



The Quaker Quill

Volume 3 Issue 1

PEREGRINE HEALTH MANAGEMENT

April 2011

Victoria's View...by Victoria Tiebor

Quaker's Landing

Memory Care

Community

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I can't believe that it is springtime, Hallelujah! My thoughts turn to renewal after a long cold winter. For me renewal comes in many different forms. The budding leaves, the first tiny flowers to peek out of the earth, the renewal of spirit that comes from witnessing these miracles year after year.

Even in memory impairment there is still joy found in simple discovery of those tiny blossoms. They are still as happy and hopeful as the very first time we discovered them in our youth, when each day brought a new learning experience and wonder that would sustain our curiosity. As a Memory Care Specialist I realize *we*

sometimes forget that people who have memory loss can still feel, hear, taste, smell and experience life. If you look closely you can see that there is a sometime grace in memory loss though it is not always easy to find. The grace is in the possibility of renewal in each moment. If the previous moment wasn't positive we can help suggest a happier next moment. If that moment wasn't all that we had hoped for the next can be better still. So comes to mind a quote that I hold dear by Helen Keller. "Each day comes to me with both hands full of possibilities."

Until next time....

Victoria

May 2011 Dates to Celebrate:

1st Mother Goose Day

5th Cinco De Mayo

7th Kentucky Derby

8th Mother's Day

13th Friday the 13th

15th Chocolate Chip Day

17th Cherry Cobbler Day

23rd National Taffy Day

26th National Blueberry Cheesecake Day

29th Indianapolis 500

30th Memorial Day

June 2011 Date to Celebrate:

3rd National Doughnut Day

6th Anniversary of D-Day

7th National Chocolate Ice Cream Day

14th Flag Day

19th Father's Day

21st Summer Begins

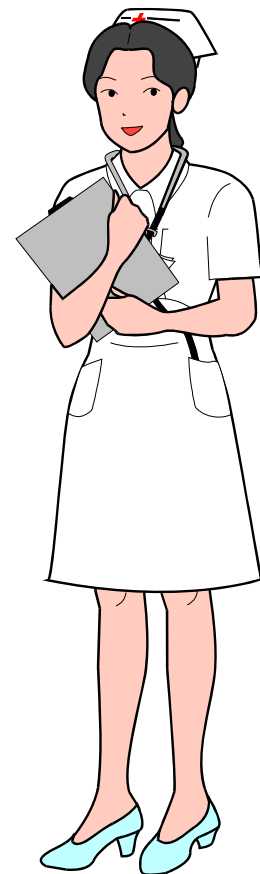
22nd National Chocolate Éclair Day

**Nursing Notes...by Sherry Black**

First and foremost I would like to take this opportunity to welcome all of our new families to our community. The decision you made was not an easy one, but I truly believe from the bottom of my heart it was the right one. I want to invite all of the families to our Alzheimer's support group. The group meets the last Tuesday of every month at 7pm. This is a terrific opportunity to meet other families in similar situations.

I also want to discuss the warm weather heading our way, hopefully! I know many of you will be changing out the wardrobes. Please remember to have all articles of

Clothing labeled. If you are missing items please let us know. We have bins of clothing that we need to find owner's for. Lastly, I want to thank all of our families for allowing us the opportunity to take care of your loved ones.



Read All About It.....

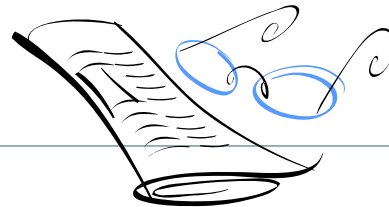
Quaker's Landing is now wireless for the internet, so feel free to bring your laptops with you at anytime to share pictures/videos with your loved one or even to play games on the internet with them. You will probably get the best connection if you are in Town Square when you use your laptop.

LOST AND FOUND

We have discovered a number of shoes, sneakers, slippers, knick-knacks and a variety of other personal items.

If your loved one is missing something, please see Paul Sansano, Director of Maintenance or any member of the Management team and we will be happy to show you the items we have found.

**Please note, in an effort to reduce or eliminate lost/misplaced items, please take a moment to label your loved ones belongings.



SAVE THE DATE

The annual family picnic will be held on Wednesday, July 13th! This years theme is "Blast from the Past" to honor tv shows and movies made before 1970. Watch your mailboxes for your invitations in late June.

Loose Screws...by Paul Sansano

Safe Landscaping

Spring is here!!!! Let's enjoy the fruits of our labor from our porches and decks instead of the emergency room.

1. Have all gas powered tools cleaned, sharpened and tuned by a reputable outdoor equipment repair shop.
2. Inspect all electrical tools for signs of wear and damage, repair or replace.
3. Inspect all your hand tools. Paying close attention to the handles especially where the handle connects to the head of the shovel, rake, etc. The slightest crack could spell disaster and injury.
4. Check extension cords. Cords stored in an

Unheated garage or shed freeze during the winter which could cause the insulation to crack.

5. Find those gloves and goggles!
6. Before any work commences, **INSPECT** your lawn and flower gardens for debris.

Happy landscaping!

On a side note, for those who missed our family meeting in February, please welcome my two new housekeepers, Joanne McGregor who works on Parkside and Cecelia Shoemaker who works on Orchard.



The Front Desk...Melissa Burton

Hello Everyone, spring is here so they say! I just wanted to put out a quick reminder that we do a fire drill every month and that it is very important that you come out to Town Square if you are here

visiting your loved ones so that we can make sure everyone is accounted for. It is also very important that we remember to sign in and out if you are visiting your loved ones for this reason, as well as signing out any resident

that leaves the building. Thank you for your time and have a fantastic spring!

Mike's Kitchen Korner.....by Mike Roof

Trust me the warm weather is coming! If you've spent any time in Western New York you know we experience some long winters. This has been an especially drawn out season of cold rain and snow.

The kitchen staff and myself are looking forward to the warm weather and spring menus, these give us the opportunity to go outside and cook on the grills. We

Typically do this in the outer courtyards on Wednesdays for lunch, on Labor Day and the 4th of July. We cook hot dogs, burgers and chicken on the grills. As always you're invited to join us for these special days as we celebrate the nice weather and the summer holidays.



Positive Programming...by Karen Bartus

The van is gassed up and ready to go! Now that the weather is improving we are able to get out for van rides at least weekly and once summer hits I hope to be able to get out twice a week. We do try and get as many residents out as we can so I

will try and honor any requests as they come.

The courtyards will be open on nice days for the residents to enjoy. As we head toward the end of May we will start planting flowers and always encourage the

residents to help us with this. We make every effort to make sure the residents are protected with sunblock and hats as needed.

Mother's Day and Father's Day events are underway so watch for your invitations!

Community Connections...by Darlene Polak

From the Marketing Department: Our next event will be in May. There are two gentlemen coming from the Catholic Cemeteries who will discuss a Brief Background on their cemeteries, The Importance/Advantages of Pre-planning your burial arrangements, Cemeteries are for the living-Memorial Masses,

Bereavement Services, Bereavement Lecture Series, Sponsorship of Information Nights, Newsletter and the Do's and Don't of Cremation. This event will be May 11th at 6pm. I wanted to also let everyone know that we would like to get a team together for the Walk to End Alzheimer's which is in September. I

am hoping that we have good participation so we can raise money for the Alzheimer's Association. I will be reminding everyone in August.

April 2011~Qu

Sun	Mon	Tue	W
		Activities conducted by Karen Bartus, Activities Director, T-F, Activities Leaders Terry Cetkovic, M,W,F, Patsy Leach, M,Th,Sat/Sun and Roberta Rogers, M,T,W,Sat/Sun and Resident Care Aides as assigned on Daily Event Sheets	Located outside dining room please contact Karen at 602-325-1111 Ts=town square Dr=dining room Lr=living room O=orchard P=park
3 10:00 Exercise-ts 11:00 Bunco-ck 12:00 Walking Club-all 2:00 Balloon Ball-dr 3:30 Hospitality Cart-all 4:00 Chip In-ck 7:00 Lawrence Welk-lr	4 10:00 Exercise-ts 11:00 Massages-sr 11:00 Yesterdays-lr 12:00 Walking Club-all 1:30 Van Ride 2:00 Sing-a-Long-ts 4:00 Thumb Ball-lr 6:30 Lucky Dog-ck	5 10:30 Religious Service-ts 11:00 Pet Therapy-all 12:00 Walking Club-all 2:00 Bowling-odr 2:00 The Common Factor-pdr 4:00 State Bingo-dr 6:30 Treasure Chest of Memories-lr	6 10:00 Exercise-ts 11:00 Guesstimation-odr 11:00 Second Rule-pdr 12:00 Walking Club-all 2:30 Music by Ron Myer 3:30 Twinkie Day-ts 4:00 This Was the Year-lr 6:30 Pastimes-lr
10 10:00 Beauty Boutique-ck 11:00 Game of Choice-dr 12:00 Walking Club-all 2:00 Bingo with St. Bernadette's Confirmation Class-ts 3:30 Hospitality Cart-all 4:00 Master's Golf Tourny-lr 7:00 Lawrence Welk-lr	11 10:00 Exercise-ts 11:00 Massages-sr 11:00 Jackpot-dr 12:00 Walking Club-all 1:45 Music by the Good News Minstrels-ts 4:00 You Be the Judge-lr 6:30 Tell All-lr	12 10:30 Religious Service-ts 11:00 Pet Therapy-all 12:00 Walking Club-all 2:00 Crafts with Sandy-ts 3:30 Hospitality Cart-all 4:00 Licorice Fun Facts-dr 6:30 Dominoes-ck	13 10:00 Exercise-ts 11:00 Fascinating Facts-odr 11:00 Yahtzee-pck 12:00 Walking Club-all 2:00 Peach Cobbler Day-ts 4:00 Card Games-ck 6:30 Penny Ante-ck
17 10:00 Exercise-ts 11:00 Pokeno-dr 12:00 Walking Club-all 2:00 Sing-a-Long w/ Pat-lr 3:30 Hospitality Cart-all 4:00 Roll It Tic Tac Toe-ck 7:00 Lawrence Welk-lr	18 10:00 Exercise-ts 11:00 Massages-sr 11:00 Easter Pictionary-dr 1:30 Van Ride 2:00 Beach Ball Toss-dr 3:30 Hospitality Cart-all 4:00 Penny Ante-ck 6:30 What Do You Know?-lr	19 10:00 Exercise-ts 11:00 Pet Therapy-all 12:00 Walking Club-all 2:00 Mass-ts 3:30 Hospitality Cart-all 4:00 LCR-ck 6:30 Storytelling with Mrs. Feidner-lr	20 10:00 Exercise-ts 11:00 Cookie Decorating 12:00 Walking Club-all 2:00 Birthday Party/Celebration Little-ts 4:00 Canasta-ck 6:30 Easter Word Search
24 HAPPY EASTER 11:00 Beauty Boutique-ck 2:00 Movie Matinee-lr 3:30 Hospitality Cart-all 4:00 Table Games-dr 7:00 Lawrence Welk-lr	25 10:00 Exercise-ts 11:00 Massages-sr 11:00 I Hear Memories-lr 12:00 Walking Club-all 1:30 Van Ride 2:00 Sing-a-long w/ Roberta-ts 4:00 Yahtzee-ck 6:30 Music with God's Love-ts	26 10:30 Religious Service-ts 11:00 Pet Therapy-all 12:00 Walking Club-all 2:00 Parachute Fun-odr 2:00 'Get Moving' Dice-pdr 3:30 Hospitality Cart-all 4:00 Thinklers-lr 6:30 Precious Moments-lr	27 10:00 Exercise-ts 11:00 Music by Dick Les 12:00 Walking Club-all 1:30 Art Class with Tess 2:00 Music Circle with T 4:00 Explore America-lr 6:30 Flashback-lr

Quaker's Landing

	Wed	Thu	Fri	Sat
rooms. Any questions 75-1022			<p><i>1</i> 10:00 Exercise-ts 11:00 Rosary with Terry-den 12:00 Walking Club-all 2:00 Top 100 April Fools Hoaxes-lr 3:30 Hospitality Cart-all 4:00 Baseball Trivia-lr 6:30 Friday Night Movie-lr</p>	<p><i>2</i> 10:00 Exercise-ts 11:00 Bingo-ts 12:00 Walking Club-all 2:00 Dart Ball-dr 3:30 Hospitality Cart-all 4:00 Silly Word Games-lr 6:30 Old Tyme Radio-lr</p>
s-ts r		<p><i>7</i> 10:00 Exercise-ts 11:00 Craft Corner-ck 12:00 Walking Club-all 2:00 Wii-ts 3:30 Hospitality Cart-all 4:00 Famous Folks-lr 6:30 Word Match-lr</p>	<p><i>8</i> 10:00 Exercise-ts 11:00 Rosary with Terry-den 11:00 Kitchen Kapers-ck 2:00 Ladies Tea-oden 2:00 Sports Room-pden 3:30 Hospitality Cart-all 4:00 Spelling Bee-lr 6:30 Friday Night Movie-lr</p>	<p><i>9</i> 10:00 Exercise-ts 11:00 Bingo-ts 12:00 Walking Club-all 2:00 Rhythm Band with Roberta-ts 3:30 Hospitality Cart-all 4:00 Shut the Box-ck 6:30 Old Tyme Radio-lr</p>
dr dr		<p><i>14</i> 10:00 Exercise-ts 11:00 Craft Corner-ck 12:00 Walking Club-all 2:00 Wii-ts 3:30 Hospitality Cart-all 4:00 Farkle-ck 6:30 Music by Andy Bialek-ts</p>	<p><i>15</i> 10:00 Exercise-ts 11:00 Rosary with Terry-den 11:00 Kings in the Corner-ck 12:00 Walking Club-all 2:00 Easter Chocolate-ck 3:30 Hospitality Cart-all 4:00 Pass the Pig-ck 6:30 Friday Night Movie-lr</p>	<p><i>16</i> 10:00 Exercise-ts 11:00 Bingo-ts 12:00 Walking Club-all 2:00 Name that Memory-dr 3:30 Hospitality Cart-all 4:00 Easter Crossword-ck 6:30 Old Tyme Radio-lr</p>
-ck brate a Life with John -ck		<p><i>21</i> 10:00 Exercise-ts 11:00 Craft Corner-ck 12:00 Walking Club-all 2:00 Bunny Bingo-ts 3:30 Hospitality Cart-all 4:00 On the Double-ck 6:30 What More Do You Know?-lr</p>	<p><i>22</i> 10:00 Exercise-ts 11:00 Easter Egg Coloring-ck 12:00 Walking Club-all 2:00 Easter Basket Assembly-ck 3:30 Hospitality Cart-all 4:00 Easter Trivia-lr 6:30 Friday Night Movie-lr</p>	<p><i>23</i> 10:00 Exercise-ts 11:00 Bingo-ts 12:00 Walking Club-all 2:00 Basketball-dr 3:30 Hospitality Cart-all 4:00 Name 10-lr 6:30 Old Tyme Radio-lr</p>
chhorn-ts -cr erry-lr		<p><i>28</i> 10:00 Exercise-ts 11:00 Wii-ts 12:00 Walking Club-all 2:00 Game of Choice-dr 3:30 Hospitality Cart-all 4:00 Frisbee Fun-lr 6:30 Tell All-lr</p>	<p><i>29</i> 10:00 Exercise-ts 11:00 Rosary with Terry-den 11:00 Kitchen Kapers-ck 12:00 Walking Club-all 2:00 Ladies Tea-oden 2:00 Sports Room Games-pden 4:00 Spelling Bee-lr 6:30 Friday Night Movie-lr</p>	<p><i>30</i> 10:00 Exercise-ts 11:00 Bingo-ts 12:00 Walking Club-all 2:00 Golf-dr 3:30 Hospitality Cart-all 4:00 Snout-ck 6:30 Old Tyme Radio-lr</p>

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Quaker's Quips...

Congratulations to Lisa Staffeldt, RCA, on her upcoming graduation from nursing school to become an RN!

Congratulations to Adisa Hadzic, Med Tech, for starting school to study nursing!

Congratulations to Melissa Burton, Business Manager, on the newest addition to her family, an English Bulldog named Iggy.

**Quaker's Landing
Management Team**

Victoria Kaczmarek, Executive Director
Sherry Black, Resident Care Director
Darlene Polak, Marketing Director
Karen Bartus, Activities Director
Paul Sansano, Maintenance Director
Michael Roof, Food Service Director
Melissa Burton, Business Manager

Take a Walk Down Memory Lane

Ask seniors to share memories about their mothers or mother figures in their lives. Here are some questions to ask to stir memories:

- *What was her favorite holiday?
- *What was her favorite animal?
- *What was her favorite color?
- *What were her favorite sayings, quotes, or commands?
- *Was she an indoor or outdoor person?
- *What were her favorite foods?
- *What were her favorite foods to fix/

*What stories did she tell?

*What is your favorite memory of your mother or mother figure?

Creative Forecasting, May 2011