



—FIELDS OF FLORENCE—

A Willow Ridge Senior Living Community

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Directors

Executive Director Jason Morgan
Community Relations Director Jessica Parmer
AL Activities Director Kaila Smith
Business Office Manager Kayla Finnicum
Dietary Director Robert Lackey
Memory Care Director Alicia Harris
Wellness Director Tiffany Orr

Penny for Your Thoughts

You might have gotten more than you expected had someone said this phrase to you in 1787! That's when the U.S. Congress of the Confederation—which governed the emerging United States following the Revolutionary War—authorized its first penny: the Fugio cent. In addition to its monetary value, the copper coin also boasted some advice. "Mind Your Business," a proverb popularized by Benjamin Franklin, was engraved on the front, while the patriotic motto "We Are One" appeared on the back.



April 2024



Letter From Our Executive Director

I am a lifelong Kentuckian, who has been blessed to have a career in the Healthcare Industry, specifically in senior living. I graduated from Eastern Kentucky University with degrees in Healthcare Administration and Managerial Finance. After graduation from college, I began my career in Healthcare consulting and learned my passion was in senior living and have been in the senior living industry ever since. During my free time, I enjoy spending time with family and taking my dog, Laura Belle, for hikes. I am always ready for a good story and a history lesson. -Jason Morgan ED

The Dish on Dandelions

Some see dandelions as unwelcome weeds, but this plant with its familiar bright yellow flower has many culinary uses. Its head, root and leaves are used in teas, soups, salads and jelly.

Happy Birthday

4/7 Sam Hensley



The Rhythm of Spring

"It is spring again. The Earth is like a child that knows poems by heart." —Rainer Maria Rilke



Outings

4/3 Ford's Garage
4/10 Washington Square Cafe
4/17 Sign Museum
4/22 Country Ride/Ice Cream
4/24 Red Robin



'Ring' Is One

How many words can you come up with using the letters in "robin eggs"?

Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

Keeps you connected. Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

Relieves pain temporarily. When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.

Employee of the Month



Brittany, a devoted cat mother of eight adopted kittens, is equally committed to her work family. The Fields of Florence team appreciates how hard Brittany works to provide peak moments for our residents and their families. Dedicated to her job and proactive in her care of our community, Brittany is even admired by our care partners for the energy she brings to the job. Specifically, Brittany has been complimented for assisting our therapy partners, encouraging residents to participate in activities and being a champion of resident-center care.

The Influence of Earth Day

The modern-day environmental movement kicked off over 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a "national teach-in on the environment" that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country's population at the time, took part in rallies, raising awareness about environmental

issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues—the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.



Wit & Wisdom

"So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us."
—Hal Borland

"I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you."
—Bill Withers

"A smile is the light in your window that tells others that there is a caring, sharing person inside."
—Denis Waitley

"Falling asleep while the rain is clashing down on the window is nature's best lullaby."
—Kim Pape

"Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas."
—Iain Pears

"If a window of opportunity appears, don't pull down the shade."
—Tom Peters

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick



"This Month In History"

APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient's properties and benefits in medicine.

1956: Daytime soap opera "As the World Turns" premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, "Houston, we've had a problem." Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country's first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of "Action Comics #1," featuring the debut of Superman, sells for a record-breaking \$3.25 million.