



April is National Volunteer Month

This month is dedicated to honoring all volunteers in our communities as well as encouraging volunteerism.

President Richard Nixon established National Volunteer Week with an executive order in 1974 as a way to recognize and celebrate the efforts of volunteers. Every sitting U.S. president since has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors), urging Americans to give their time to community outreach organizations.

Since 1974, the original emphasis on celebration has widened; the week has become a nationwide effort to urge people to get out and volunteer in their communities. Every April, charities and communities reinforce the week’s official theme (“Celebrating People in Action”) by recognizing volunteers and fostering a culture of service.

During National Volunteer Week 4/7/19 - 4/13/19, we recognize the millions of Americans who strengthen, enrich, and improve our communities through their tireless and selfless commitment to serving others. Those who dedicate their time, talent, and resources to positively influence the lives of others continue a legacy and tradition of service that began with our Founding Fathers and remains firmly enshrined in our national character today.

Volunteers leave their mark on every facet of our neighborhoods and communities. Their work educates, equips, and empowers others. Some who volunteer as first responders risk rushing toward danger in order to help people during their times of greatest need. Others help children learn to read, tutor struggling students, provide services to the impoverished or elderly, and support our veterans and military families. Acting individually and through faith-based and other community organizations, volunteers help to bind us together as a Nation.

America’s volunteers are exceptional citizens and tremendous role models who demonstrate some of the finest qualities of the American people. Time and again we have seen America’s compassionate, serving heart

through the volunteer efforts of our people. Last year, for example, we saw the dedication and generosity of volunteers during Hurricanes Harvey, Irma, and Maria, which harmed and displaced thousands of Americans. In the wake of such destruction and tragedy, heartening stories of unity, selflessness, and hope emerged. Americans from all walks of life put their lives on hold, and often on the line, to help people they had never met. They answered an urgent call and took action. These commendable individuals embody the very best of our country and our way of life. They remind us that even in our darkest days, goodness will prevail.

During National Volunteer Week, we honor America’s outstanding volunteers and their invaluable contributions to our Nation and the world. Because of their compassion and dedication, they are transforming communities and lives all across the country. I salute the men and women of all ages who mobilize each day to serve others, and I encourage all citizens to seek out opportunities to engage in volunteer service within their communities.

VOLUNTEER



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BIRTHDAYS... WELCOME... INFORMATION...




Happy, Happy Birthday

Phyllis C.	4/6	Michael M.	4/11
Susan D.	4/7	Doris P.	4/16
Carolyn M.	4/7	Mary T.	4/16
Dina R.	4/8	Beverly M.	4/26
John M.	4/10	Ron Z.	4/28
Charlie S.	4/10		

The Resident's Birthday Party is on **April 30th, 2018 at 2:30pm** in the **Dining Room**. Birthday Cake & Musical Entertainment by **Martin Mancuso** sponsored by **Compassion Care**.

Meet Your New Neighbor



Margaret C.	124
Carolyn M.	216
Mary T.	315

TRIPS, TOURS AND SHOPPING

Mondays, Wednesdays & Fridays are Doctor Appointment Days
Tuesdays & Thursdays Trips, Tours and Shopping



Day	Date	Time	Location of Activity
Tuesday	2	9:00 - 11:30 2:00 - 4:00	Wal-Mart TJ Maxx / HomeGoods / Burlington
Thursday	4	9:00 - 11:30 2:00 - 4:00	Smith's Grocery The Bank / Post Office
Tuesday	9	9:00 - 11:30 2:00 - 4:30	Wal-Mart Wal-Mart
Thursday	11	9:00 - 11:30 2:00 - 4:00	Dollar Tree Afternoon at Gardens Park
Tuesday	16	9:00 - 11:30 2:00 - 4:00	Wal-Mart Target / Ross
Thursday	18	9:00 - 12:00 2:00 - 4:00	Springs Preserve Butterfly Habitat 99 Cents Store / Sprouts
Tuesday	23	9:00 - 11:30 2:00 - 4:30	Wal-Mart Wal-Mart
Thursday	25	9:00 - 11:30 2:00 - 4:00	Sahara Library - Visit Sush Machida Art Gallery & Clay Art Display Rampart / Sun Coast Casino
Tuesday	30	9:00 - 11:30 2:00 - 4:00	Wal-Mart Albertson's Grocery &/or Goodwill Thrift Store

APRIL IS STRESS AWARENESS MONTH

Stress Awareness Month, has been held every April, since 1992. During this annual thirty-day period, health care professionals and health promotion experts across the country will join forces to increase public **awareness** about both the causes and cures for our modern **stress** epidemic.



5 Ways to Relieve Stress

For our ancestors, stress was a survival skill during brief, life threatening situations. Once the danger passed, their stress levels lowered. However, in today's world, we are constantly bombarded by stressors, such as work deadlines, traffic, and family obligations. We rarely get a break long enough to relax and relieve the stress. The over-activation of our stress hormones have been linked to high blood pressure, heart attacks, lower immunity, depression, anxiety, and more.

Eat Well - Eating whole, real foods restores balance and reduces the effects of stress on your body. Replacing harmful substances such as caffeine, alcohol, and refined sugars, with clean proteins, fruits, vegetables, and healthy fats helps regulate your hormone levels, including stress hormones. Food As Medicine Education Director Kathie Swift, MS, RDN, LDN, cites the connection between the gut and brain in relieving stress. The gut and brain are constantly sending signals to each other, so by keeping your microbiota (the bacteria in your gut) healthy, your brain feels less stressed.

Shaking & Dancing - The quickest way to relieve stress is to release endorphins through exercise. An easy way to do this is through shaking and dancing, a form of expressive meditation that loosens your joints as well as clears the mind. Start by standing with your feet shoulder-width apart, knees slightly bent, shoulders relaxed, and shake your whole body for a few minutes (we recommend 7-8 minutes). Then, stop for a minute or two and pay attention to your breathing and physical sensations. Finally, turn on fast music – anything that gets you energized, and allow the music to move you. Don't feel the need to follow any specific dance moves, just do whatever feels good for you in the moment (it might help to close your eyes). Dance for about 5 minutes, or until you feel satisfied.

Get a good night's sleep - Sleep and stress tend to cause a vicious cycle – if you're stressed, then you can't sleep, which makes you ill-prepared to handle the stressors of the next day, leading to more stress. To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime.

Guided Imagery - The body responds in essentially the same way to made-up imagery as it does to real experiences. Positive, relaxing images can be an effective tool for relieving stress.

Breathe - We do it all day, every day, and yet we often forget the healing powers of deep breathing. By slowing down your heart rate and lowering blood pressure, breathing deeply relieves stress. Remember deep breathing can help you relax and stay calm.

WHAT'S HAPPENING IN YOUR COMMUNITY



Dora & Doris at our Root Beer Float social



Bella & Mary enjoying their root beer floats



St. Patrick's Day crafting w/ Volunteer Tamara



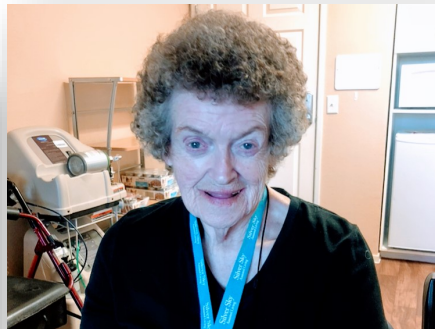
Peppa the Poodle always brings joy to everyone

RESIDENT COUNCIL

Say hello to your new Resident Council 2019-2020!



Katherine C.
Vice President



Maggie W.
President



Nancy M.
Secretary

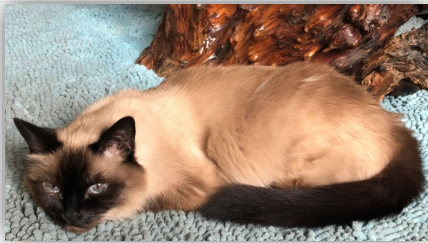
GET TO KNOW YOUR NEIGHBOR BETTY D.

“Woman of the West”

Betty Kelly Davis is truly a woman of the West. Her independent spirit and perseverance led her all over the western United States before settling in Las Vegas. The story starts with perseverance. Betty and her three siblings were born in Wyoming and orphaned after both of their parents passed away. Subsequently, three-year-old Betty and her younger sister grew up in an orphanage in Wyoming while her older brothers joined the military. Betty learned a lot at the orphanage. She learned how to cook, clean, knit, crochet, quilt, sew *and* how to be independent and rely on one’s own skills.

At the age of seventeen, Betty left the orphanage and began the independent part of her life. She traveled to Las Vegas to meet an uncle and finish high school. Then Betty made her way to Tucson, Arizona and trained to become a nurses aide. She also met her husband, Richard, over his good cooking. Betty was attracted to Richard’s kind soul and willingness to help anybody in need and his good dancing skills didn’t hurt either! Betty and Richard loved to dance country western and jitterbug. Early in their marriage, Betty and Richard would hop on Richard’s motorcycle with a bedroll and go camping. Betty has fond memories of campfires in the desert.

Betty and Richard were married for 35 years. Richard worked in the mines and Betty continued as a nurses aide. After Richard’s passing, Betty’s intrepid spirit led her to New Mexico where she built a house and drove a Ford pickup truck! Betty lived “out in the boonies” for years until her niece, Colleen, invited her to move closer to her in Las Vegas. Betty moved back to Las Vegas and her own apartment. Eventually Betty moved to Silver Sky where she has lived for almost a year. Not surprisingly, Betty loves all of the craft activities. At the orphanage Betty was taught to be quiet but she is not shy. Because of her quiet nature, you might not know it but Betty loves people and helping people. Family is very important to Betty. One of



Betty’s beautiful cat, Missy

her happiest moments was when her nephew researched her family’s genealogy and put all of the information in a book. You can see the joy in Betty’s face when she peruses the information and photos—photos of her parents whom she’s never met before!

Betty’s independent spirit and positive outlook continue everyday when she wakes up and thinks “today is going to be a good day”. Her words to live by (ingrained at the orphanage): “keep a clean house!” and that she does for herself and her cat, Missy.

RELIGIOUS SERVICES

Wednesdays	2:30pm	Torah Class w/ Rabbi Chaiton (AR/ Every Other Wednesday)
Thursdays	2:00pm	Catholic Services w/ Joe or Ray (TH)
Saturdays	10:00am	Prayer Group & Communion w/ Jenny (TH)
Sundays	10:00pm	Bible Study w/ Judy (AR)

EASTER BRUNCH

Join us for a delicious
Easter Brunch on Sunday
April 21st from 11:30 - 1:00
Please sign-up or call
our front desk.
Thank you

Happy Easter!



WHO'S WHO AT YOUR COMMUNITY

- Robert Colbert, RN, RFA - Vice President Assisted Living
- Mike Trail, CPhT, RFA - Administrator
- Jeanne Koester, RN - Director of Wellness
- Joe Leininger - Executive Chef
- Sabrina Severson - Medication Care Specialist
- Barbara Phillips - Activity Coordinator
- Karen Rodriguez - Activity Specialist
- Jorge Reyes - Dining Services Coordinator
- Jose Monroy - Lead Facilities Technician
- Yvonne Vera & Lisa Cecere - Receptionist
- Crystal Johnson - Transportation

Office Hours:

Monday - Sunday 8:00AM - 6:00PM

If you have any questions,
Please call or come by,
(702) 835-9040

8220 Silver Sky Dr.
Las Vegas, NV 89145



Grow your own indoor plant on April 19th
to celebrate Earth Day with CareMore!