

May 2022

The Manor Highlights

Yorkshire & Stonebridge Manor | 3511 / 3515 Leonard St NW, Walker MI 49534 | (616)791-0111 | (616)791-9090

Celebrating May

World Laughter Day

May 1

**Performance by:
Mother Singer's**

May 3

148th Kentucky Derby

May 7

Mother's Day Celebration

May 7

Mother's Day (U.S.)

May 8

**Performance by
Bob DeYoung, 40's/50's
Guitar & Vocalist**

May 17

**Samaritan's Carriage,
Countryside Greenhouse Trip**

May 24

Memorial Day (U.S.)

May 30

Thriving in God's Peace

"In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety" Psalm 4:8.

Peace does not come easily in this life, neither does sleep, well, if we don't have peace, we do not have sleep. Our verse assures us that we will **BOTH lie down and sleep when we dwell in the safety of the Lord.**

Psalm 4 is an expression of David's confidence and trust in the Lord. David is running for his life while being pursued by his conniving and manipulative son Absalom (2 Samuel 15)! I would imagine David was afraid and yet, because of his close relationship with the Lord, David let go of his fear and focused on the Lord. David begins by asking for God's grace (vs. 1) and urging his enemies to stop rebelling against God (vs. 2). David is assured that, as a faithful servant, God hears when he calls to him (vs.3). Then David says, 'do not sin' think about what you are doing, search your heart, offer righteous sacrifices (this means do not repay evil for evil, rather offer a blessing) and trust in the Lord (a key word to peace and safety). David seeks God's face shining in favor (vs.6) causing David's heart to be filled with joy, like the joy of an abundant harvest of grain and new wine!

At last, with David's strong trust in the Lord, he was able to both lie down and sleep, not toss and turn, dwelling in the safety of the Lord. What a blessing that must have been for David.

I encourage you to read Psalm 4 once a day, it is only eight verses, and notice if your confidence and trust in the Lord brings you peace. May it deepen and enrich your relationship with him. Write down what changes come into your life. I believe you will be pleasantly surprised.

So tonight, when you lay your head down, remember, God is taking care of everything. Trust him. Be confident in him, for you are dwelling in the safety of his presence.

Peace,
Chaplain Val

Mother's Day Celebration



Let's celebrate this Mother's Day with a great lunch to honor all mothers and to help raise money for Yorkshire & Stonebridge's benevolence fund. Please come and join us to make this celebration special and successful.

WHEN: Saturday, May 7th @ 12pm
WHERE: Alfano's Pub & Ristorante
COST: \$20/person, includes all you can eat Italian Buffet

RSVP to Wendy Heath, Life Enrichment Director, by May 4th.

Office Phone: (616)791-0111
Cell: (616)717-2151
Email: wendy.heath@baruchsls.org

MY THERAPIST TOLD ME THE WAY TO ACHIEVE TRUE INNER PEACE IS TO FINISH WHAT I START.

SO FAR I'VE FINISHED TWO BAGS OF M&M'S AND A CHOCOLATE CAKE.

I feel better already.



Resident May Birthdays:

Anna Lipski – 12th
Nancy Hirzel – 19th
Kathleen Priest – 24th
David Mohrhardt – 24th
Margaret Sebunia – 30th

Staff May Birthdays:

Alisha Rivera – 12th
Deasia Purnell-White – 18th
Sherry Czarnopys – 19th
Susan Spicy – 20th
Bretton Eardley – 25th

Happy Spring



Meditate on This

Take a deep breath and relax. May is Meditation Month. Meditation might have gone mainstream thanks to popular practices like yoga and tai chi, but meditation is a practice that dates back many millennia.

While some archaeologists date meditation back to 5000 BC, and some anthropologists speculate that even our Neanderthal ancestors might have meditated, the earliest written records referencing meditation date to around 1500 BC in India. The Hindu tradition of Vedantism included the practice of *Dyana*, a pursuit of enlightenment that emphasized “the training of the mind.” The word *meditation* comes from the Latin *meditatum*, meaning “to ponder.” The notion that meditation is closely linked to the mind has persisted across various cultures for thousands of years.



Specifically, meditation is a technique used to calm and clear the mind. The Buddha, although he did not invent meditation, used it as a means to achieve enlightenment. Lao Tzu, the Chinese sage and author of the

Tao Te Ching, wrote, “Be still. Stillness reveals the secrets of eternity.” Meditation has long served as a valuable tool during humanity’s relentless search for the meaning of life.

Today, modern science shows us that meditation benefits the body just as much as it benefits the mind. In 1967, Dr. Herbert Benson of Harvard’s Medical School found that people who meditated used 17% less oxygen, lowered their heart rates, and increased brain waves that aided sleep. He called these effects “the relaxation response.” Studies now confirm that meditation reduces anxiety, promotes emotional health, enhances self-awareness, improves sleep, controls pain, and can even make you more kind. Meditation isn’t a miracle or magic. All it takes is deliberate practice. Dr. Benson might have put it best when he said, “All I’ve done is put a biological explanation on techniques that people have been utilizing for thousands of years.”

CARES Dementia Training

We are excited and happy to announce that all staff have begun an adventure of beginning an online training for CARES Dementia through HealthCare Interactive.

The CARES Dementia training is with an organization committed to improving dementia care for people living with Alzheimer’s disease and other progressive dementias. They have the highest quality, award-winning online training in the industry. The training includes certification and optional credentialing.

Staff have a total of 8 courses to complete by December 9th. As staff complete their courses, you will see their certifications hanging up in both of our buildings, feel free to stop by and take a look!

Along with our staff training, coming soon, we will be holding a Family CARES Dementia training for our families. This program will help reduce stress and help our families feel confident in interacting and being a part of the care process for your loved ones. Watch for dates on our Family CARES Dementia training, coming soon!

Samaritan’s Carriage May Trip



May 24th, we will be taking 5 of our residents to Countryside Greenhouse and out to lunch.

If you are going on this trip, please meet at 9:30am in your dining room.

What makes Samaritan’s Carriage so special is that they provide these outings and experiences FREE of charge for our homes, residents, and staff!

Calling ALL Volunteers!

We are currently in need of dependable people who are willing to serve in our community. There are many opportunities available to suit one's interests; and with flexible scheduling, we can accommodate even those with the busiest schedules.

If you are interested in volunteering, or wish to have more information, please do not hesitate to call or email the Director of Life Enrichment & Volunteer Services,

Wendy Heath.
 (616)791-0111
 wendy.heath@baruchsls.org



Our thoughts and prayers are with the families of:

Mable Small

MAY

- | | |
|-------------|-------------|
| BASKET | LADYBUG |
| BOUQUET | MAY DAY |
| BUMBLEBEE | MOTHERS DAY |
| BUTTERFLIES | PLANTS |
| CATERPILLAR | SPRINGTIME |
| FLOWERS | SOIL |
| FROGS | UMBRELLA |
| GARDENING | WORMS |



B K E T B O U M B R E L L A M
 A S W O R M S Q U O T B U G B
 F Y B E E B E L B M U B E A L
 L A D Y B U G U T T E Q F R I
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 S O I L A Y A M G S U M B Y G
 Y M A D B U T T E R F L I E S

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Your Leadership Team

Administrator: Beth Strait,
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Associate Administrator: Epiphany Donat,
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Director of Life Enrichment/Volunteers:
 Wendy Heath, wendy.heath@baruchsls.org

Director of Food Services: Lynn Rhodes

Assistant Food Service Director:
 Cheyanne Daling

Director of Maintenance: Ken Kuchnicki

Director's of Resident Care:
 Jennifer Marckini
 Karlin Kort

Resident Care Managers:
 Dominique Hughes (1st shift)
 Lexi Schmidt (1st/2nd shift)