

this is living!

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PLACE
STAMP
HERE

this is living!

1118 W CROSS ST | ANDERSON, IN 46011 | 765-643-5000 | APRIL 2018

WELCOME!

NEW RESIDENTS

SUETTA

NEW STAFF

Kari

Beccah

Debbie

THREE WAYS TO REDUCE THE RISKS OF DEMENTIA

In 2031, the baby boomer generation will begin turning 85 – and more than 3 million of them will have Alzheimer’s or some other form of dementia. Despite the best efforts of researchers around the globe there is still no cure, but there are things you can do today that may help reduce your risk of developing dementia.



Avoid Stress

Over the years there have been many studies that link high anxiety with the development of dementia. This is especially true of those who are already at high risk for the disease either genetically or because of certain physical conditions like high blood pressure or diabetes. Examine your situation and determine what your main stressors are, and then develop a plan to eliminate as many of them as possible. Then, find ways to do more of the things you love. It could be anything from gardening to world travel, but the more time you spend on these things the better your overall health will be.

Quit Bad Habits

Put down the cigarettes! If you are a smoker, you have a 45% higher risk of developing dementia than a non-smoker of the same age. Also, up to 14% of all dementia cases could possibly be attributed to smoking. Eat more fish and berries and less fast food. Fish, especially salmon, is high in omega-3 fatty acids which build new cell

membranes in the brain, control blood clots, and slow Alzheimer’s and other forms of dementia. Berries contain high levels of compounds that fight memory impairment and reduce plaque development in the brain.

Stay Connected

Maintaining strong social connections with friends and family, and keeping your brain active, could lower the risk of dementia. This is an area that is still being studied, but experts think that social and mental stimulation strengthen the connections between the brain and nerve cells. If you or a loved one are thinking of making a move to a retirement community like Primrose, it is easy to stay connected. There is always something going on to keep our residents active, and new friendships and social opportunities abound.

If you have questions about senior living, we would be honored to assist you. Just go to www.primrosetirement.com for additional information and to find the Primrose community closest to you.

APRIL BIRTHDAYS



**ESTHER
MAURICE
JOHN
ANNA
RICHARD
PAT
ETHEL**

April Quote

*April showers
brings
May flowers!*

OUR MISSION

Our focus is to develop and maintain happy and healthy living environments and provide a “person-centered” care approach for a growing senior populace.

CORE VALUES

Accountability

Relentless Improvement

Passion

Respect

Embrace Change

PRIMROSE COMPANY

Primrose Retirement Communities, LLC, provides high-quality independent and assisted living communities in over 36 locations across the country. Home Office in Aberdeen, South Dakota since our founding in 1989, our mission is to create a happy and healthy living environment for seniors.

Our motto “*this is living!*” guides us in every aspect of our work from providing personalized attention and a

full and exciting activities calendar to our friendly and welcoming atmosphere.



For more information about Primrose Retirement Communities, visit www.primrosetirement.com



GOING PLACES

The Ark Encounter

The Ark is the largest timber frame structure in the world. Built according to dimensions given in the Bible. It's filled with exhibit bays which allows those who visit to experience what Noah's life may have been like. How did Noah fit all those animals on board? What do legends tell us about the flood? What happened after the flood to Noah, his family and the animals? We will be exploring these questions and many more as we visit the Ark.

WEDNESDAY, JULY 25, 2018

We would depart shortly after breakfast and return early evening. The ticket and motor coach would be \$95 per person. We would also be having 2 meals out. Cost of trip is non-refundable but can be sold or transferred to another person. Family and friends are also welcome.

Those interested contact Diana Guinn at 765-643-5000 or dguinn@primrosetirement.com

SIGN UP BY APRIL 30th

GOOD LUCK JERRI!!

JERRI

I want to thank all of you from the bottom of my heart for the love you have shown me over the past 3 1/2 years. All the residents, families, and staff mean the world to me. **This has been the best job ever!**

Greg and I had no idea when we bought our retirement home last fall that we would be moving so quickly. We feel truly blessed for this opportunity.

We are looking forward to the sunshine and sea.

I will miss you all!! My Primrose Family!!



NATIONAL HEALTHCARE VOLUNTEER WEEK

APRIL 15th to APRIL 21st

One of the most meaningful things you can do for someone in a retirement community or assisted living facility is share some quality time together. Whether you're going to visit a past neighbor, loved one, or new friend, your visits are something your friend or loved one will look forward to. I have learned from many older friends. Many of their experiences has given me a connection to the past which let's me know how we got to today.

Here are just a few different ways to help get connected with our residents by volunteering.

Discover their passion: Did they like to cook? Ask them to share a favorite family recipe. Do they love to sing or draw? Have them show you. Find what they're passionate about, and chances are, they'll welcome the chance to talk about it and maybe even get creative.

Discover their skills: What kind of career did they have. Ask questions about their biggest lessons or favorite moments. Also ask them about their skills and hobbies outside the job. Ask if they would be willing to teach you something that they love to do.

Log their memories: Bring a photo album or journal when you visit and encourage them to share their memories with you. Put their stories into a scrapbook to reminisce and share with others.

Come a make a difference. Be a part of something honorable and rewarding. Spend some time volunteering at Primrose Retirement, Assisted Living, and Memory Care.

Contact: Diana Guinn LEC at 765-643-5000 or dguinn@primrosetirement.com
Justina Combs LEC Memory Care at 765-641-0050 or jcombs@primrosetirement.com

Mother's Day Tea

Save the Date

May 12, 2018

2:00 pm

Celebrating everything we love about our Mother.

April Weather Sayings

- A sunny April shower won't last half an hour.
- If it thunders on All Fools' Day, it brings good crops of corn and hay.
- A cold May and a windy April make for a full barn.

APRIL PUZZLE



			4		3			7
		1					3	
	3		5	2		6	8	
	4	6			2	9		1
5			1					3
1								2
9		4		3	5	1		8
8	6	3	2	1	4	7		
		5	6					3

RECIPE OF THE MONTH

APRIL FOOL'S GRILLED CHEESE

This delicious 'sandwich' is perfect for April Fool's Day

INGREDIENTS:

- ~ 1 pound cake, cut into 1/2-inch slices
- ~ 6 tablespoons butter, softened
- ~ Organic Butter
- ~ 1 cup white frosting
- ~ 1/2 tsp. yellow food coloring (or as needed)
- ~ 1/8 tsp. red food coloring (or as needed)

DIRECTIONS:

1. Spread butter on both sides of each pound cake slice.
2. Heat a griddle over medium heat. Cook cake slices on hot griddle, turning once, until golden brown on each side, 3 to 5 minutes. Transfer cake slices to a wire rack to cool completely.
3. Stir frosting, yellow food coloring, and red food coloring together in a bowl until frosting is the color of American cheese.
4. Spread frosting on 1 side of half of the pound cake slices and top with another slice of pound cake.



<http://allrecipes.com/recipe/241640/april-fools-grilled-cheese-sandwich/>

this is living!



PRIMROSE
RETIREMENT COMMUNITIES

APRIL 2018 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 EASTER SUNDAY 10:00 Church Service--WC 1:00 Open Bridge--NP 3:30 Sunday Matinee--MT	2 10:45 Ruby Tuesday 1:00 Fit Club--NP 1:30 Walmart Shopping 2:00 Euchre--NP 4:00 Retired Not Expired-NP 6:00 Love on a Leash Pet Therapy--FL	3 11:00 Move To Music--WC 2:00 Bingo--DR 3:00 Ice Cream Social and Word Game--IP 6:00 After Dinner Cocktails--P	4 1:00 Chair Yoga--WC 2:00 Jimmy Priest--GC 3:00 Tai Ji--WC 4:30 Organ Music--GC	5 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Now Showing....--MT	6 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP Music-Rhat-A Tat	7 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT
8 10:00 Church Service--WC 1:00 Open Bridge--NP 2:00 Bingo--DR 3:30 Sunday Matinee--MT	9 10:45 Lunch--Cracker Barrel 1:00 Fit Club--NP 2:00 Euchre--NP 2:30 Music and Ice Cream with Sam--IP 4:00 Retired Not Expired-NP	10 11:00 Move To Music--WC 2:00 Bingo--DR 3:00 Sandra Hardcastle--GC 6:00 After Dinner Cocktails--P	11 12:00 Birthday Party Music by Judy--DR 1:00 Chair Yoga--WC 4:30 Organ Music--GC 7:00 Music with Ben--P	12 11:00 Move to Music--WC 1:00 Glamour Nails--GC 4:00 Don Carmer --GC 7:00 Now Showing..... MT	13 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP	14 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT
15 10:00 Church Service--WC 1:00 Open Bridge--NP 3:30 Sunday Matinee--MT	16 11:15 Childrens Program 1:00 Fit Club--NP 2:00 Euchre--NP 4:00 Retired Not Expired-NP	17 11:00 Move to Music--WC 2:00 Bingo with Mandi--DR 3:00 Ice Cream Social and Wheel of Fortune-IP 6:00 After Dinner Cocktails--P	18 11:30 Advanced Hearing--FL 1:00 Chair Yoga--WC 1:30 Resident Council--MT 3:00 Larry Davis--GC 4:30 Organ Music--GC 6:00 Music with Todd Berry--GC	19 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Nola Nottingham--GC 7:00 Now Showing..... MT	20 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Volunteers Recognized Social Hour--NP	21 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT
22 EARTH DAY 10:00 Church Service--WC 1:00 Open Bridge--NP 2:00 Bingo--DR 3:30 Sunday Matinee-MT	23 10:45 Concannons Cafe 1:00 Fit Club-NP 1:30 Meijer Shopping 2:0 Euchre-NP 3:00 Music with Karen--GC 4:00 Retired Not Expired-NP	24 11:00 Move to Music--WC 1:00 Activity Planning--P 2:00 Bingo--DR 3:00 Ice Cream Social and Word Game--IP 6:00 After Dinner Cocktails--P	25 1:00 Chair Yoga--WC 2:00 Card Dingo--GC 4:30 Organ Music--GC	26 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Arbor Day Planting	27 ARBOR DAY 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP	28 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT
29 10:00 Church Service--WC 1:00 Open Bridge--NP 3:30 Sunday Matinee-MT	30 1:00 Fit Club-NP 2:0 Euchre-NP 4:00 Retired Not Expired-NP	1	2	3 IP-Ice Cream Parlor L-Library LEL-Life Enrich Lounge MT-Movie Theatre NP-Neighborhood Pub WC-Wellness Center	4 DR-Dining Room FL-Fireplace Lounge GR-Game Room GC-Garden Cafe	5 CALENDAR SUBJECT TO CHANGE