

final thoughts...

It is important to stay hydrated!

It is important to drink plenty of water throughout the day! At Oakleaf we have a drinking fountain in the lobby area and a water station in the dining room and in the multi-purpose room. This is for easy access to get a glass of water during your day and stay hydrated.

Why do we need to stay hydrated? To help our kidneys function and prevent urinary tract infections. Lack of water can also make our heart pump harder causing a heart attack or heart failure. Water helps keep our electrolytes balanced and our joints lubricated.

Did you know water also aids in our digestion?

With warmer weather approaching, many of you like to sit in the sun and soak up the rays. That's great, just be sure to drink plenty of water during the day and at meals. Carry water with you so you can sip it throughout the day. They make plenty of water bottles for everyone's needs.

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April 2024

the Acorn

A newsletter for friends and residents of Oakleaf Village

Welcome April! We have so many new, fun things to do in April. Lots of volunteers coming to host games, give talks, host happy hours and more. We are so grateful to have them come in our building and participate in our activities—Thank You!

In April, we are going to mix things up a bit and have bingo on Monday, Wednesday and Saturday. We are hoping this helps with the conflict with the store being at the same time. If you want to play bingo, the cost is a one time charge, per bingo hour, of \$.50 per card. The money is then divided between games to the winners.

The Solar Eclipse will take place on April 8th. This is a big deal for our area. The moon will pass in front of the sun and darken the sky. People will come from all over to witness this. In Toledo, the partial eclipse is said to begin at 1:56pm and the total eclipse

at 3:13 pm. The total eclipse should only take 4 minutes and 27 seconds. We will have an Eclipse Party all afternoon where we will learn about the eclipse and where the path is, while enjoying snacks like Sun Chips and Sunny Delight. We have special glasses for you to

**“April Showers
Bring May
Flowers”
-Thomas Tusser**

wear to witness it for yourself and will also be making eclipse viewers out of cracker or cereal boxes to view the eclipse. Please give any empty boxes to the activity team for this purpose. What a fun, and exciting time to live in our area!

With Spring in bloom, it is time to pick out our Raised Garden Plots. We will have a garden meeting on Tuesday,

April 16th at 10:45am. If you have a garden already, you can keep your same space. If you want a garden, be sure to come to the meeting or let the activity team know. Bring a jacket if it is chilly, we will be walking out to see the space that morning. On Monday, April 22nd, Derek will be outside with you and help clean out the gardens. The gardens are waist high so it is easier to dig in the dirt and plant your flowers and vegetables. There is also plenty of space to sit and rest, or just enjoy the fruits of your labor.

Everyone is invited to celebrate Passover with us. This Jewish holiday starts at sundown on April 22nd until sundown Tuesday, April 30th. Come learn about what Passover is, try some traditional foods and play a Passover game!

Have a marvelous April and please, try something new this month!

A Note from Heather Evans Assistant Executive Director

"If you want to see the sunshine, you have to weather the storm." —Frank Lane
Ohio's tornado season is defined as April through June. In case of severe weather warnings, Oakleaf Village will take every measure to ensure your safety. We have evacuation and disaster procedures for such events.
Tornado: During violent weather periods like tornados, please listen to local radio or television weather reports (a battery powered radio is most dependable).
A **Tornado Watch** is given when weather conditions are favorable to the formation of tornados. During a Tornado Watch, keep an eye on the weather and be prepared to take shelter if conditions worsen.
A **Tornado Warning** is given when a funnel is sighted or indicated by radar. Take shelter immediately away from glass in your apartment (your shower is the safest location). Take a pillow or blanket to sit on or to cover yourself in case of an actual tornado. You will be advised when it is clear to come out of your apartment.
Tornados can form and move quickly. There may not be time for a warning. Please stay alert during severe storms.
Thunderstorm Warning: Current storm conditions could turn worse at any time, including heavy rain, strong winds, and tornado risks. Remain inside the building, close, and lower all blinds in your apartment and listen for further weather changes.
Power Outage: Oakleaf Village has a back-up generator for all common areas and for emergency exits. If a power outage occurs, please stay in your apartment until further instructions are given. Just like at home, you should always keep a working flashlight on hand in case of power failure. Emergency lighting in the building will only illuminate hallways and common areas.

Heather Evans RN, Asst. ED



**From the
Assistant
Executive
Director**

IMPORTANT CONTACTS & PHONE NUMBERS

Diane Doneghy	Executive Director
Heather Evans	Assistant Executive Director
Crys Daunhauer	Business Office Manager
Virginia Marshall	Executive Chef
Emily Ignatowicz	Senior Living Advisor/Marketing
Alison Maas	Activity Director
John McAuliffe	Maintenance Director
Shaunta Grier	Director of Care
Dominique Hunter	Assistant Director of Care
Danielle Ballesteros	Grove Program Director
Oakleaf Village:	419-885-3934
The Grove:	419-464-9123

WHAT'S HAPPENING...

- April 1st—3rd Floor Pool Party
- April 2nd—Who Wants to Play Cards Meeting
- April 5th—Meet New Friends & Residents Ice Cream Social
- April 6th—Henna Tattoos for Ramadan
- April 8th—Solar Eclipse Party
- April 9th—Move It or Lose It Glow Party
- April 10th—Game Night with Crossroads Church
- April 12th—Sight Center Speaker
- April 19th—Mud Hen's Tryouts, Oakleaf Style
- April 22nd—Work in Gardens with Derek
- April 24h—Paws & Hooves Animal Visit
- April 24th—Sponge Bob Play at Lourdes College
- April 26th—Tree Painting Class
- April 30th—April's Birthday Party

Welcome to Oakleaf Village!

#155 Donna

Go to:
www.oakleafvillage.com

Click on **Community Updates** to see our monthly Acorn including menu's, activities & more
Click on **Resident Portal** to pay your bill and make work orders.

Total Health Care (TCT) is our in House Therapy team. They will provide chair exercises every Wednesday at 10:00am, Thrive & Strive biweekly and a Monthly Social.
To contact them for therapy call 740-953-1184 or tell your Oakleaf Nurse

Wellness Clinic

If you would like to have a nurse come to your apartment, and check your vitals, please sign up at the bar, located in the lobby, by the Tuesday night before. A nurse will they pay you a visit on Wednesday for your Wellness Check.

Beauty Shop

Irena is giving a 20% discount for your birthday.
Call Irena at 419-206-1508 to set up an appointment! Or stop by her Shop on the 1st Floor

Please Return:

Any grocery cart or wheelchair you may have that belongs to Oakleaf.
Any dishes/silverware/cups you may have that belong to Oakleaf.



HAPPY BIRTHDAY!

- 4-3 Virginia Marshall Executive Chef
- 4-3 Esther Gibson Resident
- 4-5 Bonnie Visser Resident
- 4-8 Ruth Taylor Resident
- 4-10 Barbara Apanaitis Resident
- 4-14 Carole Forte Resident
- 4-17 Mary Shirey Resident
- 4-18 Brianna Jagodzinski Personal Care
- 4-20 Linda Lewis Resident
- 4-20 Donna Case Resident
- 4-24 Lori Betts Housekeeper
- 4-26 Cathy Reister Resident
- 4-29 Lindsay Frigmanski Server
- 4-29 Albert Livecchi Resident
- 4-30 Norma Kalniz Resident

Thank You Walker for donating our birthday cakes!

Save Your Tabs

Dorothy is still collecting pop and beer tabs for the Ronald McDonald House. The little house to put the tabs in is located at the bar in the lobby.