

April 2019



St. Johnland Nursing Center

ADHS Newsletter

Highlights

19th-OPEN, Good Friday

22nd-Earth Day

26th- Arbor Day

Registrant
Education April 10th:
What is making you
Sneeze?

Dear Registrants and Families,

Welcome April!! Spring has finally arrived! Our program is ready for another month filled with great activities. We have several special events planned to celebrate Earth Day, Arbor Day, and the opening of the Baseball season, the start of our garden club and many more. We hope that you will all join us for these activities. With the warmer weather please make sure to bring a sweater with you to program should you decide to use the patio on those sunny days!

Wishing you all a Happy Passover and Happy Easter!

Sincerely,
Margaret



Benefits of Pet Therapy

Join Social Worker Margaret Bourke as she discusses the benefits of pet therapy. Veterinary Social Work is a specialization which focuses on having a deeper understanding of the human-animal bond and enhancing support services. It utilizes evidenced-based practices, which include compassion fatigue, conflict management, animal-related grief and loss and animal assisted interactions. Margaret will talk about the amazing animals that assist children and adults every day while explaining the training process.

Smithtown Library
Nesconset Branch
148 Smithtown Blvd.
Nesconset, NY 11767
631-360-2480

Wednesday, April 24 • 2:00pm-3:00pm



World Immunization Week is celebrated in the last week of April and aims to promote the use of vaccines to protect people of all ages against disease. Immunization saves millions of lives and is widely recognized as one of the world's most successful and cost effective health interventions. The main goal of the campaign is to raise awareness about the critical importance of full immunization throughout life.

If you have any immunization questions please talk with your doctor.

Don't miss our pet therapy visits.

April 1st-Pet visit with Sharon and Darla
April 3rd-Dog Show with Amelie and Her Shepherds
17th-Pet Visit with Bill and Cody

St. Johnland Adult Day Health Services

RN Station 631-663-2418

Margaret B: LMSW, Asst. Director 631-663-2789, email Mbourke@stjohnland.org

Stacey P: Receptionist 631-663-2466, email spowers@stjohnland.org





The Staff at St. Johnland wishes a Happy Birthday to Rosemarie G. and Josephine Q. and invites them to our monthly birthday luncheon on Thursday, April 11th. Filet mignon, oven roasted potatoes, veggies, sparkling cider, birthday cake and coffee

Spring Has Sprung!
Don't miss
out on
Ice Cream Fridays!



Thank you Mary Peck for entertaining us this past month. We all are looking forward to seeing Mary again on April 19th. (John Z. and Mary Peck)



Bust your stress during Stress Awareness Month

April it is Stress Awareness Month. There are ways to help ease the stress in your life. It is important to learn how to cope with stress and help make yourself feel better. Some stress can be healthy. It can motivate you or keep you safe when you feel a threat. But severe or long-term stress can cause health problems. It can also lead to trouble sleeping and controlling diabetes or asthma. Constant caregiving without any respite can, over time, become stressful to a caregiver.

You may not be able to entirely remove the stress in your life, but there are ways to control and reduce stress. Some of the stress management tips include; breathing before reacting, setting priorities, setting limits, including respite into caregiving, exercising, easing your fears, talking to someone about your concerns.

Why not start a stress journal to find out how or why your stress is triggered? Or just make some more time for fun and relaxation! If caregiving is your stressor, do yourself a favor and arrange another source to care for your loved one while you are refueling. It is totally acceptable and encouraged to recognize the signs of stress before they become too much. Get involved this April and say goodbye to stress!

What Is Snoezelen?

Snoezelen Therapy creates multi-sensory environments using visual, auditory, tactile, and aromatherapy stimulation that are calming for many people. The concept has been successful with people of all ages, and in this safe, comfortable setting, Alzheimer's and dementia patients have found peace and solace. The sessions can elicit a sense of calm and security and an overall feeling of wellbeing. In some cases, memories are awakened through the process. The new Snoezelen cart is available on April 18th. Check our calendar for future dates.



For more information visit www.snoezelen.info



A Tree Grows and Flower Blooms in ADHS



Registrants decorate our large tree and flower posters every month with seasonal and holiday cutouts and creations on "Saturday-Art-Day"

St. Johnland Gift Shop

is in the Main Lobby upstairs.

It is available to guests, residents/registrants and staff.

Free gift wrapping is offered with every purchase.



Gift Shop Hours:

Monday –Friday
8:00am - 8:00pm

Holiday and seasonal gifts available.

Registrants can ask Lisa for assistance to shop.



Our Beauty Parlor is open Monday, Tuesday, Thursday.

The Manicurist is in every 3rd Monday of the month. For pricing and appointments contact Lisa from recreation @ 631-663-2419