

Laurels Monthly Activity Calendar - April 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Fire Extinguisher training/inspections, details to follow. Nutrition Seminar Jeril Goss - Penn Highlands DuBois, details to follow.								1	April Fools Day	2	Good Friday	3			
Calendar subject to change															
4	Easter	5		6	Deep Dish Pizza Day	7		8		9		10			
		3PM	Chair Yoga with Jamie Caylor Clubhouse	12PM	Deep Dish Pizza Clubhouse	10AM	Sit & Be fit with Bailey Clubhouse								
															
11		12		13	Grilled Cheese Day	14	Garden Day	15		16		17			
		3PM	Chair Yoga with Jamie Caylor Clubhouse	12PM	Grilled Cheese delivery	11AM	Craft Seminar-B's Blooms Clubhouse								
						10AM	Sit & Be fit with Bailey Clubhouse								
18		19		20	Pineapple upside-down Cake Day	21		22	Earth Day	23		24			
		3PM	Chair Yoga with Jamie Caylor Clubhouse	11AM	Dessert Delivered	10AM	Sit & Be fit with Bailey Clubhouse								
							Happy Birthday Deanna!								
25		26		27		28		29		30	Jazz Day				
		3PM	Chair Yoga with Jamie Caylor Clubhouse	9:30AM	Monthly Breakfast Social TBD	Sit & Be fit with Bailey Clubhouse									
															

Health & Wellness



SPRING HAS SPRUNG! SPRING CLEANING TIPS

Spring is known as the season of fresh starts. It's no wonder that for many, spring cleaning is a yearly tradition. While doing chores may not sound very exciting, spring cleaning actually has many benefits. In fact, a clean home can help reduce allergies, increase happiness, and improve concentration.

As the weather turns warmer, take the time to get your home organized and tidy. Here are five simple spring cleaning tips for seniors:

- 1 - Do a little bit each day.** Spring cleaning doesn't have to be done all in one day. Take your time and tackle one task each day. Spreading it out will make spring cleaning feel less overwhelming. Plus, seeing your results from even small projects, like cleaning out a spare bedroom closet, can help motivate you to do more.
 - 2 - Don't forget your medicine cabinets.** Unused or expired medications can clutter your cabinets. Plus, they increase the risk that you or a loved one could mistakenly take the wrong medication. Gather up any medications that are no longer necessary or expired—this includes both prescription and over-the-counter drugs. But don't just throw them away! Instead, look for local take-back programs or simply take your unneeded medications to any local pharmacy who will dispose of them safely.
 - 3 - Check your smoke detectors, carbon dioxide detectors & fire extinguishers.** Make sure you have fresh batteries in your smoke and carbon dioxide detectors and that they are properly functioning. Also take the time to check the expiration on your fire extinguishers. If it has expired, replace it promptly. Look for smaller models that fit nicely in a cabinet or closet and are easier for seniors to manage.
 - 4 - Prioritize getting rid of clutter.** You've likely accumulated a lot over the years. Decluttering not only helps free up space, but studies show it can also ease feelings of stress, decrease anxiety and relieve insomnia. Spring cleaning is the perfect time to get rid of items you no longer need or want. Sort your belongings into three piles—keep, donate or trash.
- Enlist the help of family and friends.** Don't feel like you have to take on your spring cleaning projects alone.

WELCOME TO THE LAURELS: BONNIE & LARRY GILFORD COTTAGE #46



Bonnie has been a member of the Martha V. Conrad Study Club for over 40 years. She enjoys sewing, baking, reading, swimming at the YMCA, watching movies, and spending time with her family and friends.

Larry is an avid reader and has enjoyed numerous hobbies through the years, including bee keeping, farming, horticulture, ornithology, and solving puzzles. He also likes watching Turner Movie Classics and is a fan of Humphrey Bogart films.

Bonnie and Larry have 2 daughters, 1 son, 3 grandsons, and 2 great grandchildren.

**Welcome to the Laurels,
Bonnie & Larry!**



In Loving Memory: Lorraine Verdell (Livingston) Ulrich September 17, 1932-March 12, 2021



Lorraine (Livingston) Ulrich, 88, Brookville, PA, formerly of Elk Grove Village, IL, met our Lord, Jesus Christ on Friday, March 12, 2021 with husband Roger, two of her four daughters, and granddaughter by her side. Lorraine was born and raised in the Midwest but moved all over the country with her first husband, Carl, and their four daughters. She ran a Shanklee business with great success, achieving many accolades all while helping others improve their health and wellness. She traveled the world, from her first trip to England as a 21-year-old girl, and later in life to the Great Wall of China, the Egyptian Pyramids, Nicaragua, and many other destinations. Closer to home, she was highly active with her church, Lutheran Church of the Holy Spirit, and was a beloved member of her Elk Grove Village community, both in Illinois. Lorraine was a ray of light to all who knew her. She was vivacious, resilient, and compassionate. She was a loving wife, mother, grandmother, great grandmother, and a treasured friend to many. While she struggled with a degenerative disease her last few years of life, her positivity and faith never wavered. Lorraine is preceded in death by her first husband Carl Alvin Ulrich, her parents George Raymond and Sadie Frances (McCabe) Livingston, and sister Fern lone (Livingston) Hall. She is survived by her second husband Roger W. Roebuke; four daughters; Heidi (James) Dennison, Amy (Michael) Walters, Gretta (Frank) Lattal, and Lisa (Greg) Johnson; twelve grandchildren, and two great-grandchildren with one on the way, as well as many friends, new and old, who will all cherish her memory. A private family graveside service will be held at the family's convenience. Interment will take place at Memory Gardens Cemetery in Arlington Heights, IL. A memorial celebration will take place at a later date, to beheld at the Lutheran Church of the Holy Spirit in

