



MARTHA'S COMMUNITY CORNER

APRIL 2025

A Message from your Site Manager

*"For God so loved the world
that He gave His only
begotten Son that
whosoever believeth in him
should not perish, but have
everlasting life."*

John 3:16

This is one of my favorite passages in the entire bible. The single most important belief in the Christian faith is encapsulated in one simple sentence.

Wishing each of you a blessed Easter!

*Hallelujah!
Christ is Risen!*

Karen

April Birthdays

Happy Birthday to the following Residents:

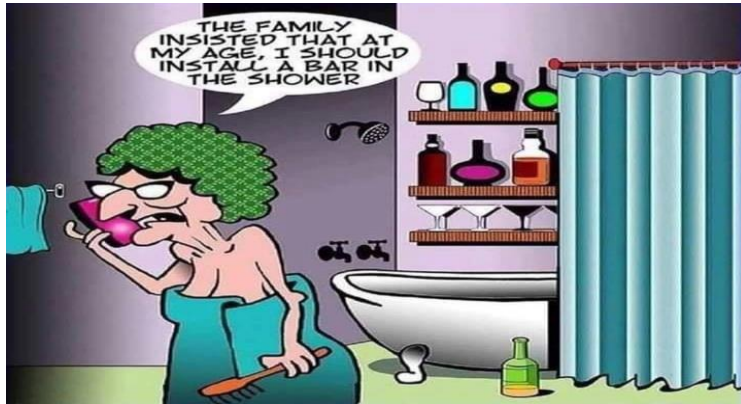
April 1- Al Machacek
April 1 – Sets Ohno
April 4 – George Kambeitz
April 8 – Jeff Smith
April 17 – Kate Butters
April 27 – Liz Uren
April 28 – Irene Vesely
April 28 – Melba Collier
April 30 – Bob Comstock

STAFF BIRTHDAYS

April 9 – Ann Maua
April 17 – Pavlo
April 20 – Kamakazi Pascale
April 30 – Lissette Escobar

And when life
became too frenzied
**She came to her garden and
whispered to the plants until**
Her smile returned
and her mind was calm





Don't Forget to Drink

We have now seen the first day of spring and, like many of us, we look forward to summer and hot weather. However, regardless of the time of year, hydration is important to all of us. The World Health Organization (WHO) recommends drinking 6 to 8 glasses of water per day. It has been shown that hydration in seniors:

- Reduces falls
- Reduces skin tears
- Reduces urinary tract infections
- Reduces constipation

You should not rely on thirst to tell you how much to drink. You should drink before, during and after any physical activity. Small quantities of fluid at frequent intervals, is the best way to stay hydrated. Water is best for good hydration but popsicles, watermelon, honeydew, strawberries, broths and juices are also a good source of fluid. Remember that any beverage with caffeine, such as coffee and soda does not hydrate. These act as diuretics, taking fluid out of the body. The water provided at the table for lunch and dinner, in the dining room, is a good reminder and an opportunity for residents to have some of your daily water requirement.



Toonie Tuesday

Congratulations to Donna T., who won \$102.75 on the March 4th draw and Bob C., who won \$121.50 on the March 18th draw. Thank you to everyone who participated!





Green Shirt Day

April 6, 2025 marks the 7th anniversary of the Humboldt Broncos bus crash, which claimed the lives of 16 people, including Lethbridge's Logan Boulet. Across Canada, April 7th has become known as Green Shirt Day, where people from coast to coast to coast, wear green in honor of Logan's selfless decision to be an organ donor. In the 7 years since Logan's passing, countless Canadians have received the gift of life because others have followed in Logan's footsteps by becoming organ donors.

On Monday, April 7, 2025, residents and staff are encouraged to wear something green in loving memory of Logan and his selfless gift.

Recycling

Please be aware of what containers you put your recyclables in. Items such as milk, juice, pop and liquor bottles for example are refundable and must go in a separate container. The money that is brought in from these items goes to the Resident Social Fund. There is a container for household garbage and paper products. Batteries may be brought to the administration area. If we all work together we can make a difference.

Culture of Inclusion

At Martha's House, we embrace the Mission, Vision and Values of Covenant Care/Covenant Living. Our Mission Statement can be viewed on the bulletin board in the Activity Room. It is our goal to create and maintain an inclusive, diverse environment that welcomes ALL people regardless of religion, ethnicity or individual circumstance. Please continue to be respectful of each other, and of our staff, and help our Martha's House community to have an inclusive and diverse culture.



©Bilal Crane. All rights reserved.

Special Dates

Tuesday 1st – Toonie Tuesday 10:30 - 2:00

Wednesday 2nd – If the Shoe Fits 10:00- 2:00 pm

Wednesday 2nd – Easter Craft 7:00 pm

Thursday 3rd – St. Andrews Presbyterian Service 10:00 am

Thursday 3rd – Foot Doctor Clinic 9:00 am

Monday 7th – Green Shirt Day

Tuesday 8th – Resident Council 9:00 am

Tuesday 8th – Czech Mates 2:00 pm

Wednesday 9th – Trip to Park Place Mall 12:45

Thursday 10th – Easter Craft 7:00 pm

Monday 14th – Trip to Nord Bridge 12:45 pm

Tuesday 15th – Toonie Tuesday 10:30 - 2:00

Wednesday 16th – JF Clothing Boutique 10:00- 2:00 pm

Wednesday 16th – Pedicures & Manicures 10:00 am

Wednesday 16th – Birthday Social 2:00 pm

Wednesday 16th – Tom Price Entertainment 7:00 pm

Tuesday 22nd – Alberta Senior Resources Presentation 2:00 pm

Wednesday 23rd – Trip to Casino & Lunch 11:00 – 2:00

Wednesday 23rd – Noel Burles 7:00pm

Thursday 24th – Facial Waxing 10:00 am

Thursday 24th – Hot Chocolate Social 7:00

Tuesday 29th – Toonie Tuesday 10:30 - 2:00

Monday 28th – Poling station

Monday 28th – The Spurtles 7:00 pm

Wednesday 30th – Trip to North Walmart 12:45-3:00pm



Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



april

Word Search



APRIL
ARBOR DAY
BLOOM
BLOSSOM
BUNNY
BUTTERFLY
CATERPILLAR
CHICK
DAFFODIL
EARTHWORM
EASTER
FLOWERS
GARDEN
GRASS
HATCHING
KITE
MUD
PICNIC
POND
PUDDLE
RAIN
RAINBOW

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



ROBIN
SEEDLINGS
SHOWERS
SPRING

SPROUT
SUNSHINE
TULIP
UMBRELLA



© 2024 WordsAreFun.com, All Rights Reserved.