

Courtyard News

AT A GLANCE



Easter is April 20th!



Congratulations to Gardant and all it's communities for the outstanding fundraising efforts to the Alzheimer's Association in 2024!



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FROM THE DESKS OF THE CO-CEOS OF GARDANT: JULIE SIMPKINS & GREG ECHOLS

The Longest Day is inspired by the day with the most light- the summer solstice. Individuals, organizations, and companies use this inspiration to outshine the darkness of Alzheimer's disease by participating in The Longest Day campaign. Participants take their creativity and passion for what they enjoy doing and turn it into a way to raise funds and awareness for the care, support, advocacy and research efforts of the Alzheimer's Association.

In June 2024, Gardant managed communities and the Gardant Support Office, all participated in raising awareness and funds for this campaign. 75 communities registered and fundraised across five states and raised \$51,139.62 for the Alzheimer's Association The Longest Day Campaign. This was more than double what was raised in 2023!

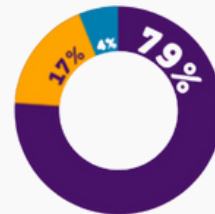
This year, Gardant has set a goal of raising \$60,000 for the Alzheimer's Association The Longest Day Campaign. All Gardant managed communities and the Gardant support office will actively fundraise for this campaign. June 20th is the longest day or summer solstice for 2025. Your community will offer opportunities to support this great event right at the community. We hope that you will join in your community's fundraising efforts and help in the fight against Alzheimer's.

Here are some important statistics published on the Alzheimer's Association website (alz.org):

- Alzheimer's is an epidemic.
- Alzheimer's kills more than breast cancer and prostate cancer combined.
- Nearly 7 million Americans are living with Alzheimer's.
- In 2023, caregivers of people living with Alzheimer's and other dementias provided an estimated 18.4 billion hours of unpaid care, a contribution to the nation valued at nearly \$350 billion.
- In 2024, Alzheimer's and other dementias will cost the United States \$360 billion. By 2050, these costs are expected to reach nearly \$1 trillion.

EVERY DOLLAR RAISED BENEFITS THOSE AFFECTED BY ALZHEIMER'S DISEASE IN YOUR COMMUNITY.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. From face-to-face support to online education programs and promising worldwide research initiatives, the money raised makes a difference in the lives of those facing Alzheimer's.



- Alzheimer's care, support, research, awareness and advocacy
- Fundraising
- Administrative

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IN THE NEWS



ABOUT THE MONTH OF APRIL

RICK BANAS, VP OF DEVELOPMENT AND POSITIONING

In April 1851, Elias Howe applied for a patent for the “Continuous Clothing Closure,” which later became known as the Zipper.

On April 22, 1864, the U.S. Congress decreed that all newly printed U.S. coins would include “In God We Trust.”

Wilbur Wright was born in Millville, Indiana, an unincorporated community in Franklin County, on April 16, 1867.

Milk reportedly was sold in glass bottles for the first time in April 1879.



After a 1,500 year hiatus, the first Olympics of the modern era were held in Athens, Greece, in April 1896.

Was it about Time? The first issue of Time magazine appeared on newsstands on March 3, 1923.

Twinkies hit the market for the first time in April 1930. They featured a banana filling.



The first McDonalds opened in Des Plaines, Illinois, a suburb of Chicago, in April 1955.

Elvis Presley’s first hit record “Heartbreak Hotel” reached #1 on the charts in April 1956.

The daytime soap opera “General Hospital” aired for the first time on ABC-TV on April 1, 1963. “Dallas” made its debut on CBS on April 2, 1978.

The Ford Mustang was unveiled in April 1964. The cost was \$2,368.

April is Foot Health Awareness and Medicaid Awareness Month.

April 17 is Blah, Blah, Blah Day.

The last Saturday in April is National Sense of Smell Day.

Remember that April Showers Bring May Flowers.

APRIL SHOWERS
Bring
MAY FLOWERS



WELLNESS



SPRING JOY

DEB DENHAM, VP OF QUALITY & RISK MANAGEMENT

Spring is here. The days are longer and warmer. When was the last time you sat outside and turned your face into the sun, with closed eyes, and took a deep breath and relaxed? People all over the world relish going outside and getting some fresh air. Outdoor dining is very common in other countries and has increased in the United States since COVID.

It may be difficult to have an entire meal outside sometimes, but a cup of coffee or tea will lend that same experience. Slowing us down and allowing us the moment of outdoor fresh air and sunshine. Bring a magazine or book, take your time outside. If you are able, open your windows in your apartment. Fresh air can clean out the “winter” from your space and change how the space feels. Spring can bring joy to seniors through outdoor activities, crafts, and nature walks.

Outdoor activities

- Gardening: Plant a garden, start seeds
- Picnic: Have a picnic
- Go for a walk: Take a walk with a friend or neighbor
- See the flowers: Look for the first crocuses, snowdrops, and other spring flowers
- Feed the birds: fill the bird feeder and watch what wildlife they bring.
- People watching: Don't underestimate this timeless activity! Simply observing people at a park, outdoor café, or another public place is especially good for older adults whose health limits other forms of entertainment.
- Follow a sports team: Even if you do not really like sports, pick a sport then a team and make an effort to follow their progress during the spring and summer.
- If you like, sit by a window and watch the rain with a cup of tea. It can be very relaxing to watch gentle rain falling outside

Crafts

- Paint birdhouses: Make spring decorations or paint birdhouses
- Pick flowers: Display flowers around your apartment
- Drawing and painting: Express yourself through art

Spring Cleaning

- Do spring cleaning. This can include sorting through items to donate or discard.
- Spring Scents: Use a spring scented cleaning agent or hand soap.

Spring is the end of winter and the beginning of summer; it is a fresh change and brings anticipation and excitement to all. Embrace the opportunity for fresh air and sunshine.



RECIPE CORNER

EASTER DIRT CAKE

Ingredients

- 1 (13-ounce) package Oreos
- 1 (8-ounce) package cream cheese, softened
- ½ cup unsalted butter, softened
- 1 cup powdered sugar
- 1 (16-ounce) container Cool Whip
- 2 (3.4-ounce) boxes instant white chocolate, or instant vanilla pudding mix
- 3 cups milk
- 1 teaspoon vanilla extract
- Easter candy, (PEEP bunnies, edible grass, candy Easter eggs)

Directions

1. Crush ⅔ package of Oreos and place it in the bottom of a 9×13 pan. Set aside.
2. Mix cream cheese and butter until smooth. Mix in powdered sugar and fold in whipped topping. Set aside.
3. In a separate bowl mix pudding powder, milk, and vanilla. Fold this mixture in with the cream cheese mixture.
4. Pour over the crumb mixture.
5. Sprinkle with the reserve crushed Oreos. Let set for a few hours and keep refrigerated until ready to serve.
6. Right before serving, top with bunny Peeps, edible grass, and Candy Easter Eggs.





LIFESTYLE



LET'S CELEBRATE

RESIDENT BIRTHDAYS:

Melvin 04/8
Alta 04/29
Larry 04/29

WORK ANNIVERSARIES:

Dale 4/25

A NOTE FROM THE EXECUTIVE DIRECTOR

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COMMUNITY PARTNER IN THE NEWS

Free Bingo and Ice Cream at Doc's just of 66!

We are teaming up with Doc's Just of 66 on April 4th at 2:00 pm for free bingo and free ice cream! Come out and grab you a delicious lunch and then stay for the sweet treats and a fun game of bingo!

REMINDERS FOR EVENTS COMING

Free Bingo & Ice cream at Doc's April 4th
at 2:00 pm

Start of the Senior Games April 21st at
10:00. Courtyard Estates of Girard



LIFESTYLE

AQUARIUS (1/20 - 2/18)

THERE WILL BE MANY FUNCTIONS AVAILABLE TO MEET NEW PEOPLE

PISCES (2/19 - 3/20)

BEING DILIGENT WILL HELP YOU SUCCEED

ARIES (3/21 - 4/19)

GOOD COMMUNICATION AND MORE ATTENTION WILL HELP RELATIONSHIPS TO BE ENJOYABLE

H TAURUS (4/20 - 5/20)

HEALTH WILL BE GOOD AND STRESS SHOULD BE AVOIDED

O GEMINI (5/21 - 6/20)

HAPPINESS IN LIFE CAN BE IMPROVED BY GOING ON A TRIP TO A NEW PLACE

R CANCER (6/21 - 7/22)

FAMILY ENVIRONMENT WILL HAVE MANY CELEBRATIONS AND ALL THE PROBLEMS WITH FAMILY MEMBERS WILL BE RESOLVED

S LEO (7/23 - 8/22)

YOU MAY FACE SOME SURPRISES DUE TO THE ASPECTS OF PLUTO

C VIRGO (8/23 - 9/22)

HEALTH WILL BE GOOD BY AVOIDING STRESSFUL ACTIVITIES

O LIBRA (9/23 - 10/21)

GOOD COMMUNICATION IS ESSENTIAL FOR MAINTAINING HARMONY IN LIFE

P SCORPIO (10/22 - 11/21)

RELATIONSHIPS WILL BE HARMONIOUS BY KEEPING AWAY FROM ISSUES

SAGITTARIUS (11/22-12/21)

NEW FRIENDS WILL BE MADE DURING ARTISTIC AND CULTURAL ACTIVITIES

CAPRICORN (12/22 -1/19)

FAMILY LIFE WILL BE CONGENIAL AND THERE WILL BE SUPPORT FROM SENIORS FOR YOUR ACTIVITIES

This year we have decided to put together our own Senior Game competition. The games will start April 21st and go all week closing on the 25th. A special luncheon will be held for all the seniors who participate on Wednesday the 23rd and we will have an awards ceremony followed by an Ice cream social Friday the 25th starting at 2:00 pm. Please call for more information and to sign up for the games.

FUN & GAMES



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



- | | | | |
|--------------|-------------|-----------|-----------|
| AIR | ENVIRONMENT | OCEAN | RESOURCES |
| APRIL | EXTINCTION | OZONE | REUSE |
| CLEAN | FOREST | PEOPLE | SMOG |
| CLIMATE | GLOBAL | PLANET | TRASH |
| COMPOST | LAND | POLLUTION | TREES |
| CONSERVATION | LITTER | RECYCLE | WASTE |
| ENERGY | NATURE | REDUCE | WATER |



ANSWERS

Earth Day

Word Search

SOLUTION

