

A Note from our Director of Services.....

Well Spring sprung and then sprung away. That did not slow us down here the patio at Senior living is back up and on the warm days being enjoyed by many.

The patios at Memory Care are set and ready for some outdoor dining and gardening as well. We are implementing some new designs here at senior living as to offer new and innovative styles of suits for residents. They will offer hotel like amenities with hot and cold beverage station, service area with cabinetry refrigerator and table and chairs to enjoy coffee or snacks. Our new fresh spring menu items will be out soon for the taste buds to enjoy and the body and mind to flourish with nutrition.



Joseph Armato

Campus Director of Services
610-829-0100 ext. 15

josepha@abingtonmanor.com

*Spring is
Nature's Way
Of Saying
"Let's Party!"*

Robin Williams

May Birthdays

In astrology, those born May 1—20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21—31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Senior Living Birthdays

Carl K May 6th
Frederick B May 7th
Regina O May 12th

Memory Care Village Birthdays

Gloryanne H May 6th
Doris A May 17th

From Our Marketing Department...

With May approaching, we think of the Memorial Day as our official start to summer. At our Senior Living community, we honor our Veterans every day with our Veterans wall. Pictures of all of our residents who have served are proudly displayed, that way everyone knows who they are and what branch they served in. Don't forget to honor a veteran that you may know on Memorial Day, without our servicemen and women, we would not be where we are today. Happy May, Happy Memorial Day, and hoping everyone has a nice, healthy summer!



Jessica Ringo

Director of Admissions
and Marketing
610-438-9400 ext. 12

jessicar@abingtonmanor.com

May 2022

Campus Gazette

Abington Manor at Morgan Hill Senior Living and Memory Care Village

Celebrating May

**Gardening for Wildlife
Month**

Personal History Month

**Global Health and Fitness
Month**

World Laughter Day
May 1

African World Heritage Day
May 5

148th Kentucky Derby
May 7

Mother's Day (U.S.)
May 8

World Belly Dance Day
May 14

**International Learn to
Swim Day**
May 21

**Buy a Musical
Instrument Day**
May 22

Memorial Day (U.S.)
May 30

A Message from our Executive Director...

How can it be May already? I sincerely feel as though I just wrote my note for April. Of course, with each new passing day comes more challenges and changes. Last month Angela Franciosa our Director of Resident Care for Senior Living made a difficult decision to resign from her position to spend more time with her family.

I'm very pleased to announce that Carla Puryear, LPN has happily agreed to join our Abington family in the role of Director of Resident Care to take on the Health and Wellness Department responsibilities.

Carla's smile and bright loving spirit is a true blessing. She's settling in nicely and plans to reach out to our families monthly with an update but will be at the facility Monday – Friday from 8am to 4:30pm to answer any of your questions or concerns.

One quick reminder – With the Northampton County Covid-19 positivity rate rising to a current rate of 9.8%. We are continuing to mandate our staff and visitors to wear a surgical mask at all times and refrain from eating in the residents' rooms. This decision is difficult but we feel it's the best decision right now for our residents. Looking forward to warmer days and spending time outside in beautiful spring weather!

Mary Ann Smolenyak

Campus Executive Director



Mary Ann Smolenyak

Campus Executive Director, LPN
610-829-0100

maryanns@abingtonmanor.com

From the Nursing Department:

What are seasonal allergies?



April showers bring May flowers, and May flowers bring pollen. Because teeny-tiny bits of this common allergen circulate through the air, it's hard to minimize your exposure. A seasonal allergy, often called allergic rhinitis or hay fever, is an allergy that occurs during a specific time of the year. Seasonal allergies are most often caused by three types of pollen: grass, tree, and weed. The symptoms of seasonal allergies can be uncomfortable. If you suspect you have seasonal allergies, talk to your doctor. They can help diagnose the cause of your symptoms and prescribe a treatment plan. They will likely encourage you to take steps to avoid your allergy. To avoid pollen, know which pollens you are sensitive to and then check pollen counts. In spring and summer, during tree and grass pollen season, levels are highest in the evening. In late summer and early fall, during ragweed pollen season, levels are highest in the morning.

Common signs of seasonal allergies include:

- Runny nose
- Sneezing
- Watering eyes
- Red, itchy eyes and/or swollen eyelids
- Itchy throat
- Swelling of the mouth/airways

Using medications like antihistamines, decongestants, steroidal nasal sprays and eye drops — either together or separately — can help you reduce and manage your symptoms.



Carla T Puryear, LPN
 Director of Resident Care
 Abington Manor Senior Living
Carlap@abingtonmanor.com

Star of the Month

Senior Living



Judy Calhoun

Memory Care Village



Adrienne Hargrave

Animal Attraction



The first week of May is Pet Week, a week for humans to shower their animal companions with love and attention. Such a celebration of the human-animal bond might sound strange to those who do not have or want a pet, but some scientists argue that keeping a pet is an intrinsic part of human nature. Plenty of headlines tout the health benefits of pet ownership, but scientists suggest that our real attraction to animals might be a deep genetic predisposition for social grooming. Social grooming, the physical combing of hair, was one of the first and most powerful forms of social bonding. Petting animals stimulates the release of powerful “love hormones” such as oxytocin. In fact, studies show that some animal lovers possess a genetic variation that produces more oxytocin, making them even more likely to feel bonded to others,

From the Life Enrichment Dept...

April has been a busy month, with lots of Easter fun to be had. We dyed Easter Eggs and made treats to eat and fill Easter baskets. On Earth Day we planted flower seeds that we will grow to put out in our outdoor spaces as the days get warmer. We are already enjoying our time on the patio!



Peggy Douglass
 Campus Life Enrichment Manager
 610-829-0100 ext. 17
peggyd@abingtonmanor.com

