



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:

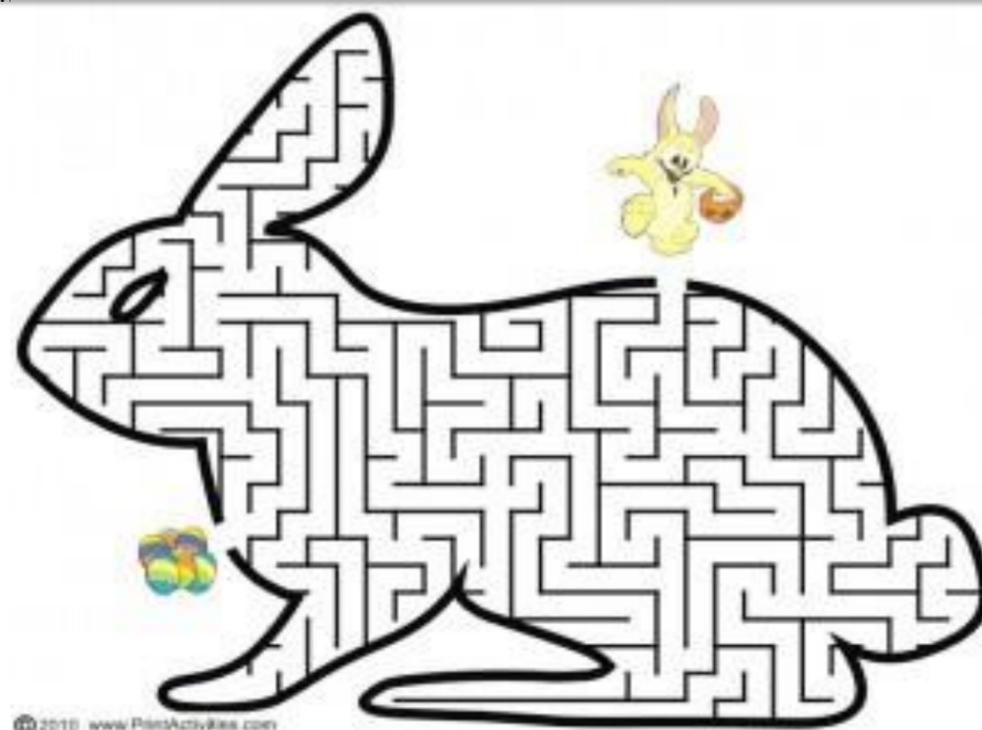
1 - Do a little bit each day. Spring cleaning doesn't have to be done all in one day. Take your time and tackle one task each day. Spreading it out will make spring cleaning feel less overwhelming. Plus, seeing your results from even small projects, like cleaning out a spare bedroom closet, can help 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. Instead, reach out to family and friends for help. Not only will it get the job done faster, but it may actually make completing these chores more fun for everyone.



North Fork Heights



RESIDENT SPOTLIGHT PAT BENNETT

Please let us introduce Pat Bennett, an active tenant at North Fork Heights. Pat is a kind, generous, and creative lady. New tenants find her warm and welcoming as she greets, introduces herself, and directs tenants and visitors alike. She always willing to lend a helping hand when needed. Pat initially moved into North Fork Heights in January 2010, but had to move in April 2012. She happily returned in August, 2013, and is an active member of our community.

We all should say a grateful, THANK YOU, for the beautification of our building and grounds. Pat decorates the front lobby, A-wing, and the dining room; highlighting the change of holiday season. An avid gardener, she cares for the houseplants in these areas, as well as, the flag flower garden at the entrance of North Fork Heights in the spring and summer months. After planning the design and flowers for the flag flower garden, she will plant, fertilize, weed, and water the garden during the growing season.



Born and raised in Heathville and Brookville, Pennsylvania, she attended Confer Elementary School and Brookville High School. After high school graduation, she became employed at Camerson in Reynoldsville. After its closure, she continued her career with Sylvania in Brookville. Her job was very specific and tedious in the grid, creating the filament for lights. She had to wear a white uniform and work in an extremely clean environment. A loving mother and grandmother, Pat has four children, six grandchildren, and five great-grandchildren whom she adores. Although Covid-19 has restricted her actively seeing and participating in family outings, she keeps constant contact by telephone and few limited visits.

Her hobbies include reading mystery books, cooking, and sharing her cooked meals with other tenants, and of course - gardening. She is also a 2d Harvest volunteer, assisting in the distribution of our monthly food boxes.

Give a warm HELLO to Pat when you see her out and about.

A valuable member of our small community at North Fork Heights!