

## From Joseph... A Poem by Rudyard Kipling

### In Springtime

My garden blazes brightly with the rose-bush and the peach,

And the *koil* sings above it, in the *siris* by the well,  
From the creeper-covered trellis comes the squirrel's chattering speech,

And the blue jay screams and flutters where the cheery sat-bhai dwell.

But the rose has lost its fragrance, and the koil's note is strange;

I am sick of endless sunshine, sick of blossom-burdened bough.

Give me back the leafless woodlands where the winds of Springtime range --

Give me back one day in England, for it's Spring in England now!

Through the pines the gusts are booming, o'er the brown fields blowing chill,

From the furrow of the ploughshare streams the fragrance of the loam,

And the hawk nests on the cliffside and the jackdaw in the hill,

And my heart is back in England 'mid the sights and sounds of Home.

But the garland of the sacrifice this wealth of rose and peach is,

Ah! koil, little koil, singing on the *siris* bough,  
In my ears the knell of exile your ceaseless bell like speech is --

Can *you* tell me aught of England or of Spring in England now?



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## April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

### Senior Living

Colleen D 4/13

Sadie F 4/14

Sandra S 4/15

### Memory Care Village

Jane M 4/14

Art J 4/14

Pat B 4/18

## An Abington Manor an event:

### Healthy Ageing Physically and Financially

On Monday, March 18<sup>th</sup>, an expert panel of professionals gathered to discuss Healthy Aging Physically and Financially. Pictured from left to right, Matthew Weider (Conquest Mortgage LLC), Frank Mastroianni (Better Homes and Gardens Real Estate Valley Partners), Yekaterina Bacenet (Goudsouzian and Associates), Dr. Bilal Mannan, MD (Avicenna Direct Care), Alison Snell (Life Spring in Home Care and Navigate Consulting), Jessica Ringo (Abington Manor).



April 2024

# Campus Gazette

Abington Manor at Morgan Hill Senior Living and Memory Care Village



## Celebrating April

Lawn and Garden Month

Humor Month

Welding Month

Laugh at Work Week

April 1–7

National Volunteer Week

April 21–27

Peanut Butter and Jelly Day

April 2

World Rat Day

April 4

Teflon Day

April 6

National Gardening Day

April 14

Take a Wild Guess Day

April 15

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

## A Note from our Executive Director...

As April unfolds its petals, Easter Monday graces our calendars—a day to reflect on the blessings that have rained upon us.

In this tapestry of existence, we each weave our threads of struggle and triumph. Our uniqueness, like the hues of a rainbow, paints the canvas of life.

Let us be **kind and tolerant**, constructing bridges of empathy across our differences. For in our shared humanity, we find solace—a sanctuary where tolerance blooms.

Let us celebrate our individuality, knowing that within our imperfections lies our truest beauty, may we show patience and love towards each other and enjoy the friendships along the way.

May this Spring and Summer season bring joy, happiness, and cherished moments spent with our families and friends. The events and entertainment planned by our dedicated Life Enrichment staff promise delightful experiences.

**Thank you** for entrusting your loved ones to our care. We are committed to ensuring their well-being, safety, and fulfillment.



### Mary Ann Smolenyak

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Keys to Stress Management:

April 2024 marks the beginning of **Stress Awareness Month**, an annual event dedicated to recognizing and reducing stress in our lives. During this month, we focus on understanding the causes of stress and implementing effective strategies to manage it. Let’s delve into the details:

- 1. **Connect with Someone:**
  - Check in with your support network.
  - Reach out to someone new.
  - A sense of belonging and community can help reduce feelings of loneliness.
- 2. **Go Outside:**
  - Spending time in nature has a calming effect.
  - Fresh air and sunlight can boost your mood.
- 3. **Get Moving:**
  - Regular physical activity helps reduce stress.
  - Consider walking, jogging, or practicing yoga.
- 4. **Practice Mindfulness:**
  - Be present in the moment.
  - Deep breathing exercises can help you stay grounded.
- 5. **Prioritize Sleep:**
  - Make small adjustments to your bedtime routine.
  - Minimize screen time before bed.
  - Create a restful environment in your bedroom.
- 6. **House Analogy:**
  - Think of building mental well-being like constructing a house.
  - Each small action (like taking deep breaths during stress or expressing gratitude daily) serves as a foundation brick.
  - Over time, these consistent efforts accumulate, creating a resilient mental health structure.
- 7. **Ball Analogy:**
  - A slight change in direction can significantly alter the trajectory.
  - Similarly, small positive actions can create a ripple effect, leading to positive outcomes.

Remember, stress management is essential for maintaining a healthy lifestyle. Let us take those little steps toward well-being this April.



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Abington Manor Poetry Club

Our Poetry Club meets weekly, there are readings, and discussions, and even lessons on each different kind of poetry. Attendees are encouraged to write their own verses. The past several weeks has been devoted to acrostic poems, which build off a word or name written vertically. The group collaborated and wrote the following verse.

The Honey Bee

**H**umming, humming, humming  
**O**ne purpose, many wings  
**N**o thought but to serve  
**E**ver moving towards the ordained  
**Y**ellow pollen nurtures  
  
**B**alancing the sweetness and the sting  
**E**liciting new growth  
**E**xinction should be feared

By Abington Manor Poetry Club

April is National Stress Awareness Month! Our monthly Campus Support Gathering is to aid in the management of life’s stresses. Making connections and building a community of support is vital to coping with stressful experiences.



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From the Life Enrichment Team

It was a busy month in March, with Terry Kane starting us off with a great St Patricks Day performance of Irish music and dance everyone got into the spirit by wearing green!  
We had a lovely presentation by the Lehigh County Historical Society, they did a show on Hess’ Department Store, and all of it’s history. We learned a lot of intersting things, and recalled some great memories!  
Our own Chef Amanda gave an interesting talk on chocolate, followed by teaching us how to make chocolate covered pretzels, decorated for spring with colored drizzle and sprinkles! Messy fun, but it sure tasted good!  
We had another great performance by John Bauer, who knows all of the best songs and has such a great voice. We were lucky to have been treated to a magicians perfomance at Senior Living donated by one of our families. What a fun treat for all of the residents!



Our Stars of the Month ...

**Heather Becker**  
Medical Secretary



**Laura Diacopoulos**  
Life Enrichment Coordinator



New Faces Around Campus



We are happy to welcome 2 new LPN’s to our Abington Manor Family! On the left is Aleeza Polanco and on the right is Janina Freeman. We are so happy to have them join our staff, and if you see them in the facility, be sure to introduce yourself and say Hi!

Magic Show!

