OF THE MONTH

KIM SHOEMAKER

OUR CONGRATULATIONS GO TO KIMBERLY SHOEMAKER FROM THE MEMORY CARE DEPARTMENT. KIM HAS BEEN WITH THE WATERFORD GRAND SINCE APRIL 12th, 2017 AND HAS WORKED FULL TIME AS ONE OF OUR MOST VALUABLE AND DEPENDABLE MEMORY CARE ASSOCIATES. THIS IS KIM'S 2ND TIME TO RECEIVE THIS HONOR, (LAST TIME IN JUNE 2019). SHE IS A COMMITTED EMPLOYEE AND WE WANT TO THANK HER FOR HER DEDICATION TO OUR RESIDENTS AT WATERFORD GRAND.

KIM HAS BEEN VERY HELPFUL TO NURTURE DIGNITY, LOVE AND CARE FOR OUR MEMORY CARE RESIDENTS AND STAFF, ESPECIALLY WITH ALL THE DEMANDS THAT ARE PUT ON HER. SHE HAS WORKED WELL WITH OTHERS, IS FRIENDLY, AND EXEMPLIFIES THE QUALITIES AND VALUES THAT WATERFORD GRAND HAS STRIVED TO ESTABLISH IN OUR GOAL OF MAKING US STAND OUT AMONG OTHER COMMUNITIES.

THANK YOU KIM AND WE APPRECIATE YOUR HARD WORK.  
Submitted by Don Bittle, EverFit Director & Safety Coordinator

## Unraveling the Art of Tatting



While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a

shuttle (a small device that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that handmade tatting is more precious than ever.

## Why Come to Classes

My reasons for helping Residents stay focus on their long-term health needs starts with my own knowledge about the field of exercise and fitness.

As the EverFit Program Director for the past 10 years, I strive to offer multiple opportunities to make it easy for our residents to maintain an active lifestyle. For over 12 years, my degrees in exercise movement and certifications in Silver Sneakers and Better Bones and Balance; plus, knowledge and education about physical therapy and credits from the American College of Sports Medicine and membership in the Delay the Disease, and International Council on Active Aging keeps me learning new things for what is best for our residents' health and fitness.

I have been married for over 50 years, have three children and 7 grandchildren. I like to stay fit and healthy by competing in Masters Iron Man competitions, and reading articles and journals about the latest fitness programs that might benefit our residents.

My book: *Guide to Healthy Aging After 50, What You Need to Know*, published in 2017 by Friesen Press, Victoria, BC explains a lot about my thinking on fitness and wellness for our Senior Citizens. Please join me in one of my classes, scheduled every day, Monday through Friday to see what type of exercises might benefit our Residents. A quote from some of the residents about these classes are always positive: “I feel so much better since doing your classes.” Hope to see you soon!

Submitted by Don Bittle, EverFit Director



## Herbal Teas and Their Benefits By Denise Bradbury

Herbal teas have a lot of health benefits so make sure you ask your server about the tea options we have.

Herbal teas don't contain caffeine which is why there known for their calming properties.

Chamomile tea can help improve sleep and relaxation and reduce stress.

Peppermint tea contains menthol which can soothe an upset stomach and serve a cure for IBS and motion sickness.

Ginger can treat chronic indigestion and helps to relieve joint pain.

There are so many benefits, and so many teas! Try a little and see if it makes a difference.

Submitted by Denise Bradbury, Dining Services Director



## Laughter is the Best Medicine By Britny Loehr, LPN for Assisted Living.

Did you know that laughter really *is* the best medicine? Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

I encourage everyone to tell your friends or family a joke this month. Enjoy a good laugh!

## Where do you learn to make ice cream? Sundae School

Submitted by Britny Loehr, LPN for Assisted Living  
Source: [Stress relief from laughter? It's no joke - Mayo Clinic](#)