

## Puzzle



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



PrimroseRetirement.com 

May 2019

1481 Wesley Way, Lancaster, OH 43130, (740) 653-3900

## A Note from the Executive Director



It's no surprise that eating healthy and engaging in some form of exercise every day is likely to have a role in how well we age. But these are far from the only things involved, and they may not even be the most important ones. People who have exceeded the projected life expectancy for the year they were born, That's you, hold the secrets to living longer. You know which habits

matter the most. You also know that healthy habits need to be maintained. Did you know that these same habits have unexpected benefits? Daily exercise and healthy eating contribute to better sleep. Better sleep contributes to better brain health. Better brain health contributes to a higher level of overall satisfaction with life. When you make your list of things to-do today be sure to include: fitness, healthy eating, cognitive engagement, and social interaction. You'll be amazed at the list of unexpected benefits you'll experience!

### Primrose Staff

**Laura Teagardner**  
Executive Director

**Danelle Weaver**  
Administrative  
Assistant

**Brandon Thomas**  
Sales Director

**Shane Shipley**  
Director of Nursing

**Jennifer Feigley**  
Memory Care  
Director of Nursing

**Christy Searles**  
Director of Dining

**Bobbie Arnold**  
Life Enrichment

**Jeff Rhymer**  
Property Maintenance

*I do the very best I can to look upon life with optimism and hope and looking forward to a better day.*

*Rosa Parks*

## Resident Spotlight

Mable is the star of our resident spotlight this month. Mable moved to Primrose on January 17th, 2019. "Before my retirement, I was involved in The Timber Top Company and taking care of my family." Some of her hobbies are gardening, crocheting and her favorite thing about living at Primrose is its nice and quiet. "I can't believe how everyone has been wonderful to me". Thank you for making Primrose your home, Mable!



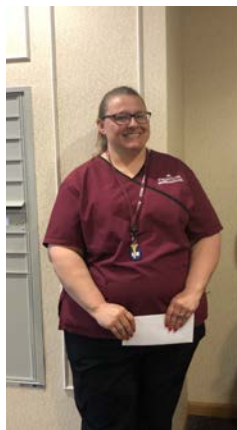
## Event Highlight

On April 20th we had a Easter Egg Hunt for residents and staff family members. We had a visit from the Easter Bunny. Residents and staff enjoyed getting their pictures taken with the Easter Bunny along with watching the children hunting the eggs. I would like to thank everyone who helped in preparation for the hunt.



## Employee Spotlight

We have selected Taundra for our staff spotlight this month. Taundra joined the Primrose team on February 9th, 2019 and serves our residents as one of the Resident Assistants. "What I love most about my work is, the residents, I enjoy spending time with them each and every one of them" she said. Outside of work, you can find Taundra spending her time with her family at softball and baseball games.



## Coming Events

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Mother's Day Celebration  
May 7th at 2pm

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Happy Hour—every Friday at 3pm  
in the Pub

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Resident Council Tuesday  
May 14th at 1:30pm  
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## Celebrations

**BIRTHDAYS**  
Gilbert H 2nd  
Peggy Z 17th  
Mable H 19th  
Betty H 19th  
Don S 21st  
Sharon H 22nd  
Joyce W 24th  
Jerry E 25th  
Bill G 25th

**ANNIVERSARIES**  
Julie S 15th  
Michaela C 17th

**NEW RESIDENTS**  
Joe & Helga T  
Ronald M  
Bea W

## Photos



What better to do on a Friday than have lunch at Texas Roadhouse.



Mable giving a helping hand filling eggs for the Easter Egg hunt.



Madelyn and Mark giving Noodle Ball a whirl.



Kevin and Christy taking time out for a quick picture.



The gang during an afternoon of music therapy.



Betty trying to hit it big during a recent trip to the casino.



## Photos



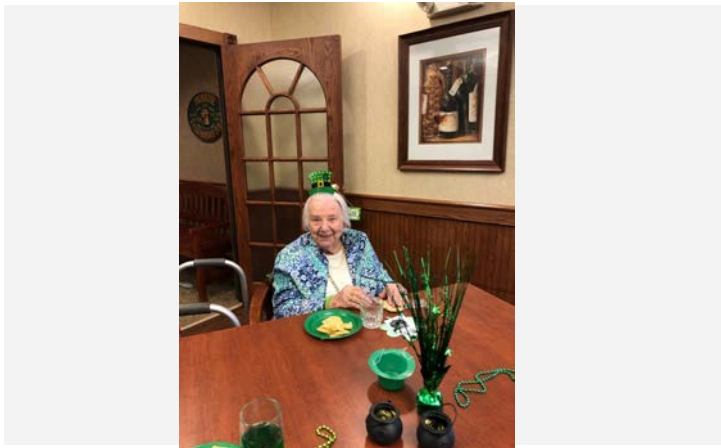
Bill telling his story during Past Life Experiences.



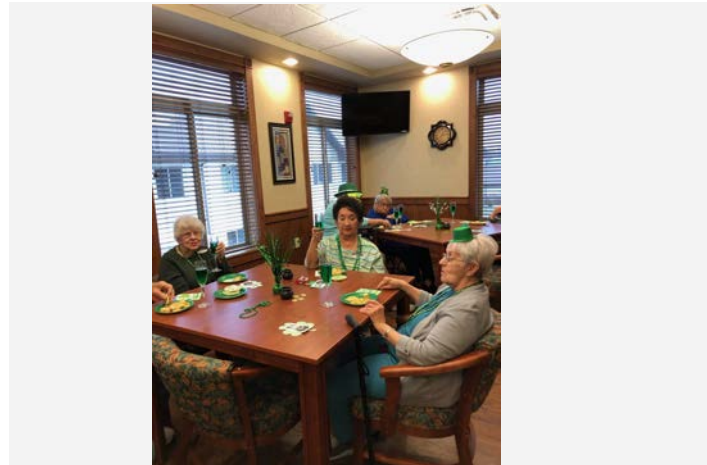
Cecilia working hard on helping Brandon fill the Easter Eggs. While Karen & Brandon show what they have done.



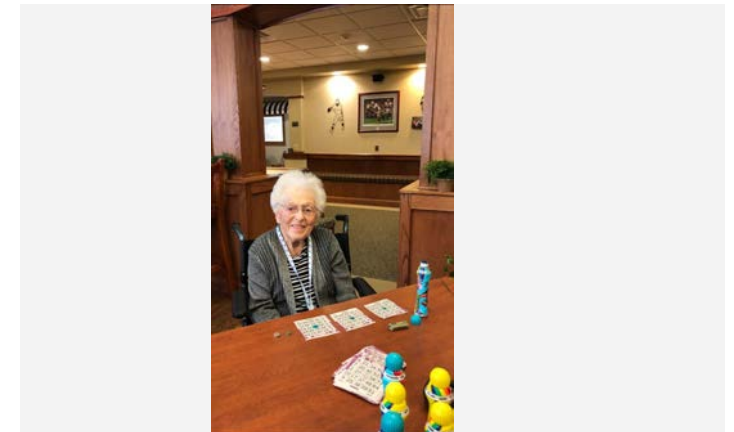
Madelyn is showing Karen her St. Patrick's Day necklace.



Dorothy enjoying herself during the St. Patrick's Day Party.



Shirley & Cecilia say cheers during a celebration of St. Patrick's Day in the Pub.



Marjorie is hoping for a win or two during Bingo.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:30 Chair Exercise--Ball Bounce (LR) 10:00 Cora and Chuuney (LR) 1:30 Creative Coloring (CB) 3:30 Classic Comedy --Hee Haw (LR) 6:00 Hidden Objects (CB) 7:00 Jeopardy! (Ch 10)	<b>2</b> 9:30 Chair Exercise-Aerobic and Hand Weights - (LR) 10:30 Hydrate & History (CB) 10:45 BINGO (CB) 1:30 Balloon Blast (F) 3:00 Manicures 6:00 Word Games	<b>3</b> 9:30 Chair Exercise--Move to the Music (LR) 10:30 Hydrate & History 11:00 Trivia (CB) 1:45 Can you Picture This? (CB) 3:30 Hand Massage (LR) 6:00 Classic TV--M*A*S*H(LR)	<b>4</b> 10:00 Walking Club 11:00 Word Games (CB) 2:00 Board Games/ Cards/ Checkers (LR) 3:45 Conversation with Coffee (CB) 6:00 Movie Night (LR)
<b>5</b> 10:00 Nature Viewing (NN) 10:45 Chair Exercise (LR) 1:30 Sewing Cards and Puzzles (L) 3:30 Coffee and Conversation 7:00 60 Minutes (CH 10) (LR)	<b>6</b> 9:30 Chair Exercise--Yoga (LR) 10:00 Bible Study (CB) 11:00 Sewing Cards (CB) 1:30 Movie Matinee Monday (LR) 3:30 Sing-A-Long (LR) 7:00 Matching Games	<b>7</b> 9:30 Chair Exercise--Stretch (LR) 10:30 Hydrate & History (CB) 11:00 Hidden Objects (CB) 1:30 Reminisce with the Senses: Family Road Trips (LR) 3:30 Art (CB) 8:00 Ellen's Game of Games (Ch. 4) (LR)	<b>8</b> 9:30 Chair Exercise--Ball Bounce (LR) 10:00 Cora and Chuuney (LR) 1:30 Creative Coloring (CB) 3:30 Music Therapy (L) 4:00 Trivia (L) 6:00 Number Games (CB) 7:00 Jeopardy! (Ch 10)	<b>9</b> 9:30 Chair Exercise-Aerobic and Hand Weights - (LR) 10:30 Hydrate & History (CB) 10:45 Bean Bag (G) 1:30 PSU-Greek and Roman Mythology (DR) 3:00 Manicures 6:00 Word Games	<b>10</b> 9:30 Chair Exercise--Move to the Music (LR) 10:30 Hydrate & History 11:00 Finishing Lines (CB) 1:45 Hand Massage (LR) 3:30 Balloon Blast (F) 6:00 Classic TV--Andy Griffith(LR)	<b>11</b> 10:00 Walking Club 11:00 Word Games (CB) 2:00 Board Games/ Cards/ Checkers (LR) 3:45 Conversation with Coffee (CB) 6:00 Movie Night (LR)
<b>12</b> 10:00 Nature Viewing (NN) 10:45 Chair Exercise (LR) 1:30 Sewing Cards and Puzzles (L) 3:30 Coffee and Conversation 7:00 60 Minutes (CH 10) (LR)  Mother's Day	<b>13</b> 9:30 Chair Exercise--Yoga (LR) 10:00 Bible Study (CB) 11:00 Sewing Cards (CB) 2:00 Nicole Johnson sings (DR) 3:30 Sing-A-Long (LR) 7:00 Matching Games	<b>14</b> 9:30 Chair Exercise--Stretch (LR) 10:30 Hydrate & History (CB) 11:00 Brain Games (CB) 1:30 Traveling Tunes (CB) 3:30 Art (CB) 8:00 Ellen's Game of Games (Ch. 4) (LR)	<b>15</b> 9:30 Chair Exercise--Ball Bounce (LR) 10:00 Cora and Chuuney (LR) 1:30 Creative Coloring (CB) 3:30 Classic Comedy --Dean Martin (LR) 6:00 Number Games (CB) 7:00 Jeopardy! (Ch 10)	<b>16</b> 9:30 Chair Exercise-Aerobic and Hand Weights - (LR) 10:30 Hydrate & History (CB) 10:45 BINGO (CB) 12:30 Memory Care Group with Brandon (DR) 3:00 Manicures 6:00 Word Games	<b>17</b> 9:30 Chair Exercise--Move to the Music (LR) 10:30 Hydrate & History 11:00 Trivia (CB) 1:45 Hand Massage (LR) 3:30 Balloon Blast (F) 6:00 Classic TV--Carol Burnett(LR)	<b>18</b> 10:00 Walking Club 11:00 Word Games (CB) 2:00 Board Games/ Cards/ Checkers (LR) 3:45 Conversation with Coffee (CB) 6:00 Movie Night (LR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>19</b> 10:00 Nature Viewing (NN) 10:45 Chair Exercise (LR) 1:30 Sewing Cards and Puzzles (L) 3:30 Coffee and Conversation 7:00 <i>60 Minutes</i> (CH 10) (LR)	<b>20</b> 9:30 Chair Exercise--Yoga (LR) 10:00 Bible Study (CB) 11:00 Sewing Cards (CB) 1:30 Movie Matinee Monday (LR) 3:30 Sing-A-Long (LR) 7:00 Matching Games	<b>21</b> 9:30 Chair Exercise--Stretch (LR) 10:30 Hydrate & History (CB) 11:00 Brain Games (CB) 1:30 Short Story (CB) 3:30 Art (CB) 8:00 Ellen's Game of Games (Ch. 4) (LR)	<b>22</b> 9:30 Chair Exercise--Ball Bounce (LR) 10:00 Cora and Chuuney (LR) 1:30 Creative Coloring (CB) 3:30 Music Therapy (L) 4:00 Trivia (L) 6:00 Checkers (CB) 7:00 Jeopardy! (Ch 10)	<b>23</b> 9:30 Chair Exercise-Aerobic and Hand Weights - (LR) 10:30 Hydrate & History (CB) 10:45 Bean Bag (G) 1:30 PSU--Folklore and Storytelling (DR) 3:00 Manicures 6:00 Word Games	<b>24</b> 9:30 Chair Exercise--Move to the Music (LR) 10:30 Hydrate & History 11:00 Finishing Lines (CB) 1:45 Hand Massage (LR) 3:30 Balloon Blast (F) 6:00 Classic TV--Andy Griffith(LR)	<b>25</b> 10:00 Walking Club 11:00 Word Games (CB) 2:00 Board Games/ Cards/ Checkers (LR) 3:45 Conversation with Coffee (CB) 6:00 Movie Night (LR)
<b>26</b> 10:00 Nature Viewing (NN) 10:45 Chair Exercise (LR) 1:30 Sewing Cards and Puzzles (L) 3:30 Coffee and Conversation 7:00 <i>60 Minutes</i> (CH 10) (LR)	<b>27</b> 9:30 Chair Exercise--Yoga (LR) 11:00 Sewing Cards (CB) 1:30 Movie Matinee Monday (LR) 7:00 Word Games (CB)  Memorial Day	<b>28</b> 9:30 Chair Exercise--Stretch (LR) 10:30 Hydrate & History (CB) 11:00 Brain Games (CB) 1:30 Categorizing (CB) 3:30 Art (CB) 8:00 Ellen's Game of Games (Ch. 4) (LR)	<b>29</b> 9:30 Chair Exercise--Ball Bounce (LR) 10:00 Cora and Chuuney (LR) 1:30 Creative Coloring (CB) 3:30 Classic Comedy --Dean Martin Show(LR) 6:00 Nature Viewing (NN) 7:00 Jeopardy! (Ch 10)	<b>30</b> 9:30 Chair Exercise-Aerobic and Hand Weights - (LR) 10:30 Hydrate & History (CB) 10:45 BINGO (CB) 1:30 PSU--Cowboy Poetry and Country Western Music (DR) 3:00 Manicures 6:00 Word Games	<b>31</b> 9:30 Chair Exercise--Move to the Music (LR) 10:30 Hydrate & History 11:00 Trivia (CB) 1:45 Hand Massage (LR) 3:30 Balloon Blast (F) 6:00 Classic TV--The Lawrence Welk Show (LR)	
			<b>Key</b>		<b>Happy Birthday!</b>	<b>Happy Anniversary!</b>
			CB= Coffee Bar L= Library LR= Living Room F= Foyer/ Front Entrance DR= Dining Room	N= Nursery NN= Nature Nook G= "Garage" CY= Courtyard	Tee May 15th	Joyce and Dale May 16th