

# Make a Butterfly Garden

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them, which then provide food for their caterpillars as they prepare to transform into butterflies.

# Easy, Breezy Springtime Crafts St. Patrick's Day Fun!

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

**Festive florals** — Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

**Rainy day welcome** — Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

**Yarn-wrapped eggs** — Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

**Spring garland** — Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

We had a blast celebrating St. Patrick's Day and learning all about the history of Ireland!



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APRIL 2021

## Meet The Executive Director

Talonya McCullough was born and raised in Hartsville, S.C. She attended Morris College in Sumter, S.C., where she graduated with a Bachelor of Science in Health Science. She then attended Webster University in Columbia, S.C., where she graduated with a Master's in Health Administration. Talonya began her long journey to Executive Director after holding the position of Business Office Manager at a Skilled Nursing Center and then as Director of Business Operations in an Assisted Living Community. She then realized working in Senior Living was her passion, so she decided to grow her career. Talonya enjoys traveling with her husband and her four-legged baby, and spending time with her family.



## Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.

**Head turns:** Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

**Shoulder rolls:** Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

**Marching in place:** Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

**Toe lifts:** This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

**Ankle rolls:** These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging's website, [NIA.NIH.gov](http://NIA.NIH.gov), to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.





## MEMORY CARE

# APRIL 2021

## Locations

Activity Room, Memory Care, ARMC  
 Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP



Villas, Dining Room, VDR

## Birthdays

Kay Cross, 5th  
 Elizabeth Drinnon, 17th  
 Donald Wood, 23rd

**“Try to leave the Earth  
 a better place than  
 when you arrived.”**  
**—Sidney Sheldon**

*Activities Subject to Change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 10:30 Country Drive w/Ramon, O 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC
						10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC	9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC	9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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