

April 2019

St. Johnland Nursing Center



Social Model Newsletter

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



Highlights

19th-OPEN, Good Friday

22nd-Earth Day

26th- Arbor Day

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

Don't miss our pet therapy visits.

April 1st –Pet visit with Sharon and Darla
17th-Pet Visit with Bill and Cody

St. Johnland Adult Day Health Services



Margaret B: LMSW, Asst. Director 631-663-2789, email Mbourke@stjohnland.org
Stacey P: Receptionist 631-663-2466, email spowers@stjohnland.org



Entertainment Corner:

17th-Spring Puppet Show with Dale

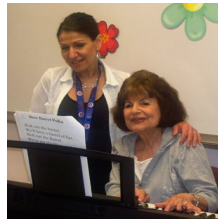
The next Art class with Mary will be held on April 16th. Last month we created Embossed Harps out of aluminum sheets for St. Patrick's Day.

Our featured artist is Patricia S.



It's always a joy to have Lori's mother Pris here for a monthly Piano Sing-Along.

This month Pris will be here on April 12th!



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! Lori will give an in-service on Managing Stress on April 5th.



A special thank you goes out to the Engineering and Maintenance staff at St. Johnland Nursing Center for completely renovating and updating our Social Model Day Room. We would also like to thank Registrants and family members for their cooperation during this time. We are all looking forward to enjoying the newly updated atmosphere here at The Social Model Day Program! Please help us spread the word about St. Johnland's Day Programs and be sure to check out

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



April is National Humor Month

Be aware of the therapeutic value of humor, laughter and joy! This can lead to improved well-being, boosted morale, increased communications skills, and an enriched quality of life.

We will start National Humor Month with April Fools' origin and Famous Hoaxes followed by, Kids Say The Darndest Things, Laughter is The Best Medicine, Dean Martin Variety Show, George Burns, Loony Laws, Bugs Bunny, Humorous Stories and Abbott & Costello. Check our calendar for dates and share your funniest memories at program.

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.

Our Beauty Parlor is open Monday, Tuesday, Thursday.



The Manicurist is in every 3rd Monday of the month. For pricing and appointments contact Stacey @ 631-663-2466.