



**Kutz**  
SENIOR LIVING CAMPUS

**Lodge Lane**  
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living and Memory • 1221 Lodge Lane Wilmington, DE19809 • 302-757-8100



## Celebrating April

**Poetry Month**

**Jazz Appreciation Month**

**Golden Rule Week**  
*April 1–7*

**No Housework Day**  
*April 7*

**Barbershop Quartet Day**  
*April 11*

**Scrabble Day**  
*April 13*

**Passover Begins**  
*April 19*

**Easter**  
*April 21*

**Hug an Australian Day**  
*April 26*

## Easy Spring Cleaning

When the weather warms, it's natural to want to open the windows, clear the air, and discard all of the extra "stuff" that has accumulated over the winter. Clutter free environments are safer to navigate, less stressful, and can even help reduce allergies.

However, many people feel overwhelmed by decluttering an entire home, especially if there are physical limitations, or they are fearful of letting go of items. Cutting the clutter can be a big project. Sometimes the hardest part is just getting started!

Here's how to make the process easier. Start by choosing one area to declutter, like the living room, or one category, like mail or food. Decluttering an entire home is a big job but breaking the job into smaller tasks will make it more manageable. For the first area or category, choose something that doesn't have too much emotional attachment, like piles of mail.



Seeing results in one area helps build momentum to tackle the tougher projects. It will make it easier when it's time to sort through more emotionally weighted items, such as clothing, memorabilia, and heirlooms. Choosing which items to keep, give away, or throw away is a matter of personal preference and will be different for everyone. But there are



some items that should be discarded, no matter what!

- Expired medications. Follow disposal instructions on the container.
- Expired food.
- Expired cosmetics. Throw away cosmetics that are more than one year old. They can harbor harmful bacteria
- Expired / old cleaning products. Look for corroded tops, products that have changed color, and items that clearly have not been used in a while.
- Other safety hazards. Search the home for safety hazards such as appliances with broken plugs, or piles of magazines or books on the floor. This is also a good time to move items that are too high or low .

Let's all kick off spring with a clean and safe start. If you have any items that you would like to donate or discard, please see activities for details on our next Good Will Run.

## Trips and Outings

### Longwood Gardens

Join Lodge Lane as we dive into spring admiring the beauty of nature and all its wonders. This month we will be taking a trip to Longwood gardens on April 18, 2019. Check out the activity calendar for more details.

### Lunch Bunch

Take a trip with activities this month to one of our local restaurants and enjoy a delicious meal and dining experience. Sign up with activities to join along on this tasty outing April 16, 2019.

### Shopping Trip

This month's shopping trip will be to the local Walmart and Boscov's. Check out the activities calendar for more details.



## Acknowledgements

### Thank you, Kid Caregivers!

We greatly appreciate the donation of jigsaw puzzles you have generously gifted us.



## Passover



The Passover is the Jewish celebration of God liberating the Israelites from Egyptian slavery in 1513 B.C.E. God commanded the Israelites to remember that important event each year on the 14th day of the Jewish month Abib, which was later called Nisan.

The word "Passover" refers to the time when God spared the Israelites from the calamity that killed every firstborn in Egypt. Before God carried out this devastating plague, he told the Israelites to splash the blood of a slaughtered lamb or goat on their doorways. God would see this sign and "pass over" their homes and spare their firstborn.

Kutz Senior Living Campus will commemorate this Holy Day with two Seder meals: April 19<sup>th</sup> and April 20<sup>th</sup>. Meals are will be hosted at Kutz Rehabilitation & Nursing. Reservations are required and seating is limited. Please call 302-764-7000 no later than April 5<sup>th</sup> to make your arrangement. Chag Sameach!

## National Walking Day



The first Wednesday in April is National Walking Day. The American Heart Association sponsors this day to remind people about the health benefits of taking a walk. A walk is a wonderful form of exercise for the body. This workout doesn't cost you anything and it can fit into everyone's lifestyle. However busy as you may be; a brisk walk around your place of work or at home can prove to be a highly beneficial exercise.

The health benefits of walking include an overall improvement of your health and a reduction in excessive body weight. According to the US Dept of Health, it has helped to reduce the mortality rate amongst various age groups.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.

Join activities on the first Wednesday in April as we observe this day with a walk.



## News in Food

### Seder Dinners

Friday, April 19<sup>th</sup> at 4:00 PM

Saturday, April 20<sup>th</sup> at 4:00 PM

At Kutz Rehabilitation & Nursing.

Guest meals are \$19.50 per Seder.

RSVP by Friday, April 5<sup>th</sup> with Kutz 302-764-7000

### Easter Brunch

Sunday April 21<sup>st</sup> at 12:00

RSVP by Thursday April 11, 2019

### Auxiliary Dinner

Wednesday, May 8<sup>th</sup> 2019 Harry's Savoy and Grille will be hosting our annual Auxiliary luncheon. Sign-ups will begin in April.

Luncheon is free to residents. Any family or friends interested in attending, please contact Jessica Bannan [jbannan@kutzseniorliving.org](mailto:jbannan@kutzseniorliving.org).

## April Super Food: Leafy Greens

Leafy greens aren't always the most desired veggies, but they can be tasty as well as beneficial to your health. Dark Greens are a good source of nutrients including iron, calcium, vitamins A, K, and C, fiber potassium and folate. The most common leafy greens are spinach, escarole, collards, kale, turnip greens, arugula, mustard greens, watercress, beet greens and dark green leafy lettuces.

Join activities and dining services as we come together to perform a cooking demonstration of this delectable superfood.

Check out the activities calendar for more details.



## April Birthday Babies!



**Marge R. 4/1**

**Susan W. 4/1**

**Lanette M. 4/2**

**Howard H. 4/10**

**Charlotte Z. 4/30**

## Celebrity Birthdays

**Buddy Ebsen (actor) – April 2, 1908**

**Washington Irving (author) – April 3, 1783**

**Maya Angelou (poet) – April 4, 1928**

**Bette Davis (actress) – April 5, 1908**

**Billie Holiday (singer) – April 7, 1915**

**David Letterman (TV host) – April 12, 1947**

**Henry Mancini (composer) – April 16, 1924**

**John Muir (naturalist) – April 21, 1838**

**Glen Campbell (singer) – April 22, 1936**

**Ella Fitzgerald (singer) – April 25, 1917**

**Samuel Morse (inventor) – April 27, 1791**

**Harper Lee (author) – April 28, 1926**

**Duke Ellington (bandleader) – April 29, 1899**

### Dining Room Reservations

***Our dining rooms have a tendency to fill quickly. Please make reservations with the front desk with as much advance notice as possible so a table can be set aside for your party.***

### Deli Days

***Lodge Lane Deli Hours***

***Tuesdays and Thursdays***

***Noon- 1:30 p.m.***

***Serving Deli Sandwiches & Sides***

***Cash Purchases Only***

**Please see the Front Desk for current pricing.**

**Deli will be closed for the duration of Passover from April 19 – April 27<sup>th</sup>**

Your Return Address  
Street Number and Name  
City, State ZIP Code

Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code

## Lodge Lane Staff Email Addresses

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George Black, Director of Community Works

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## Words of Wisdom

*"If we have the attitude that it is going to be a great day it usually is." -Catherine Pulsifer*

*"One who understands much displays a greater simplicity of character than one who understands little." -Alexander Chase*

*"The most wasted of all days is one without laughter." - E. E. Cummings*

*"The best preparation for tomorrow is doing your best today." - H. Jackson Brown, Jr.*

*"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." - Helen Keller*

*"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller*