



It's April! And spring has finally sprung! The sky is bright and clear, grass is growing green, and the warmer weather has been a nice change of pace (although a little rain would be nice). April is a great month, as it is a month showing the promise of beauty in the not too distant future.

Some fun facts about the month...

The word April comes from the Latin *Aprilis*. The meaning is not clear but some historians believe that it comes from the Latin words *aperire* (to open) or *apricus* (sunny) because April is seen as the month of Sun and growth in the Northern Hemisphere. Another explanation for the etymology of April goes back to Aphrodite, the Greek goddess of **love, beauty, and procreation**. The Etruscans knew her as *Apru*. Since the Romans inherited many Etruscan customs and myths, they celebrated the same goddess in April.

Spring cleaning is associated with several cultures but its place in April comes from the Jewish tradition to prepare the home for Passover. It's also part of the Christian tradition in preparation for the first day of Lent.

What's Your Sign? Those born in April are either an Aries (the Ram) or Taurus (the Bull). A diamond is April's best friend (We mean birthstone), and the birth flowers are the daisy and sweet pea.

Cool astronomical events this month!

Earthshine Nights: The unlit part of the Moon sometimes becomes visible around New Moon. The best time in 2022 to see this phenomenon known as earthshine or *Da Vinci Glow* is on April 4th & 5th and April 26th & 27th.

Pink Moon: April's Full Moon is traditionally known as the Pink Moon because of the pink flowers (*Phlox subulata*) that bloom in North America during this time of year.

Black Moon: This month has two New Moons: the first on April 1st, the second on April 30th. The second New Moon in a single calendar month is known as a Black Moon, just as the second Full Moon in a month is known as a Blue Moon.

Lyrid Meteor Shower: The meteor shower is named after the constellation Lyra. The shower is expected to peak around April 22 and 23. The fireballs are created by debris from the comet C/1861 G1 (Thatcher).

Spring Cleaning Tips for Senior Citizens

In spite of being cooped up for months this winter, with spring in the air, there is often a sense of renewal, fresh air from outdoor activities, and that either welcome or dreaded "spring cleaning" activity. If you always swore that if you just had the time, you would finally clean your closet etc.... well now is your chance to clean, de-clutter, and re-organize.



It may seem overwhelming but start with a plan! Some things to consider: will this be a one-day project, or will it last a week, or even a month? Can I do this myself, do I need to enlist family and friends, or pay someone? Most importantly... ask for help if you truly need it! Safety is first!

When you need help with spring cleaning, make it a family affair! Invite any, and all willing family members or friends to deep clean and de-clutter. Give them guidance and parameters (dust, vacuum, wash floors, etc.) and then reward them with a great meal to celebrate a job well done.

Tips to consider...

1. Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much “stuff”. Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. And either tape carpet edges or throw rugs to the floor or get rid of them entirely.

Downsizing is all about making room in your home for the things that truly matter and getting rid of anything that does not. A good rule of thumb: If I have not needed it, known it's there, used it, worn it, or cleaned it in two years then I do not need it anymore!! Decide what is truly meaningful to you and part with the rest. You may need to start with ‘keep,’ ‘don't need,’ and ‘maybe’ piles, but if the ‘keep’ pile grows much larger than the ‘don't need’ pile, you may need the help of a friend or loved one to nudge you in the right direction

2. Kitchen and Food

In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently use items, and clear out the refrigerator and pantry of stale food. Did you know that baking soda put in your fridge will freshen it up and remove odors from five years ago? Throw out the ounce of parmesan cheese you were sure you would use the next time you had pasta. Do the same with the leftovers that are showing some green.

If you have a pantry where you can only see what is on the front shelf, be prepared for what is hidden behind. Ancient jelly jars, expired soups and spices... dump them all. You want to start anew by purchasing an inexpensive lazy Susan's that can spin these products so you can see and use what you have.

3. Check the Medicine Cabinet

Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the new? These common practices in homes pose potentially dangerous health hazards. Whereas some medications still retain their potency after expiration dates, many do not and should be disposed of. Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded. Be sure to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight plastic container on a shelf in a closet.

4. Update Emergency and Safety Plan

In case of an emergency such as a fall, a kitchen accident, etc., do you have

important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly. If not programmed in your phone, post emergency information in a very conspicuous place, such as on the refrigerator. This should include an emergency contact name and number, the name and phone number of your primary physician, a list of your most current medications, and a living will or POLST (Physician Orders for Life-Sustaining Treatment) form, if you have one, if you don't, ask your HomeLife representative to bring one to you). Place all documents in an envelope that says "open in case of emergency" in big red letters.

5. Monitor Smoke Alarm, Fire Extinguisher and Emergency Kit

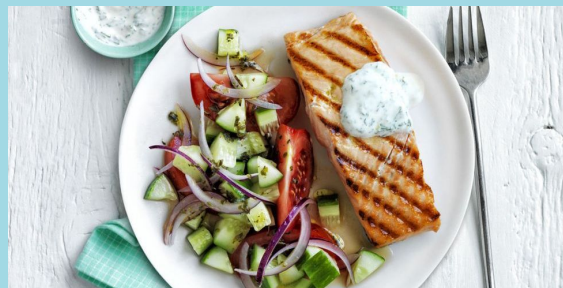
Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional.

Every home should have at least two handheld fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while. What? You do not have one in your home? Get one and know how to use it now!

Emergency kits should be assessed often and restocked in the Spring and Winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact list in an emergency.

Remember to never try to move heavy objects or furniture on your own. For seniors with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Do not stand on a chair or ladder to clean hard to reach spots or change light bulbs. Always ask for help to avoid hurting yourself when do larger cleaning tasks.

Source: Elizabeth Bemis



While there's certainly something cozy about the hearty, comforting meals of winter, the refreshing, lighter recipes of spring can be equally satisfying, just in a different way.

From nutrient-dense salad recipes to bright and vibrant soups, the options for what to eat in spring are pretty endless. Plus, there is a whole new set of produce available for switching up ingredients in healthy spring recipes. Luckily, the change in season means that sourcing ingredients for healthy spring dinners is that much easier. After all, a cold, crunchy salad doesn't sound quite as good in December as it does in May.

When in doubt, focusing on building a plate with as many colors as possible is a great way to create a healthy dinner, but if you get easily overwhelmed by cooking, taking the guesswork out of it is key.

Visit the link for some healthy, quick dinner ideas and recipes. All take 35 minutes or less to prepare and will satisfy a variety of palates, from foodies to picky eaters. Even better, these dinner ideas are perfect for spring, and so quick that they could be prepped the night or morning before.

Source: www.womansday.com

<https://www.womansday.com/food-recipes/g2935/healthy-spring-dinners/>

Caregiver Meeting and Appreciation



We welcomed our Caregivers for an in-person meeting where we updated them on policies, discussed ways to support them, and reviewed our mission statement and our "Why". These meetings are important, as it allows us to make sure everyone is providing the best quality care and experience possible to our clients.



We also took this opportunity to show a little appreciation to our hard-working crew with a fun breakfast buffet, treats for the road, and of course our monthly raffle! Congratulations to our Caregiver Leti who won a travel mug of goodies and a gas card!

Employee Spotlight



I am proud to cast a spotlight on Caregiver Pam D.

We have been so fortunate to have her with our team for many years. And in just a couple months she will be celebrating her 7-year anniversary as a HomeLife Caregiver, and we could not be happier!

Pam has worked with over 95 clients and has clocked in an astounding 12,047 hours. She has worked with clients needing both personal care, and companion care and is loved by so many! Our clients that she has worked with admire her sweet and caring demeanor and can-do attitude. She takes her job very seriously and it shows.

Great job Pam. thank you for your hard work and dedication. We truly are blessed to have you as part of our HomeLife family.

Happy Birthday To You!!

Sending some birthday love to our friends!

Wishing you all a wonderful, happy and healthy year ahead! Cheers!

April 7th ~ Ann
April 8th ~ Peter
April 10th ~ Janet
April 12th ~ Esther
April 14th ~ Sheila
April 15th ~ Michael
April 16th ~ Rita
April 18th ~ Cora Lee



April 20th ~ Annette
April 20th ~ Mary
April 26th ~ Carolyn
April 27th ~ Lily
April 28th ~ Becky
April 29th ~ Olinda
April 30th ~ Joan
April 30th ~ Nancy

For additional information about HomeLife and how we can assist you or your loved ones, please visit our website.

[Visit our website](#)