



Mennowood News

Mennowood Retirement Community

13030 Warwick Boulevard / Newport News, VA / 757-249-0355



MANAGEMENT TEAM

Thelma Shaffer
Administrator

Brenda McCullen
Director of Nursing

Kierra Baker
Business Office Manager

Michele Ryba
*Director of
Community Relations*

Tina Kotlark
*Director of
Dining Services*

Emily Bartgis
*Director of
Marketing & Admissions*

Chrissy Bell
*Director of
Life Enrichment*

Curtis Shaw
*Director of
Maintenance &
Environmental Services*

RESIDENT OF THE MONTH



*Join us as we celebrate
April Birthdays,
Resident of the Month,
and New Residents at
the "Monthly Celebration"
on **Friday, April 18th**
at **2:00** in the
Dining Room.
Entertainment by
Ned Harris.*



We are delighted to announce Catherine Guardia as our Resident of the Month!

Catherine was born in West Virginia. She enjoyed living in Mexico for a time, but has lived most years in Newport News, VA. She joined the Mennowood family in June of last year.

Mrs. Guardia's former occupations were that of a lab technician, real estate broker, and vintage/antiques shop owner. She also served as a volunteer in a Women's Club and Bridge Club.

Catherine enjoyed going to the beach and camping. She likes being outdoors when it's warm and bird watching. She adores cats and anything with a leopard print!

CONGRATULATIONS CATHERINE!

WE LOVE YOU!

Laugh It Off



You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.

Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

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Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

MEDICAL RUNS

Medical appointment transportation is provided by Mennowood on
 Tuesdays 9:00 am—4:00 pm
 Thursdays 9:00 am—1:00 pm
 Rides are scheduled on a first come first served basis.

BUS RIDES

With so few wanting to go on Friday bus rides, we have changed them from every Friday to every-other-Friday. If you would like to go, please **SIGN UP** with Chrissy or Bette.



IN LOVING Memory

Edna Tillman
Bob Armstrong
Ryon Carson
Jewel Moon
Patrick Barberly
Pat Dossett

A Memorial Service will be held on Tuesday, April 29th at 2:00 pm in The Commons

My Easter Dove

by Henrietta Cordelia Ray 1849—1916

There came a dove, an Easter dove,
 When morning stars grew dim;
 It fluttered round my lattice bars,
 To chant a matin hymn.

It brought a lily in its beak,
 Aglow with dewy sheen;
 I caught the strain, the incense breathed,
 And uttered praise between.

It brought a shrine of holy thoughts
 To calm my soul that day;
 I caught the meaning of the note,
 Why did it fly away?

Come peaceful dove, sweet Easter dove!
 Above earth's storm and strife,
 Sing of the joy of Easter-tide,
 Of light and hope and life.

HAPPY BIRTHDAY!

4/5—Aida Alecia
4/6—Barbara Wilson
4/17—Neill Clark
4/23—Mary Watson
4/24—Annette Firth
4/30—Judy Thomas

Birthstone: Diamond
Birth Flower: Sweet Pea or Daisy



Lavern Blohm
Laverne Massey
Jean Knill

