

April 2022

# The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



## Meet the Team

Interim Administrator – Ilana  
Facter

Assistant Administrator – Omar  
Hamed

Director of Nursing – Sue  
Williams

Business Office Manager –  
Jeannie Kucinski

Human Resources Director –  
Paula Mulder

Director of Social Services –  
Ginny Moes

Admissions & Marketing

Director  
– Shannon Laurenzi

Maintenance Director – Curtis  
Cole



THE  
NORMANDY  
SENIOR LIVING



## *This Morning*

This morning the redbirds' eggs  
have hatched and already the chicks  
are chirping for food. They don't  
know where it's coming from, they  
just keep shouting, "More! More!"  
As to anything else, they haven't  
had a single thought. Their eyes  
haven't yet opened, they know nothing  
about the sky that's waiting. Or  
the thousands, the millions of trees.  
They don't even know they have wings.

And just like that, like a simple  
neighborhood event, a miracle  
is taking place.

*–Mary Oliver*



## Family Information

With spring approaching, and life at The Normandy Care Center returning normal, we are asking for your help in reorganizing our residents' rooms. This is a great opportunity to switch out seasonal clothing items, products, or other items that will be needed for the upcoming spring and summer months.



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## Virtual Visitation

If you are looking to schedule a virtual visit with a resident of the Normandy Care Center you can find our visitation on Calendly.com. The visitation link is :

<https://calendly.com/normandycarecenter/visitation>

You can also call the Life Enrichment Office at 216-801-4160

## Physical Fitness

### Melissa Renner

Melissa is Active for Life's founder and has been working in the fitness industry for over a decade. She decided to create Active For Life in order to ensure exercise prescriptions are also provided for populations that tend to be neglected. This ensures that both the general population and special populations equally receive the health, wellness and fitness instruction they need to live life to the fullest.

Melissa Renner is the Founder of Active For Life, the creator of Active For Life's TAP TIME™, SEATED RHYTHM™, and Brain & Body programs, and the inventor of the patent pending tap shoe covers and hand tap covers.



Melissa will be visiting the Normandy Care Center for Seated Rhythm classes on Thursdays starting in February! Check the Activity Calendar for times and locations.

## Baking Club



April 5<sup>th</sup>  
3-Ingredient Peanut  
Butter Cookies



April 19<sup>th</sup>  
Easy Pepperoni Pizza  
Muffins

## Jewelry Crafts



April 6<sup>th</sup>  
Pressed Flower  
Pendant



April 13<sup>th</sup>  
Easter Bead Bracelet



April 20<sup>th</sup>  
Color Pop Hardware  
Store Bracelet



April 27<sup>th</sup>  
Plucked Petal Paint  
Chip Necklace

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2022



<p><b>3</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM St. Christopher Catholic Mass - YouTube MDR                  3:30 PM Sunday Word Games MDR                  6:00 PM Bingo MDR</p>	<p><b>4</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Seated Yoga MDR                  6:00 PM Manicures &amp; Nail Care MDR</p>	<p><b>5</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Tabletop Games MDR                  3:30 PM Baking Club MDR                  6:00 PM Short Story Book Club MDR</p>	<p><b>6</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Rosary MDR                  2:30 PM Ted Litchney Musical Entertainment MDR                  3:30 PM Jewelry Crafts MDR                  6:00 PM Bingo MDR</p>	<p><b>7</b></p> <p>11:15 AM Seated Rhythm Fitness MDR                  2:30 PM Trivia MDR                  3:30 PM Bowling MDR                  6:00 PM Mens Club MDR</p>	<p><b>8</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Gardening Club MDR                  2:30 PM Craft Corner MDR                  3:30 PM Happy Hour Social MDR                  6:00 PM Evening Meditation MDR                  All Fools' Day</p>	<p><b>1</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Gardening Club MDR                  2:30 PM Craft Corner MDR                  3:30 PM Happy Hour Social / Music with Joy MDR                  6:00 PM Evening Meditation MDR</p>	<p><b>2</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Tabletop Games MDR                  6:00 PM Evening Social Hour MDR                  Ramadan Begins</p>
<p><b>10</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM St. Christopher Catholic Mass - YouTube MDR                  3:30 PM Sunday Word Games MDR                  6:00 PM Bingo MDR                  Palm Sunday</p>	<p><b>11</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Seated Tai Chi MDR                  6:00 PM Manicures &amp; Nail Care MDR</p>	<p><b>12</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Tabletop Games MDR                  3:30 PM Trivia Tuesday MDR                  6:00 PM Short Story Book Club MDR</p>	<p><b>13</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Rosary MDR                  2:15 PM Jewelry Crafts MDR                  3:45 Music with Joy MDR                  6:00 PM Bingo MDR</p>	<p><b>14</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM St. Panteleimon Prayer Service MDR                  2:30 PM Music with Joy MDR                  3:45 PM Seated Rhythm Fitness MDR                  6:00 PM Mens Club MDR</p>	<p><b>15</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Resident Council Social MDR                  3:30 PM Happy Hour Social MDR                  6:00 PM Evening Meditation MDR                  Good Friday                  Passover Begins</p>	<p><b>16</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Tabletop Games MDR                  6:00 PM Evening Social Hour MDR</p>	<p><b>23</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Tabletop Games MDR                  6:00 PM Evening Social Hour MDR</p>
<p><b>17</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM St. Christopher Catholic Mass - YouTube MDR                  3:30 PM Easter Egg Hunt MDR                  6:00 PM Bingo MDR                  Easter Sunday</p>	<p><b>18</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Seated Qi Gong MDR                  6:00 PM Manicures &amp; Nail Care MDR</p>	<p><b>19</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Tabletop Games MDR                  3:30 PM Baking Club MDR                  6:00 PM Short Story Book Club MDR</p>	<p><b>20</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Rosary MDR                  2:15 PM Jewelry Crafts MDR                  3:45 Music with Joy MDR                  6:00 PM Bingo MDR</p>	<p><b>21</b></p> <p>11:15 AM Seated Rhythm Fitness MDR                  2:30 PM Trivia MDR                  3:30 PM Bowling MDR                  6:00 PM Mens Club MDR</p>	<p><b>22</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Gardening Club MDR                  2:30 PM Craft Corner MDR                  3:30 PM Happy Hour Social MDR                  6:00 PM Evening Meditation MDR                  Earth Day</p>	<p><b>29</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:00 PM Gardening Club MDR                  2:30 PM Craft Corner MDR                  3:30 PM Happy Hour Social MDR                  6:00 PM Evening Meditation MDR                  Arbor Day</p>	<p><b>30</b></p> <p>11:15 AM Coffee &amp; The Chronicle T                  2:30 PM Bingo MDR                  3:30 PM Tabletop Games MDR                  6:00 PM Evening Social Hour MDR</p>

## Arts & Crafts



April 1<sup>st</sup>  
DIY Cloud Lantern



April 8<sup>th</sup>  
Easter Eggs



April 22<sup>nd</sup>  
Butterfly Door Wreath



April 29<sup>th</sup>  
Painted Planter

## Spiritual Programs

### Wednesdays

Rosary 2:00 PM

Join us to pray the Rosary

\* Rosaries can be provided by the Life Enrichment Department if needed



### Thursdays

Prayer Service 2:00 PM

4/14 and 4/28

Lead by Gerald Largent, Ministry Coordinator for St. Panteleimon Orthodox Christian Outreach

### Sundays

Full church services on YouTube from local congregations

2:30 PM St. Christopher's Catholic Mass



## Friday Happy Hour



Every Friday in March the Life Enrichment Department will be offering Happy Hour cocktails, mocktails, and non-alcoholic beer and wine. Come and try something delicious drinks and snacks, and enjoy a soothing social hour!



## April's Signature Cocktail

### Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

**Resident Council** – A place to discuss your care here at the Normandy. We will cover all aspects including: Nursing, Caregivers, Maintenance, Housekeeping, Laundry, and Activities.

**Food Committee** – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

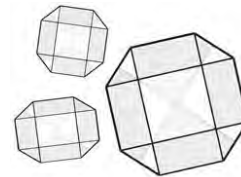
Friday April 15, 2022  
2:30PM – Conference  
Room

This is a closed event, for residents only, if a staff member would like to be present, they must be invited to attend by the Resident Council.

### April Birthday's

Mary Whalen - 4/1  
Suzanne Mapes - 4/11  
Aida Burgos - 4/21  
Darrell Holland - 4/30

### April's Birthstone - Diamond



Diamonds have been admired and sought after for millennia due to their brilliant sparkle and uncanny hardness. In fact, they are the hardest known material in the world. With their incredible strength and sturdiness, it comes as no surprise that diamonds have come to represent constancy and devotion. The Romans, who believed diamonds would make the wearer stronger, used them as amulets. Today, they represent love and are commonly used for engagement rings to symbolize commitment and devotion.

### April's Flower – Daisy



April's flower is the daisy, which has long been a favorite of gardeners everywhere. Daisies have a simple, cheerful beauty that symbolizes innocence and youth. They are also very easy to care for and will grow just about anywhere. In fact, they are found all over the world except in Antarctica. Just add water and sun, and these little sunbursts add some brightness to any garden. The daisy's Latin name, *Bellis perennis*, translates to "everlasting beauty", revealing just how cherished this blossom has been throughout the years.