



## 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

Genevieve	4/1	Kim	4/14
Nancy	4/5	Delbert	4/17
Sue T	4/7	Frances	4/27
Lou E	4/10		

The Resident's Birthday Party is the last Wednesday of every month, in the Dining Room. Entertainment w/ Larry sponsored by Compassion Care, Birthday Cake sponsored by CareMore.

## Meet Your New Neighbor



MaryJane	136
Cheryl	366

# 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 2:15 - 4:15	Wal-Mart The 99 Cent Store
Thursday	4	9:00 - 11:30 2:15 - 4:15	Trip to the Bank - There is only 1 trip to bank per month Hobby Lobby, Target, Ross or WinCo
Tuesday	9	9:00 - 11:30	Wal-Mart
Thursday	11	9:00 - 11:30 2:15 - 4:15	Trader Joes Aliante Casino
Tuesday	16	9:00 - 11:30 2:15 - 4:15	Wal-Mart Smiths Grocery store
Thursday	18	9:00 - 11:30 2:15- 4:15	The Dollar Store Hobby Lobby, Target, Ross or WinCo
Tuesday	23	9:00 - 11:30 2:15 - 4:15	Wal-Mart Kohl's Tuesday Morning, Home Goods or Mimi's Cafe
Thursday	25	9:00 - 11:30 2:15- 4:15	Krispy Kreme Donuts & Deseret Industries Thrift Store Aliante Casino
Tuesday	30	9:00 - 11:30 2:15- 4:15	Wal-Mart Sprouts Grocery 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



Hand Massages with several different Volunteer groups



Teen volunteer entertainer Michael



Exercise Class w/ Volunteer Rita

# GET TO KNOW YOUR NEIGHBOR

Jody was born in Clearfield Utah a small town north of Salt Lake City. She was raised by her adopted parents Elizabeth Perkins and EW Hudson. Jody grew up with six siblings, William "Bill", Sunny, Smokey, Lynnette, Heidi, and Cindy. Her father farmed and worked for Kennicout Copper. Her mother was a seamstress and designed and made unique custom nylon wear and products selling throughout the United States and overseas.



Growing up Jody attended Valley Jr High and Granger High School in Granger Utah. Jody would walk to school traveling through vast fields. She would occasionally pick an apple to eat along the way. She loved to play with animals when she had the opportunity.

One of Jody's childhood memories was the day she got to wear her brand new white coat to school. As Jody was walking her regular path she saw a smaller girl stuck in the mud. Jody did not hesitate to help the girl, so consequently Jody's coat was no longer white. Jody said her mother was most annoyed with her that day but pleased that she was so thoughtful to others.

While attending Granger High, Jody sang in the choir and played percussion in the marching band. Jody performed at several rodeos and fairs with the band. She also had the opportunity to sing a solo, Mary Poppin's "Favorite Things". Throughout her school years, Jody's best and lifelong friend was Karen Sheppard. They are still friends to this day. They met in kindergarten and have stayed in touch every since.

After graduating from High School Jody moved to Las Vegas and worked for an Answering Service company. Shortly after moving to Las Vegas Jody met her first husband, Richard Levitt. Richard was born and raised in Las Vegas. He was a gaming dealer. They had two children Jennifer and Justin. Jody and Richard would later separate and divorce. Richard transferred to Arkansas for another gaming position.

It was through her first job as an answering service that Jody met her second husband, Art Risser. His company Atlantic Richfield was a client of Jody's employer. They had frequent conversations through her Answering Service, before he asked Jody out on a date. Their very first date was to Hoover Dam and a ghost town. Jody really enjoyed that Art taught her to drive a truck. Jody and Art married and to her joy they had a child, Tiffany.

Jody's favorite movie is - Ghost, her favorite song is - Bridge of Troubled Water (She saw Simon and Garfunkel in concert), she likes doing puzzles, listening to books on tape and participating in arts and crafts.

Jody says after she recovered from a series of strokes she moved to Silver Sky at Deer Springs. She says this is a good home, but she is sad she has lost a couple of dear friends.

# RELIGIOUS SERVICES

Sundays	7:30 AM	Catholic Mass Channel 6 KVCW (TH)
Fridays	11:00 AM	Catholic Services w/Deacon Frank (MR) Rosary to follow service
Wednesdays	2:00 PM	Gratitude and Encouragement w/ Volunteer residents Myrna (TH)

## EASTER BRUNCH

Resident's Family & Friends  
Join us for a delicious  
Easter Brunch on Sunday  
April 21, 2019 11:30 - 1:00  
Please call our front desk  
to sign-up &/or get details.  
Thank you

*Happy Easter!*



## VOLUNTEER DINNER

All Volunteers  
are invited to our  
Appreciation Dinner on  
Wednesday, April 10, 2019  
5:30 - 7:00

Next door in Decatur Pines  
Recreation Room  
Please signup at our front desk  
if you are participating.  
Resident Volunteers on the  
calendar are also invited.  
Thank you



## WHO'S WHO AT YOUR COMMUNITY

Robert Colbert R.N., R.F.A. - Vice President Assisted Living  
Nicole Graham M.H.A., R.F.A. - Executive Director  
Erin Leroux R.N. - Director of Wellness  
Joe Leininger - Food Service Director  
Dawn Lewis - Director of Community Engagement  
Barbara Phillips - Activity Coordinator  
Derrick Pino - Medication Care Specialist  
Salvador Martinez-Valle - Sr. Lead Maintenance Tech  
Shadé Momodu & Carmelita Means - Receptionists  
Nancy Voag - Transportation

Office Hours:  
Monday - Sunday 8:00AM - 6:00PM  
If you have any questions,  
Please call or come by,  
6741 N. Decatur Blvd. Bldg. 3  
Las Vegas, NV. 89131  
(702) 462-7700



### SAVE THE DATE

Our Community is

Celebrating Our  
8th Anniversary  
w/ a Murder Mystery

"The Lady Sings"

Wednesday, May 8, 2019

4:30 - 6:00