



Don't forget to like us on Facebook!

THE PLUM CREEK CHRONICLE

happy
birthday

Plum Crazy's Irish Pub

Johnnie Duncan
3-2-2021

Gayle Rini
3-3-2021

Betty Lamont
3-15-2021

Patricia Sweeney
3-28-2021

Lorene Foster
3-31-2021

We will have our
March birthday
bash on
Tuesday,
March 30th at
3:00p.m. in the
activity room to
celebrate the
March birthdays!
Everyone is invited.



Plum Crazy's Irish Pub only opens once a year so don't miss this fun event on March 17th right here at Plum Creek!

The Pub will be open from 12-1:00p.m. There will be leprechauns serving the meal and even green beer. We hope that everyone will get in the spirit and wear their favorite green clothes to the pub. After the closing of Plum Crazy's Irish Pub we will all head to bingo. This will be an extra fun bingo because everything will be St. Patrick's Day themed including all of the prizes! Everyone who wears their green to bingo will be entered into a drawing to win a special prize. After bingo the St. Paddy's festivities will continue with a plethora of appetizers, desserts, and of course, green beer!

Visits are Happening!

Residents are more than welcome to have visitors as scheduled. Visitors just need to call front desk at 330-220-4900 to schedule a visit. Visits are a half an hour long. Visits are all held in our beautiful sunroom. The sunroom has its own entrance so it works out perfectly. Front Desk will meet each visitor in the sunroom to get them checked in. We do have visitation guidelines which can be found on the back of this newsletter. We truly understand how much these visits mean to our residents.

SPARKS THERAPY EXERCISE CLASS

We are incredibly excited to announce that Spark's Therapy (the therapy group currently in our building) will be hosting a group exercise class THREE times per week. These classes will be in addition to Jessica's exercise classes (she will now be hosting class two times per week). All classes will be listed on your monthly activity calendar. Living an active lifestyle and exercising frequently leads to many mental health benefits. Exercise is shown to help fight both depression and anxiety when muscle generated mood boosters become active. Maintaining activity levels may even help slow the progression of neurological disorders such as Alzheimer's Disease. We invite all residents to attend these group exercise classes and hope you will take advantage of this awesome opportunity to better your physical, mental and emotional health.

Sip and Paint

Plum Creek is partnering with Traditions Healthcare (formally called Harbor Light Hospice) to host a sip and paint for our residents. Wine will be served and we will be painting beautiful spring flowers on a canvas. The canvas art will be yours to take with you once the project is dry. This event is also incredibly beneficial for your mental health! Painting forces people to use both sides of their brain simultaneously. This helps creativity and increases cognitive function. If you're a new painter even better because learning a new skill increases brain activity without struggle. The sip and paint will be on Wednesday, March 10th at 1:30.

Weekly Menu of Other Options

Beginning March 3rd we will have a menu of other options available for residents at lunch time Monday-Friday. The menu will change each week. Menus will be located on the dining room tables. We encourage residents to order ahead of time if you are choosing from the menu of other options. You can tell your server at breakfast that you would like something off the menu for lunch as opposed to the entrée. If you wait to order until the time of the meal your wait time may be longer.

Bible Study

Each Sunday we will be having a resident bible study in the chapel at 10:00a.m. We invite all residents to join us! Bible study will always have a positive and uplifting message. Spiritual wellness acknowledges our search for deeper meaning in life. When we're spiritually healthy, we feel more connected to not only a higher power, but to those around us. We have more clarity when it comes to making everyday choices, and our actions become more consistent with our beliefs and values. After lunch on Sunday's we will be gathering together in the activity room to sing hymns.

Stuffing Easter Eggs

Since 2009 we have stuffed 100's of easter eggs for a HUGE Easter Egg Hunt that we have hosted each year. Just like most everything else this event was cancelled last year and has to be this year as well due to COVID-19. Because Easter is such an important holiday and a fun holiday to the children we still want to do something special. This year we will ask each employee if they have young children, how many young children they have and what their ages are. We will stuff eggs and send them home with the employee to do an Easter Egg Hunt with the child/children. We are going to ask all residents to join us on Saturday, March 27th in the activity room at 2:00p.m. to stuff and organize the Easter Eggs. This will be a fun way to carry on our Easter Egg stuffing tradition and do something special for the employees and their children.

Resident's Choice Awards

The week of March 15th we will be hosting the Resident's Choice Awards. Residents will have the opportunity to vote for employees from each department to give them a chance to win! An "award show" will be part of our all staff meeting on March 19th and we will invite residents to give out the awards to the winners. We will be voting for best nurse, best resident assistant, best housekeeper, best dining room server, best cook and best member of the activity team. Voting ballots will be located at the front desk and can be turned in there as well.

Plum Creek

*A Senior Assisted Living Community
Family Owned & Operated*

VISITATION REQUIREMENTS:

- Please cancel your visit if you are ill in anyway or have been around someone who is ill.
- Sign-in (answer all questions completely and honestly).
- Sanitize your hands.
- Both the resident and the visitors must wear their mask at all times.
- Social distancing is required.
- You must remain in the visitation area.
- Please be respectful of the visitation requirements so we can safely allow visitation to continue. Visits mean the world to our residents!

