

NORGARD COURT



2015

APRIL

NEWSLETTER

NORGARD COURT APARTMENTS

1807 GERVAIS COURT E.

MAPLEWOOD, MN 55109

651-777-5020

YOUR SITE STAFF

HOME CARE SENIOR SERVICES

SHARON BENDUHA-----SITE MANAGER

Mon.-Fri. 8:00 a.m. to 4:00 p.m. 651-777-5020

RICK BUDD-----MAINTENANCE

Mon.-Fri. Noon to 3:00 p.m.

STEVE PALMER-----CARETAKER

APT.# 110

TRACY BARNACLE-----GENERAL MANAGER

HOME CARE SENIOR SERVICES - 651-770-8505

COMMUNITY ROOM: 651-777-2448

happy
birthday

All residents are invited to join us for the 'Birthday Bash' on Wednesday, April 1, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Michael J., Ann, and Virginia's birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! You don't want to miss out on the fun, and it's a great way to get to know your neighbors better! Hope to see everyone there ☺



Let's give a warm welcome to Bob and Sandy, Apt. #307, and Al and JoAnn, Apt. #223. We are so happy you've chosen to reside at Norgard Court Apartments!

Genus: Tulipa

Pure white and pure yellow. Nothing could be simpler. Nothing could be more appealing. If you plant this blend, you have a lot to look forward to. These two can go on for what seems like forever. They can grow 18 to 24 inches tall! Want to learn more?

Norgard Court Apartments has garden beds outside just waiting to be filled with flowers, herbs, vegetables, etc. If you would like to do some gardening, please see our resident organizer, Ray, Apt. #121, and he will help get you started. Please contact Sharon Benduha, Property Manager, 651-777-5020, if you would like to plant flowers out on the back patio.



Easter is celebrated on Sunday, April 5, this year. Unlike other holidays, the date for Easter changes every year. That's because Easter doesn't have a fixed date even though it does have a fixed day. Easter also falls on a Sunday, but the date could be on any Sunday in March or April. If you have to search your calendar every year to find out the date for Easter, then you are not alone.

The date for Easter is based on the moon. According to *The Old Farmer's Almanac*, Easter falls on different dates because Easter is based on the lunar calendar. Easter is always celebrated on the Sunday immediately following the first full moon after the vernal equinox, which is March 20 this year. Therefore, Easter is on April 5, the first Sunday in April. HAPPY EASTER!

Many thanks to Ray for cleaning up the wooded area. You are the best!



8 Spring Cleaning Tips for Keeping



Spring cleaning is often a not so welcomed tradition for many. However, after a long winter, it can feel good to de-clutter and refresh your home. For seniors, spring cleaning is also a great time to re-organize everyday items so they are easier to find and ensure your home is set-up in a way that promotes safety and the prevention of falls.

Here are 8 spring cleaning tips for helping to keep seniors safe:

1. **De-clutter.** Did you know that a number of falls and accidents that occur in the home are a result of clutter? Make sure you have a clear walking path throughout your home and ask for help moving pieces of furniture or other décor that could pose a tripping hazard or be easily bumped into.
2. **Clean out your medicine cabinet.** Take inventory of your current medications and make sure that expired medicines, both over and under-the-counter are thrown away. If you have had any medication changes in the past year, be sure to get rid of any pills you are no longer taking. This can reduce the risk of getting confused and taking something you don't really need.
3. **Clean out your pantry and refrigerator.** Don't get sick from expired food. Be sure to check the expiration dates on cans and jars. Also take a look at items like condiments to make sure they are all still safe to use. Finally, clear the freezer of anything that is either too old to eat or freezer burned.
4. **Recycle old newspapers and magazines.** Old piles of newspapers, magazines and junk mail can easily clutter up a house. Gather these up and take them to your local recycling facility. Also, take the time to designate a place for newspapers and mail to go as they come in so they don't end up piled on the floor, creating a tripping hazard.
5. **Donate unused items.** Make it easier to get to the things you use every day by clearing out the things you no longer need. Donate any gently used items to a local charity or church.
6. **Check rugs, mats and hand rails.** Another way to prevent falls is to ensure all rugs and mats are secured to the floor with a non-slip backing. Also be sure to check that any handrails are tight to the wall.
7. **Check smoke alarms and fire extinguishers.** Replace all the batteries in your smoke detectors and make sure they are working accordingly. You should also check the date on your fire extinguishers and replace them if they are more than 12 years old.
8. **Create a contact list.** Make a contact list of family, friends and other important numbers and keep it by the phone. You should also include emergency numbers such as the local police, fire department and doctors.

APRIL, 2015

NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY 651-387-0219	BEAUTY SHOP OPEN ON THURSDAYS 8:30 A.M. - NOON	1 Brkfst@8:30 Kowalski's -9:40 Birthday Bash @ 1:00 p.m., Communion Serv. @ 2:30p.m.	2 Chair Ex. 10:30 Schwan's @ 11:00, Worship Service @ 2:30 p.m., Cribbage @7:00 p.m.	3 Bingo @ 7 p.m., Cards to Follow	4
5 C/R Reserve 1-6:00pm#107 	6 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	7 Chair Ex. Class@10:30 am, Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m.	8 Continental Breakfast @ 8:30 a.m.	9 Chair Ex. @ 10:30am, Blood PressureCheck @1pm, Cribbage @ 7:00 n.m.	10 Bingo @ 7 p.m., Cards to Follow	11
12	13 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	14 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	15 Cont.Brkfst. @ 8:30 a.m., Kowalski's 9:40, POTLUCK @ 5:30 p.m. in the Community Rm.	16 Chair Exercise Class @ 10:30 a.m., Schwan's @ 11:00 a.m., Cribbage@7:00	17 Bingo @ 7 p.m., Cards to Follow	18
19 SUNDAY SUPPER	20 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	21 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m.	22 Continental Breakfast. @ 8:30 a.m.	23 Chair Exercise Class @ 10:30 a.m., Cribbage @ 7:00 in Community Rm	24 Bingo @ 7 p.m., Cards to Follow	25
26	27 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	28 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	29 Continental Breakfast. @ 8:30 a.m., Kowalski's @ 9:40 a.m.	30 Chair Ex. @ 10:30, Schwan's @ 11:00, Cribbage @ 7:00 in Community Rm		

Easter

E	C	O	L	O	R	I	N	G	Y	W	E	P	Y
H	M	T	F	H	T	E	L	A	R	P	T	C	D
L	N	I	H	A	D	I	D	I	A	P	A	D	N
U	F	Q	T	D	M	S	B	R	L	D	L	I	A
S	Y	C	I	G	U	I	A	B	B	Y	O	N	C
C	S	H	H	G	N	D	L	U	A	S	C	N	T
A	E	A	N	I	E	I	R	Y	G	R	O	E	E
R	B	Y	R	C	L	Y	R	G	Q	Y	H	R	K
R	D	H	Z	G	M	D	E	P	E	T	C	N	S
O	B	O	N	N	E	T	R	K	S	H	C	O	A
T	Y	N	N	U	B	F	R	E	T	S	A	E	B
S	L	A	M	B	C	B	U	Q	N	V	T	L	N

Easter

hidden

lamb

coloring

chocolate

bonnet

eggs

grass

family

bunny

springtime

dinner

rabbit

candy

lily

carrots

children

parade

basket

Cadbury

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: The Monday after Easter is a celebrated holiday in many cities around the world. What is the name of this holiday?

Answer: _____