

# THE BIG SCOOP

CHESTERBROOK RESIDENCES

LIFE ENRICHMENT NEWSLETTER & UPDATES

APRIL 2024



Let Your Dreams Blossom!



**"Spring is Nature's Way of  
Saying,  
"Let's Party!"  
- Robin Williams**



**FROM THE ADMINSTRATORS DESK:**  
**BREMDA RIGGS**

A Warm Welcome to Our Spring Season!

Dear Residents, Family Members, and Staff,

Remember to laugh aloud on April 14th, International Moment of Laughter Day. Is laughing the best form of medicine?

Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, which energizes the heart, lungs, muscles, and even the brain.. A good laugh also stimulates the body's stress response and then deactivates it, causing the heart rates to rise and fall. This leaves us feeling both satisfied and more relaxed. It's a reminder of the importance of incorporating more laughter into our daily lives!

Exciting developments are on the horizon for us. We're thrilled to announce that we've secured a grant to create a raised garden for flowers and herbs this season. Additionally, we're launching a monthly tech class equipped with laptops for our residents to enjoy. More information to come, please stay tuned.

Best Regards,  
Bremda Riggs, LNHA  
Executive Director



## ***Volunteer Spotlight: Say Hello To Our Madeira Interns!***



**Amelia (left) Lorelei (center) Sunny (right)**

Say hello our latest round of interns from The Madeira School! These lovely ladies will be a part of our community for the next 5 weeks! They will be leading FitMinds, Jeopardy, walking club and much more this month!

Please give them a warm Chesterbrook welcome when you see them in our halls!

When asked what they were most looking to take away from their experience at Chesterbrook the girls shared that they wanted to learn how to best serve others, learn more about the residents, make connections with staff, learn about the experiences of their elders, and understanding the challenges people face.

We are so grateful to have these interns and we hope we can give the best experience possible at Chesterbrook!

Check out some fun facts they shared with us!

### **Amelia**

Is an Italian Citizen, Plays Softball & Is Looking Forward to Helping Our Ping Pong Team Train for the Senior Olympics!

### **Lorelei**

Has Lived In 6 Places, Loves To Play Sports And Has Boarding School Experience!

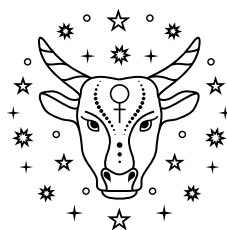
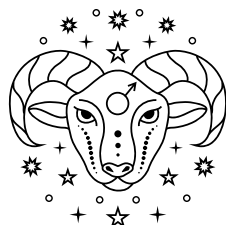
### **Sunny**

Loves To Swim Year Round, Loves Formula One Racing, And Loves Acai Bowls!

# Chesterbrook Birthdays!

## Resident Birthdays

Diana M. - 04/03  
Sandy W. - 04/05  
Janet B. - 04/07  
Reg R. - 04/11  
Arlene G. - 04/16  
Ken P. - 04/18  
Louise O. - 04/19  
"Cookie" B. - 04/21



## CB Team Birthdays

Danielle D. - 4/2 (Admin)  
Ehsan A. - 4/6 (Dining)  
Daleman D. - 04/17(Main.)  
Merikokeb G. - 04/25 (Nursing)

## HOROSCOPE

### Aries (Mar 21 - Apr 19)

Focus on the job at hand. Don't worry about money but don't spend much, either. Patiently coordinate communications. Look for new resources and find them.

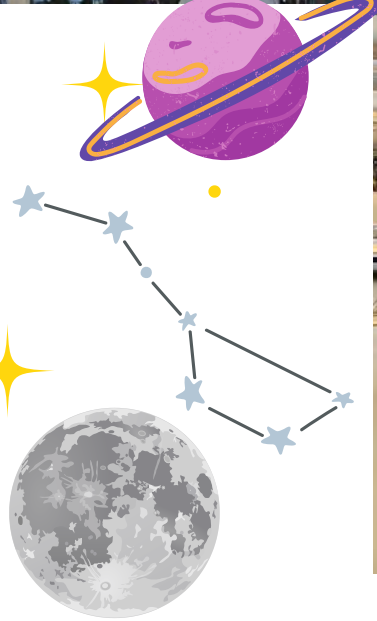
### Taurus (April 20 - May 20)

Don't try new tricks now. Stick to tested routes, methods and sources. Watch for pitfalls. Slow for tricky sections. Do the homework before launching.

## Mary Poppins Mini Musical !



# Chesterbrook Visits The Udvar Hazy Air & Space Museum in Chantilly!



CELEBRATING 20 YEARS

Smithsonian National Air and Space Museum Steven F. Udvar-Hazy Center

## *Resident Services Corner: A Message From Linsey Berens March's Fall Prevention Recap !*

March's Chesterbrook Residences University class featured Fall Prevention, with specialist Kate Hannigan. We learned facts about falls, as well as helpful information to prevent them.

According to studies, more than half of falls happen indoors, most commonly in the bedroom. Losing your balance, tripping, or slipping were the most common reasons for having a fall. Having uneven floors and navigating steps or stairs following most recurrent reason. Risk factors for falls include having a poor gait and balance, use of five or more medications, a history of falls, weakness in the lower body extremities, improper footwear, and cognitive impairment.

### **Make your living environment as safe as possible:**

- Remove clutter, make sure you have sufficient pathways where you walk to avoid tripping over objects.
- Remove throw rugs.
- Improve the lighting in your apartment. Helpful tip: Use the motion censored lights under the bed or on the pathway to the bathroom.
- Use the grab bars in your bathroom or have more installed, if needed.
- Have non-slip mats in the bathroom.

Exercising is so important to maintain or improve your balance and strength. Tai Chi is a good example of this type of exercise. It's also a good idea to review your fall risk and medications with your physician to see if there's any that might make you sleepy or dizzy. Also, be sure to have your vision checked by an eye doctor at least once a year, and get updated glasses, as needed!

### **Looking Forward - April's Chesterbrook University**

Next month's Chesterbrook University will feature a review of the various types of therapy, what they focus on, and how they can help individuals at all ages with our own Admissions Director, Danielle Daniels. She will also be discussing what to expect from therapy in each clinical setting: Acute, Subacute, Home Health and Outpatient. As always, if you have suggestions for an upcoming class, please contact the Resident Services Office.

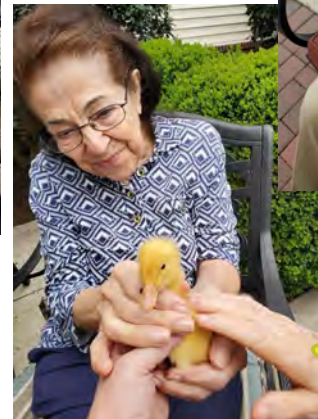
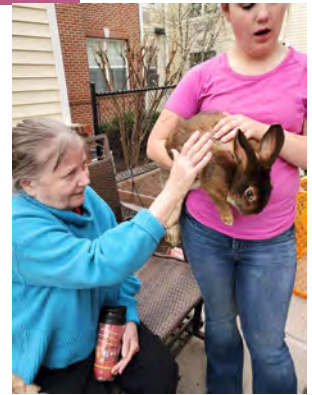
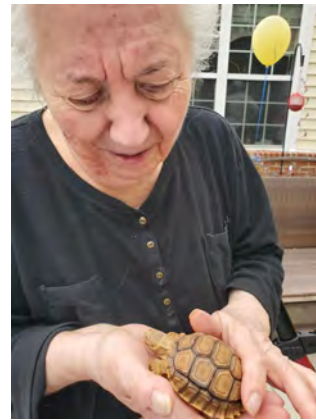
**Linsey Berens,  
Social Worker & Resident  
Services Coordinator**



# RESIDENTS BILL OF RIGHTS

- Be informed of your rights, rule, and regulations governing your care, conduct, and responsibilities
- Be informed of available services and related charges
- Participate in planning your care and treatment
- Be informed of reasons for transfer or discharge and be given reasonable advance notice
- Voice grievances and recommend changes in policy
- Manage your personal financial affairs
- Be free from mental and physical abuse and from unauthorized chemical and physical restraints
- Confidential treatment of your personal and medical records and approval or refusal of their release
- Be treated with recognition of dignity, individuality, and privacy
- Not perform services for the facility without your consent
- Have private communication with persons of your choice and to send and receive unopened mail
- Participate in social, religious, and community activities
- Maintain and use personal clothing and possessions as space permits
- Have privacy for visits with your spouse, family, and friends
- Have information on the rights and responsibilities of residents posted in a visible place

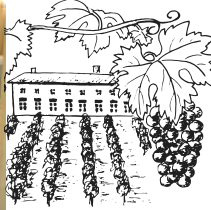
## Easter Mixer & Petting Zoo!



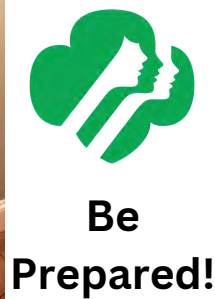
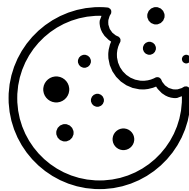
# UNCORKED: WINE CLASS & PAIRING WITH BREMDA!



*Wine time*



# GIRL SCOUT COOKIE COOKIE DAY & SAMPLER !







## Famous April Birthdays

The following people were born in April. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

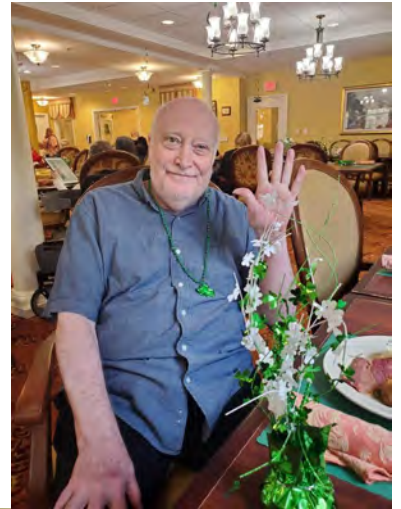
- A. James **BUCHANAN**
- B. Butch **CASSIDY**
- C. Francis Ford **COPPOLA**
- D. Doris **DAY**
- E. Dale **EARNHARDT**
- F. Ella **FITZGERALD**
- G. Merle **HAGGARD**
- H. Hugh **HEFNER**
- I. Henry **JAMES**
- J. Jay **LENO**
- K. Eddie **MURPHY**
- L. Wilbur **WRIGHT**

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

**Bonus:** Match the person to the correct clue.

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1. Actress/singer ____   | 7. Novelist ____                     |
| 2. Actor/comedian ____   | 8. <i>The Tonight Show</i> host ____ |
| 3. Country singer ____   | 9. Jazz singer ____                  |
| 4. Pioneer aviator ____  | 10. U.S. president ____              |
| 5. Wild West outlaw ____ | 11. Filmmaker ____                   |
| 6. Auto racer ____       | 12. Publisher of <i>Playboy</i> ____ |

# ST. PATRICK'S DAY CELEBRATIONS AT CHESTERBROOK!

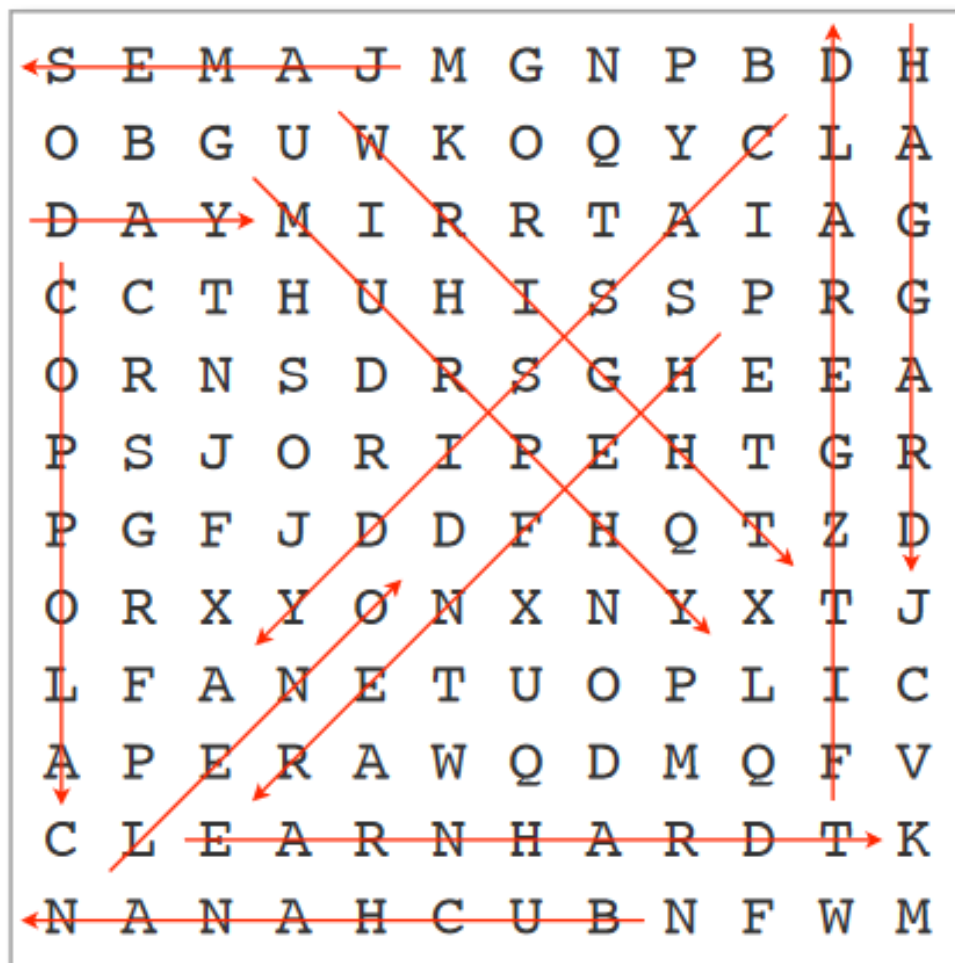


# NURSERY STUDENTS VISIT FROM TEMPLE RODEF SHALOM FOR PURIM!



# Famous April Birthdays

(solution)



**Bonus:** Match the person to the correct clue.

1. Actress/singer – D
2. Actor/comedian – K
3. Country singer – G
4. Pioneer aviator – L
5. Wild West outlaw – B
6. Auto racer – E
7. Novelist – I
8. *The Tonight Show* host – J
9. Jazz singer – F
10. U.S. president – A
11. Filmmaker – C
12. Publisher of *Playboy* – H

# April Trips

## - Outings -

(4/5 - 12:45 PM) (FRIDAY)  
VISITING LORTON WORKHOUSE  
ART

(4/8 - 1:00PM) (MONDAY)  
SCENIC RIDE - FALLS CHURCH

(4/14 - 1:30 PM) (SUNDAY)  
GUYS & DOLLS AT LANGLEY HIGH

(4/19 - 1:30 PM) (FRIDAY)  
MINI GOLF IN FALLS CHURCH

(4/22 - 11:30 AM) (MONDAY)  
MASS AT ST. ANTHONY'S

(4/23 - 1:15PM) (TUESDAY)  
JEOPARDY AT TALL OAKS

(4/26 - 11:00 AM) (FRIDAY)  
LUNCH AT MCLEAN FAMILY  
RESTAURANT

(4/27 - 5:00PM) (SATURDAY)  
JAZZ HOUSTON ORCHESTRA AT  
THE KENNEDY CENTER

## - Shopping -

(4/3 - 1PM) (WEDNESDAY)  
WALMART

(4/15 - 10:15 AM) (MONDAY)  
DOLLAR TREE

(4/17 - 1:00 PM) (WEDNESDAY)  
ALDI GROCERY STORE

(4/19 - 10:00 AM) (FRIDAY)  
BANK & ERRAND RUN

(4/20 - 1:45 PM) (SATURDAY)  
SHOPPING & DINNER AT  
TJ MAXX & PANERA

(4/24 - 1:15 PM) (WEDNESDAY)  
GIANT GROCERY STORE

\*\*\*\*The Bus Will Be  
Unavailable 4/23 After  
1:00 PM \*\*\*

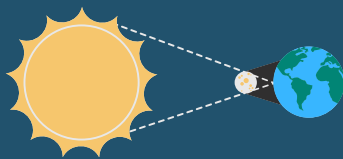
# WELCOME TO THE Solar Eclipse WATCH PARTY!

## What is an Eclipse?

An eclipse is a special event that occurs when one celestial body passes through the shadow of another celestial body. The most common types of eclipses we observe here on Earth are solar eclipses and lunar eclipses.

## Total Solar Eclipse

In a total solar eclipse, the moon completely covers the sun, and the sky becomes dark. People in the path of totality, where the moon's shadow falls, can see the sun's outer atmosphere, called the corona.



**\*\* DO NOT TRY TO VIEW THE ECLIPSE WITHOUT SPECIFIED ECLIPSE EYEWEAR (PROVIDED AT THE PARTY) WITHOUT ECLIPSE GLASSES, VIEWING THE ECLIPSE IS AN EXTREME HAZARD AND COULD RESULT IN VISION LOSS\*\***  
**(SUNGLASSES ARE NOT AN APPROPRIATE SUBSTITUTE!)**

**PARTIAL ECLIPSE STARTS : 2:04 PM**

**MAXIMUM ECLIPSE 3:20 PM**

**PARTIAL ECLIPSE ENDS: 4:32 PM**