

# Hearthside Senior Living Collierville APRIL 2023



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Dear Residents & Families:

I am the new Executive Director at Hearthside Collierville. I look forward to meeting everyone at the Easter Event or the upcoming Meet & Greet.

I have previously worked with Foster Senior Living so when I started on 03/20/2023, it was an easy transition for me. It felt like being home!

I have met most of the residents and although I won't remember names for a few weeks, it was great to visit with them and get to know a little about each one.

I am looking forward to the Easter celebrations in April and the many other events we have on the calendar.

I am here to serve each one of you and look forward to a long and lasting relationship with each of you.

Thank you for sharing your home with me!  
-Michele Motes

## April 2023

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Maintenance Memo from James:

***Reminder: Space Heaters and Extension Cords are not allowed per State Regulations.***

### KITCHEN CONNECTIONS:

As we think of Easter coming up, we think of the traditional foods served on Easter. One of my favorites are Hot Cross Buns. If you ever had hot cross buns, you know how delicious they are. However, do you know the history of hot cross buns at Easter, and the meaning and symbolism they hold for the holiday? Hot cross buns are traditionally served on Good Friday, because of their religious symbolism tied to the resurrection of Jesus Christ.

According to Luke 23: 55-56, the women who had come with Jesus from Galilee prepared a mixture of spices for him. In Luke 24, when the women returned with the spices, they found the empty tomb.

The raisins embedded in the dough also hold religious symbolism. They represent the body of Christ when he was entombed.

Even the yeast dough of hot cross buns represents Jesus Christ. The dough has to rise before the hot cross buns can be baked, which symbolizes that Jesus has risen.

**Enjoy this quick recipe I found:**

1 package (8 count) refrigerated buttermilk biscuits

1 teaspoon Ground Cinnamon

1 teaspoon packed brown sugar

1/2 cup raisins, divided

1 egg, lightly beaten

5 tablespoons confectioners' sugar

1 teaspoon water



Preheat oven to 350°F. Gently stretch each biscuit into 4-inch circle. Mix cinnamon and brown sugar in small bowl. Sprinkle 1/4 teaspoon cinnamon mixture and 1 tablespoon raisins over half of each biscuit. Fold over plain biscuit half onto raisin half. Fold again, pinching edges to seal. Gently shape into a ball. Repeat with remaining biscuits. Place buns in lightly greased 9-inch cake pan, evenly spacing them apart. Brush bun tops with beaten egg.

Bake 15 to 20 minutes or until golden brown. Remove buns onto cooling rack; cool completely.

Mix confectioners' sugar and water in small bowl. Spoon into small resealable plastic bag. Cut a small piece from one of the bottom corners of bag. Close bag tightly then pipe the shape of an X on top of each bun.

## Housekeeping Notes from Jhalessa and Dominique:

**When organizing your home, you want to make sure your rooms are arranged for maximum safety, comfort, and functionality. Additionally, keep a few of these organizing tips for seniors in mind to help with daily maintenance, functionality, and more:**

- **Label storage areas for quick identification**
- **Make sure vital documents, information, and instructions are stored together and in order**
- **Find ways to display or catalog memorabilia and collections**
- **Raise stored items to waist height and store items no lower than your upper thigh**
- **Clear clutter from steps and entryways**
- **Add lights to dark areas like stairways and hallways**

## NURSES NOTES: SPRING WALKING TIPS

Spring is here and the weather is nice– time to get out and moving, here are some helpful spring time walking tips...

Choose a familiar route that's flat and free of obstacles. Consider the surface you'll be walking on. A smooth, soft surface that's free of debris will put less strain on your joints and feet. Wear supportive footwear, such as low-heeled footwear with non-skid soles.

Avoid rushing to reduce your risk of falling. Take your time. If using a walking aid (e.g. cane or walker) be sure it's fitted for your height.

Be extra careful in cold weather – sidewalks and paths can be slippery.

Cold weather can cause numbness and make it difficult for you to feel any pain or an injury. When it's cold outside, consider walking in an indoor place, like a mall or community fitness center.

Walk with friends or a walking club.

Carry a cell phone in case of emergencies.

Dress appropriately for the weather and drink plenty of water. Stop or take a break if you feel any pain during your walk.

Consult a health care provider if pain continues after your walk.

## *Hearthside Collierville Staff*

**Executive Director**  
Michele Motes

**Director of Health  
and Wellness**  
Kristin Campbell,  
LPN

**Dietary Manger**  
LaKeisha  
Woodard

**Business Office  
Manager**  
Ramonica Long

**Maintenance  
Director**  
James Haley

**Activity Director**  
Kristi Owens

**Transportation  
Director**  
Ray Johnson

**Medical Secretary**  
Debbie Short

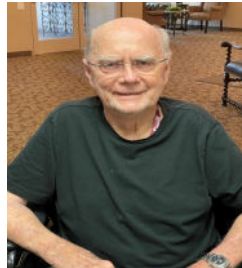
## April Fun Days:

- 1– April Fool’s Day
- 2– World Autism Day
- 3– Find A Rainbow Day
- 4– Tell A Lie Day
- 5– National PEEPS Day
- 6– National Pajamas Day
- 7– Good Friday
- 8– National Zoo Lover’s Day
- 9– National Unicorn Day
- 10– National Siblings Day
- 11– National Pet Day
- 12– Grilled Cheese Sandwich Day
- 13– National Scrabble Day
- 14– National Gardening Day
- 15– National Laundry Day
- 16– Good Deeds Day
- 17– National Cheeseball Day
- 18– Piñata Day
- 19– National Wear Your Pajamas to Work Day
- 20– National Look Alike Day
- 21– National Tea Day
- 22– National Jelly Bean Day
- 23– National Picnic Day
- 24– National Skipping Day
- 25– National Mani-Pedi Day
- 26– National Pretzel Day
- 27– National Take Your Kid to Work Day
- 28– Global Pay It Forward Day
- 29– World Wish Day
- 30– National Adopt A Shelter Pet Day

## RESIDENT OF THE MONTH SPOTLIGHT

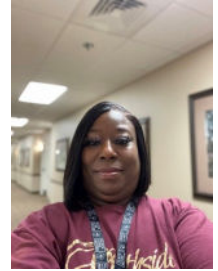
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### Mr. Neil Durst



Mr. Durst has been at Hearthsides Collierville for 3 months. He grew up in Fredericksburg, Texas and has also lived in Oklahoma and Tennessee. He was a Corporate Pilot and enjoys flying. He has a son R.G. and a daughter Darla who visit him often. Mr. Durst has 4 grandchildren; Ashton, Jolie, Ty and Alyssa. He collects thimbles and world maps. His favorite color is red. Water is his favorite drink and he enjoys chips and pretzels to snack on.

## Employee of the Month Lashundra White



Lashundra has been with Hearthsides Collierville as a Resident Assistant for over 6 years. She loves spending time with her family– her husband, 3 daughters, 1 son, 1 granddaughter as well as her dogs– Princess and Phoenix.

Her favorite snacks are Hershey bars with almonds and sour cream chips and an ice cold coca cola to drink.

Her favorite color is burnt orange. Lashundra loves being an RA because she gets to meet new people and build connections with her peers, residents and staff members. As an RA, she works within a team with many people with a variety of work ethics.

Being able to assist people is truly amazing and she loves what she does. We thank Lashundra for her many years of service and dedication to the residents and staff of Hearthsides Senior Living Collierville.

*There are so many beautiful reasons to  
be HAPPY*

# ACTIVITIES ACTIONS

**ROOK**– Starting in April, every Monday at 1:00 PM we will begin playing ROOK! If you are interested in this fun card game, please join us in the Parlor.

**April 3**– We will be filing 300 Easter Eggs with candy for the Friends and Family Easter Egg Hunt

**April 3**– Please join us at 3:00 for a Meet and Greet with new residents and Staff members

**April 6**– Fisherville Baptist Church will be here to entertain us with a Spring Concert

**April 7**– Friends and Family Easter Egg Hunt

**April 9**– Easter Lunch in the Dining Room

**April 15**– Spring Jewelry Sale in the Parlor at 1:00 PM, all jewelry pieces are \$5.00– please have your money with you– friends and families are invited to join

**April 17**– Patio Contest Winner Announced– Decorate your patios with bright colors and spring time decorations

**April 18**– National Pinata Day– WE HAVE PINATAS!!!!

**April 19**– National Wear Your Pajamas to Work Day!!!!

**April Outings**

**April 13 Trip to Aldi**

**April 20 Lunch at Piccadilly**

**April 27 Out and About on the Bus**

**Musical Entertainment**

**April 3– Dare Estok**

**April 6– Fisherville Baptist Church Concert**

**April 10– Lily Langford**

**April 11– Hymn Sing with Melanie**

**April 13– Mr. Winsett**

**April 20– Cheryl & Todd**

**April 24– Jim Keller**

**April 28– Tim Stanek**



# ***FAMILY MATTERS***

Hearthside Senior Living Collierville

**FRIENDS and FAMILY EASTER EGG HUNT**

Friday 7, 2023 at 2:00 PM in the field behind the building

Easter Egg Hunt for all ages.

Sno Cones, Popcorn, Cotton Candy, Games, Activities and Prizes for ALL

Friends, Families, Staff and Residents all invited to attend!

## MARCH MEMORIES

