



# Fountain View

## ASSISTED LIVING

50 S Maple Street • Grant, MI 49327 • (231) 834-8202

### Management Team

Sarah Maxim-Gerard	Administrator
Hope Smith	Resident Care Director
Inger Nicholson	Life Enrichment Director
Casey Sweet	Food Service Director
Jessica Haines	Environmental Director
Ashley Versluys	RCM 2nd shift
Ana Capetillo	RCM 3rd Shift

### Resident Council Meeting

Our monthly Resident Council Meetings are held on the 2nd Wednesday of the month after lunch. They give our resident friends the opportunity to share their ideas, questions, complaints or comments with the management team and other residents. We value each person and their unique perspective. We encourage every resident to come to this forum where they can speak freely and be a part of our continued positive growth in all areas of the assisted living experience.



### Happy Birthday! CELEBRATE!!!!!!

Marilyn Henry	04/01
Mary Lysakowski	04/05
Jen Pratt	04/12
Karen McKinnon	04/18
Beatriz Sotelo	04/18
Ashley VerSluys	04/19
Brenda Williams	04/24
Becky Price	04/25

### April 2023



### Woven Through Time

As one of the oldest handicrafts known to humankind, baskets have been there for us since the beginning of civilization, used to store and carry food, tools and even children! In many cultures, baskets have an artistic and practical purpose, with meaningful patterns and symbols woven into the design. In modern life, baskets are a simple and timeless way to corral clutter, display flowers or wrap a gift.

### Circadian Rhythm Reset

Biological Clock Day on April 28 brings awareness to our circadian rhythm—the body’s internal sleep-wake cycle. Are you struggling to fall asleep? Or getting groggy during the day? Try out one of these tips to “reset” your circadian rhythm: (a) stick to a regular sleep schedule, (b) use bright light therapy to simulate sunrise, (c) avoid caffeine in the evening or (d) exercise regularly and limit screen time.

Welcome to springtime!! Fountain View of Grant wishes all of you a blessed and happy Easter! We are grateful to God for sending his only son to give everlasting life. It is wonderful that in a community such as ours, we can all pray together and thank God for his many blessings. Our residents, families and staff are some of those wonderful blessings. Here are some highlights for the month of April: The annual Easter Egg Hunt open to the public is on Saturday, April 8th at 10:30AM. Please contact Inger, Life Enrichment Director for details. You are welcome to bring children and grandchildren to join in. The residents are busy filling Easter eggs with candy. Any donations of candy are greatly appreciated. The Baruch wide wing eating contest is on Friday, April 14th from 2 - 3PM in the Grant dining room. You can stop by and root the teams on or watch on live stream. More information will be sent in a family email. We will celebrate the Easter holiday with an Easter meal and life enrichment activities. Please see Inger for any questions regarding the Activities calendar. Everyone is looking forward to when the weather will be steadily getting warmer and sunnier so that we can set up the outdoor furniture and be outside!

God bless each and every one of you,  
Sarah

# "This Month In History"

## APRIL

**1902:** Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

**1917:** The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

**1923:** Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

**1938:** Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

**1954:** The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

**1969:** The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

**1977:** Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

**1997:** At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

**2004:** Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.