



2024

Dates to Remember

April 1st - April Fools' Day

April 22nd – Earth Day



From Your Administrator By Kim Pederson

Since I started as the administrator at Park River Estates Care Center, there has been very little change in our leadership team. Most of the leaders of our departments have been a part of PRECC for years and this is evident by the excellent care and service provided in all departments. However, we do have a retirement coming up, which is a positive thing for Pam Posthumus. Pam has been a valued employee of PRECC for the past 15 years. Her experience here included work in the dietary and laundry/housekeeping departments before she took on the Housekeeping and Laundry Supervisor role in 2021. Pam will be retiring in early May, and we want to extend our best wishes to her as she transitions to a life at home; with family, etc. We plan to seek an internal candidate who knows the facility and our residents for this leadership position. If you see Pam in the coming weeks, please wish her well!

Kim Pederson, Administrator

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Administrator

April

No one knows for sure how April got its name! Some say it comes from the Latin word *aperire*, meaning “to open,” alluding to the opening of buds in the springtime. Others say April was named after Aphrodite or the goddess Eostre. Whatever the case, the onset of April means that spring has officially arrived!

Birthdays

Barb H.	April 12 th
Iris B.	April 15 th
Ruth F.	April 17 th
Susan J.	April 17 th

Zodiac Signs

Aries- April 1st – 19th

Traits: courageous, confident, impulsive

Taurus- April 20th-30th

Traits: hardworking, dependable, stubborn



Random Tidbits

*On April 3rd, 1865, the confederate capital of Richmond, Virginia surrendered to Union forces. On April 9th, Confederate General Robert E. Lee surrendered, ending the Civil War. *

*On April 3rd, 1968, the Reverend Dr. Martin Luther King Jr. delivered his famous “I’ve Been to the Mountaintop” speech. The next evening, he was assassinated by a sniper while standing on the balcony of the Lorraine Motel in Memphis, Tennessee. *

On April 6th, 1896, after a 1,500-year break, the Olympics were held in Athens, Greece. *

*April 7th, 1827, John Walker first sold his invention wooden matches under the name “friction lights.” *

*On April 11th, 1970, Apollo 13 launched from Cape Kennedy. *

*On April 15th, 1912, the “unsinkable” Titanic sank off the coast of Newfoundland, claiming over 1,500 souls. *

April 18th, 1923, Babe Ruth hit the first home run at the first game played in Yankee Stadium. *

*April 19th, 1934, 5-year-old Shirley Temple made her film debut in “Stand Up and Cheer!” *

On April 22nd, 1864, the U.S. Congress passed the Coinage Act, which mandated that the words “In God We Trust” be imprinted on all U.S. coins.

*On April 26th, 1986, the Chernobyl nuclear plant exploded, sending a cloud of radioactive dust over Europe. *

Birthstone- Diamond

This glittery and sparkling gemstone represents constancy & devotion and is said to bring love and harmony to those who wear it! So, it’s fitting that these beautiful and brilliant gems are most often used in engagement and wedding rings. They can be found in every color of the rainbow. Diamonds are also valuable because they are the hardest material in the world, making them useful for cutting and polishing. The only thing that can scratch a diamond is another diamond!

Flower- Daisy

April’s flower is the daisy, a favorite of gardeners everywhere. Daisies are beautiful and easy to care for and will grow just about anywhere. Just add water & sun and these little sunbursts add brightness to any garden! The daisy’s Latin name, *Bellis perennis*, translates to “everlasting beauty.” Because of their pure white color, they are a symbol of innocence and are considered the flower of children. Daisies are edible and can be used in sandwiches, salads, and soups. The leaves can also be brewed to make an herbal tea!

APRIL

Charles Lindbergh Presentation Triumph, Tragedy, & Controversy

We are excited to welcome David Jones, local historian, educator, and public speaker,
for a presentation about Charles Lindbergh!

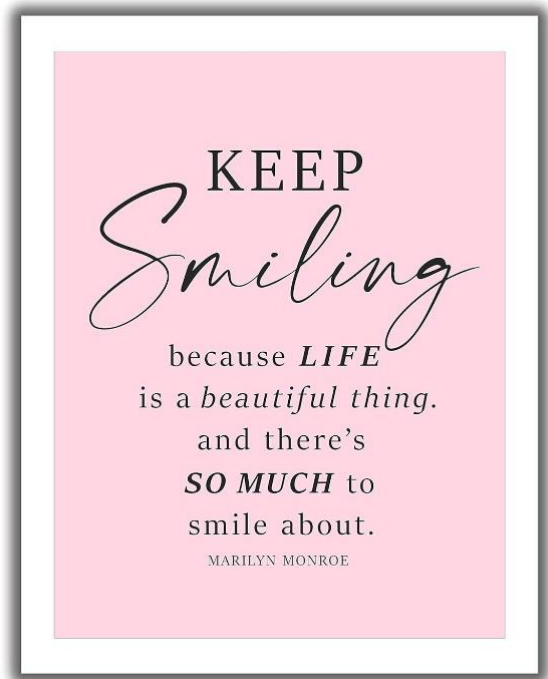
In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy.

Join us on April 8th @ 2:00 as we learn & explore the complicated life of a complex man.

From Showers to Flowers

Can you complete the following songs and expressions about rain?
(Answer Key on last page)

1. April showers bring _____ .
2. Rain, Rain go away, Come again _____ .
3. It's raining _____ and _____ .
4. It's raining, it's pouring, the old _____ .
5. I'm singing in the rain! I'm singing in the rain! What a glorious feeling, I'm _____ .
6. Raindrops keep falling on my head, and just like the guy whose feet are _____ .
7. It ain't gonna rain no more, no more, ain't gonna rain no more. How the heck am I gonna _____ if it ain't gonna rain no more?
8. Every time it rains, it rains pennies _____ .
9. Rainy days and Mondays always _____ .
10. Just walkin' in the rain, getting soakin' wet, torturing my heart by trying _____ .
11. Neither snow, nor rain, nor heat, nor _____ stays these couriers from the swift completion of their appointed rounds.
12. Somewhere over the rainbow, way up high, there's a land that I heard of once _____ .



Chaplain's Corner

THAT'S FAITH

One day all the townspeople decided to pray for rain; on the day of prayer all the people gathered, but only one boy came with an umbrella.

That's FAITH!

When you toss a baby up in the air, she laughs because she knows you will catch her. That's TRUST.

Every night we go to bed without any assurance of being alive the next morning but still we set the alarms to wake up. That's HOPE.

We make plans for tomorrow in spite of zero knowledge of the future. That's CONFIDENCE.

We see the world suffering, but still couples get married and have children. That's LOVE.

On a senior adult's shirt was written this sentence, "I am not 75 years old... I am sweet 16 with 59 years' experience." That's ATTITUDE!

This is the day that the LORD has made; let us rejoice and be glad in it. (Psalm 118:24)

Enjoy this day God has given you,

Have a Wonderful Easter!

+Pastor Sherree Lane, Chaplain

Name the “How-To” Experts of the 1940s-1960s!

Can you remember the last name of these influential voices who helped people believe in the American Dream?
(Answer Key on last page)

1. Dale _____ was a self-improvement writer and speaker. He promoted self-confidence, people interaction, communication, leadership, attitude, and stress reduction. He wrote the best-selling book titled *How to Win Friends and Influence People*.
2. Betty _____ was a fictitious trademark of General Mills who helped homemakers bake. Her portrait on cake mix boxes and cookbook covers represented an ideal housewife that countless women have strived to be. Her portrait evolved as new generations of women made their homes, but she still stirs with the same red spoon today.
3. Jack _____ encouraged people of all abilities, including the elderly and disabled, to exercise. Called “The Godfather of Fitness,” this bodybuilder led exercises, explained the benefits of proper nutrition and motivated Americans through his t.v. show. He started some of our nations first fitness centers.
4. Norman Vincent _____ lifted spirits and confidence of millions and is known for the quote “When life hands you a lemon, you make lemonade.” This minister inspired Americans through his radio and television shows. He was the author of the book *The Power of Positive Thinking* and was one of the founders of the religious magazine *Guideposts*.
5. Dr. Benjamin _____ encouraged mothers to be “more flexible and affectionate with their children...whereas the previous generation focused on building discipline.” In the late 1940’s, this American pediatrician became known as the expert on parenting skills. He wrote the book *Baby and Child Care*.
6. Ann _____ had all the answers for everyone’s family issues, sticky situations, and life advice. Her famous column was published in newspapers across the country. Her twin sister, Pauline Philips, competed with her by writing her own newspaper advice column “Dear Abby.”
7. Julia _____ believed “The only time to eat diet food is while you are waiting for the steak to cook.” This 6 foot 2 chef taught Americans how to cook fine cuisine on her popular television show *The French Chef* and through her book *Mastering the Art of French Cooking*.
8. Emily _____ was America’s expert on etiquette and manners. She educated the masses by radio broadcasts, in books and in articles in magazines and newspapers. She gave advice on proper behavior during conversations, entertaining, traveling and attending special occasions.
9. Fred _____ was a famed dancer in many films, often with his partner Ginger. He co-founded dance studios that offered classes and training on professional dance.
10. Helen _____ is a true example of overcoming adversity. With the help of her teacher Anne Sullivan, she became a world-renown speaker, author and advocate for people with disabilities.

Key Facility Contacts:

Administrator.....Kim Pederson
Chaplain.....Sherree Lane
Dir. of Admin. Services.....Dani VanBeek
Dir. of Compensation.....Lori Jumper
Dir. of Culinary Services.....Heidi Kildahl
Dir. of Environ. Services.....Pam Posthumous
Dir. of Finance.....Marti Bullock
Dir. of Health Information.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....Jan Beers
Dir. of Social Services.....Chris Neely
Dir. of Staff Development.....Sue Sellner
Dir. of Therapeutic Recreation.....Linnea Maki
Infection Preventionist.....Sam Graf

From Showers to Flowers

Answer Key:

- | | |
|------------------------|--------------------|
| 1. May flowers | 7. Wash my neck |
| 2. Some other day | 8. From Heaven |
| 3. Cats and dogs | 9. Get me down |
| 4. Snoring | 10. To forget |
| 5. Happy again | 11. Gloom of night |
| 6. Too big for his bed | 12. In a lullaby |

“How-To” Experts of the 1940s-1960s

Answer Key

- | | | | |
|-------------|------------|------------|------------|
| 1. Carnegie | 2. Crocker | 3. LaLanne | 4. Peale |
| 5. Spock | | | |
| 6. Landers | 7. Child | 8. Post | 9. Astaire |
| 10. Keller | | | |