

## 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

3500 West Elm St., Lima OH

419-224-1200

### *A Note from the Executive Director*

#### Make a List of Unexpected Benefits

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 of 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!

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

#### *Primrose Staff*

**Jason Risner**  
*Executive Director*

**Linell Hertenstein**  
*Administrative Assistant*

**Ashley Heaphy**  
*Sales Director*

**Lisa Bowers**  
*Director of Nursing*

**Cheryl Whitehead**  
*Director of Dining*

**Larrain Benroth**  
*Life Enrichment*

**Frank Dawson**  
*Property Maintenance*

## Resident Spotlight

This month, we are featuring Mary Lou S. in our resident spotlight. Mary Lou has been a resident at Primrose of Lima since November of 2018. “I grew up in Spencerville and I graduated from Lima Memorial School of Nursing as a R.N. in 1960. I worked on the



orthopedics floor,” she said. Some of her hobbies were crocheting, knitting embroidery, and sewing. She said her favorite thing about living at Primrose is that she can do her jigsaw puzzles and read. Thank You for making Primrose your home, Mary Lou!

## Employee Spotlight

We selected Lisa B. for our staff spotlight this month. Lisa joined the Primrose team in July 2006 and serves the residents as the Director of Nursing. “What I love most about my work is seeing residents lives blossom with living here while receiving great care and developing friendships”, she said. Outside of work you can find Lisa spending time with her family, reading, cooking, taking walks and bike riding. We are glad to have Lisa B. on our team.



## Event Highlight

Filling the eggs for the Easter egg hunt is always a lot of fun, especially when you get a piece of candy while doing it. Everyone enjoyed a pancake breakfast with the Easter Bunny. Residents and family members enjoyed watching the children find Easter Eggs.



## Coming Events

Mother’s Day Brunch May 4  
RSVP Required

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BIG Time Bingo May 15

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Country Drives May 16 & 23

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Painting with Awakening Minds  
May 20

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Travel From Maine to Key West  
May 28

## Celebrations

### BIRTHDAYS

<b>Residents:</b>		<b>Staff:</b>	
Shirley H.	5/3	Aricka T.	5/3
Rowena B.	5/13	Crystal D.	5/8
Jane L.	5/14	Betsy P.	5/9
Alberta L.	5/17	Lisa B.	5/15
Lawrence H.	5/19	Crystal R.	5/25
Betty S.	5/22	Mary B.	5/9
Wilma J.	5/25		
Mildred M.	5/31		

### NEW RESIDENTS

Rosemary M.  
Jim & Marty K.

### NEW STAFF

Coral L.  
Dazzmine C.  
Kiki R.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1st Floor</b> FS- Fireside DR- Dining Room CH- Chapel † AA- Activity Area JB- Juice Bar	<b>2nd Floor</b> TH-Theater ICP- Ice Cream Parlor BR- Billiards Room WC- Wellness Center 2FL- 2nd Floor Lounge VR- Veterans Room	<b>Thursday May 2</b> <b>National Day Of Prayer</b> "Love One Another " Love one another, just as I have loved you. John 13:34	<b>1</b> <b>May Day</b> 8:30 Newspaper Chat 10:00 Hand Massages/2FL 10:30 Exercise /WC 1:00 Make A Craft To Give /PUB 3:00 Car-a-oke Fun/ W/C 5:30 Card Groups	<b>2</b> <b>Donuts for Breakfast</b> <b>National Day Of Prayer</b> 10:00 Exercise/ WC 10:30 Meditation/ WC 1:00 Bingo/ PUB 4:00 Fireside Chat 6:00 Puzzles 6:30 Journey Support Group/WC	<b>3</b> <b>†1st Friday Communion</b> 8:30 Newspaper Chat 10:30 Life Learning Class/ WC 1:00 Resident Council/WC 3:00 Run for the Roses Happy Hour/ PUB 4:00 Fireside Chat 6:00 Cards	<b>4</b> 8:30 Catch UP on the News <b>9:30 Mother's Day Brunch-RSVP</b> 2:00 Enjoy Ice Cream in the Ice Cream Parlor 3:00 Do Your Afternoon Exercises/ WC 5:30 Card Players
<b>5</b> <b>National Nurses Week</b> 8:30 Sunday News 9:30 Catholic Communion /CH † 10:30 Lima Baptist Temple Channel 4/AA 1:00 Worship Service/ CH 2:30 Movies "Lassie " 4:00 Fireside Visits	<b>6</b> 10:00 Exercise/ WC 10:30 Manicures 11:30 Piano Music/Jane <b>1:00 Shopping/Banking</b> 1:00 Card Bingo 4:00 Hymn Histories/ FS 6:00 Southside Church/CH 7:00 Harps & Strings /Cafe	<b>7</b> 8:30 Newspaper Chat 10:00 Exercise /WC 10:30 Meditation/ WC 1:00 Garden Club Tea/ Tea Room 2:00 Rummicube 3:00 Lee Warren Entertains/ Cafe 5:30 Card Groups	<b>8</b> 8:30 Newspaper Chat 10:00 Hand Massages/2FL 10:30 Exercise /WC 1:00 Entice Your Mind/ Pub 3:00 Bible Study/ CH 📖 4:00 Fireside Social Hour 5:30 Card Groups	<b>9</b> 10:00 Exercise/ WC 10:30 Meditation 11:30 Cook Out For Lunch <b>11:30 "New Beginnings" at the Old Barn Out Back</b> 1:30 Movie Time "Mary Poppins" 2:00 Rummicube/ 2FL 6:00 Puzzles	<b>10</b> 8:30 Newspaper Chat 10:30 Life Long Learning/ WC 1:00 Bingo/PUB 3:00 Happy Hour 4:00 Fireside Chat 6:00 Cards	<b>11</b> 8:30 Catch UP on the News 10:30 Fireside Discussion 2:00 Root Beer Floats in the Ice Cream Parlor 3:00 Do Your Afternoon Exercises/ WC 5:30 Card Players
<b>12</b> <b>Mother's Day</b> 8:30 Sunday News 9:30 Catholic Communion /CH † 10:30 Lima Baptist Temple Channel 4/AA 1:00 Worship Service/ CH 2:30 Sunday Matinee "Yours Mine And Ours" Henry Fonda & Lucille Ball	<b>13</b> 10:00 Exercise/ WC 10:30 Manicures 11:30 Piano Music/Jane <b>1:00 Shopping/Banking</b> 1:30 Bible Believers Children Sing/ Cafe 3:00 Trinity United Methodist Church Services/CH 4:00 Fireside Social Hour	<b>14</b> 8:30 Newspaper Chat 10:00 Exercise /WC 10:30 Meditation/ WC 1:00 Rummicube 3:00 Sarah from Allen County Library/ FS 4:00 Fireside History 6:00 Card Players	<b>15</b> 8:30 Newspaper Chat 10:00 Hand Massages/2FL 10:30 Exercise /WC <b>1:30 BIG Time Bingo/ WC</b> 4:00 Fireside Social Hour 5:30 Card Groups	<b>16</b> 8:30 Newspaper Chat <b>9:00 Men's Donuts/Pub</b> 10:00 Exercise/ WC 10:30 Meditation/WC 1:00 Rummicube/2FL 1:30 Movie Time "The Philadelphia Story" <b>1:30 Country Drive</b> 4:00 Social Hour/ FS	<b>17</b> 8:30 Newspaper Chat 10:30 Life Long Learning/ WC 1:00 Bingo/ PUB 3:00 Happy Hour with Don Smithey 4:00 Fireside Chat 6:00 Cards	<b>18</b> 8:30 Catch UP on the News 10:30 Fireside Discussion 2:00 Enjoy Ice Cream in the Ice Cream Parlor 3:00 Do Your Afternoon Exercises/ WC 5:30 Card Players

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>19</b> 8:30 Sunday News 9:30 Catholic Communion /CH † 10:30 Lima Baptist Temple Channel 4/AA 1:00 Worship Service/CH 2:30 Sunday Matinee "Patch Adams" 4:00 Fireside Visits	<b>20</b> 10:00 Exercise/ WC 10:30 Manicures/2FL 11:30 Piano Music/Jane <b>1:00 Shopping /Banking</b> 1:00 Card Bingo/Pub <b>2:30 Painting with Awakening Minds/ PUB</b> 4:00 Fireside Social Hour	<b>21</b> <b>BAGELS FOR BREAKFAST</b> 8:30 Newspaper Chat 10:00 Exercise /WC 10:30 Meditation/ WC 2:00 Ace Workshop/ PUB 3:00 Chuck Summers Entertains/Cafe 4:00 Fireside Gathering/ Tallstories 5:30 Card Groups	<b>22</b> 8:30 Newspaper Chat 10:00 Hand Massages/2FL 10:30 Exercise /WC 2:00 Bingo with Kristie/ PUB 3:00 Bible Study/ CH 📖 3:00 Library with Sarah/ FS 5:30 Card Groups	<b>23</b> 8:30 Newspaper Chat 10:00 Exercise/ WC 10:30 Meditation/WC <b>11:00 Lunch Out &amp; a Drive</b> 1:30 Movie Time "What Dreams May Come" 2:00 Rummicube/2FL 4:00 Social Hour/ FS	<b>24</b> 8:30 Newspaper Chat 10:30 Life Long Learning/ WC 1:00 Bingo/PUB 3:00 Happy Hour 4:00 Fireside Chat 6:00 Cards	<b>25</b> 8:30 Catch UP on the News 10:30 Fireside Discussion 2:00 Enjoy Ice Cream in the Ice Cream Parlor 3:00 Do Your Afternoon Exercises/ WC 5:30 Card Players
<b>26</b> 8:30 Sunday News 9:30 Catholic Communion /CH † 10:30 Lima Baptist Temple Channel 4/AA 1:00 Worship Service/ CH 2:30 Movie "Battle Hymn" with Rock Hudson 4:00 Fireside Visits	<b>27</b> <b>Memorial Day</b> 10:00 Exercise on your Own/ WC 11:30 Piano Music/Jane 1:00 Rummicube 2:00 Movie Time "Jet Pilot" with John Wayne and Vivian Leigh 4:00 Fireside Social Hour 6:00 Card Players	<b>28</b> 8:30 Newspaper Chat 10:00 Exercise /WC 10:30 Meditation/ WC 1:30 Travel From" Maine to Key West"/ TH 4:00 Fireside History 6:00 Card Players	<b>29</b> 8:30 Newspaper Chat 10:00 Hand Massages/2FL 10:30 Exercise /WC 1:00 Turn Up Euchre/2FL 3:00 Rummicube/2FL 4:00 Men's Pizza/Pub 5:30 Card Groups	<b>30</b> 8:30 Newspaper Chat 10:00 Exercise/ WC 10:30 Meditation/WC 1:00 Rummicube/2FL 1:30 Movie Time "The Incredible Mr. Limpet" 4:00 Social Hour/ FS	<b>31</b> 8:30 Newspaper Chat 10:30 Life Long Learning/ WC 1:00 Bingo/ PUB 2:30 Hearing & Balance Checks/ CH 3:00 Happy Hour with Rick Hefner/ PUB 4:00 Fireside Chat 6:00 Cards	