



Outings

Sign up in the book located at the front desk for meals out, shopping, and these exciting outings!

- Let's go to the movies! - Captain Marvel** Monday, April 1 at 9:20 am
- Trip to Cactus and Tropicals** Monday, April 8 at 2:30 pm
- Deseret Industries shopping** Monday, April 15 at 2:30 pm
- Butterfly Biosphere at Thanksgiving Point** Monday, April 9:30 am
- Woodland Fairy Festival at Gardner Village** Monday, April 29 at 1:30 pm

Bird of the Month – Wilson's Warbler



Who is Wilson and what exactly is a warbler? In this case, Wilson is Alexander Wilson, a Scottish mill worker who emigrated to America and eventually authored the nine-volume American Ornithology. Wilson's warblers are small, chirpy, and very spry songbirds. Most of their time is spent flitting in the shrubby understory of the forest hunting for insects. Wilson's warblers are found throughout the United States, especially in the west. Both male and female Wilson's warblers are shades of yellow. The males have little black "caps" that look like mini berets on top of their head. Wilson's warblers nest on the ground, in bushes, or in small trees, laying about five eggs annually. In 2014, a study tracked the migration patterns of Wilson's warblers. It was discovered that DNA extracted from feathers predicted their migration routes. Scientists hope to replicate this study with other species.

Our beautiful flower arrangements are provided by



Chateau Brickyard

3080 S 1300 E Salt Lake City UT 84106 Ph: (801) 466-9999 Fax: (801) 466- 7650



Lunch Bunch

- April 5 Café Rio
- April 12 Paradise Buffet
- April 26 Red Robin

Special dates

- Global Astronomy Month
- 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
- Easter
April 21
- Hug an Australian Day
April 26

April Events

Western Hoedown Party

Monday, April 15
11:30 am -1:00 pm

Magic show & Easter egg hunt

Friday, April 19
3:00 pm

Easter Brunch

Sunday, April 21
10:30 am-12:00 pm

National Karaoke week: Karaoke time!

Monday, April 22
1:00 pm

Management Staff

- Executive Director**
Willow Greer
- Activities Director**
Gigi Gazani
- Dining services manager**
Hector Flores
- Building Services Director**
Eric Nielsen
- Business Office Manager**
Sandra Applegate

In the Good Ol' Days of April

Fifty years ago, in April 1969, the average annual income was \$6,500. Average cost of a new house was \$60,000. Minimum wage was \$1.60 per hour. A loaf of bread was 23¢, a dozen eggs were 62¢, and postage stamps were 6¢ each. A new car cost \$2,000. But best of all, gasoline was 32¢ per gallon—even cheaper than a gallon of milk, which was \$1.10



What's Lucky in April?

- Lucky Colors: Blue and Green
- Lucky Days: Tuesday and Friday
- Lucky Numbers: 4 and 16
- Lucky Letters: A and L
- Lucky Plant: Daisy



Making An Impact

Did you know that Blue Harbor communities are home to more than 2,000 residents and employ nearly 1,500 employees? Our communities are open and operating 24 hours a day, seven days a week, 365 days a year. In any given year, we share more than 2 million meals together, celebrate thousands of birthdays, host hundreds of events, and create countless memories. To make that all possible, we use a lot of natural resources.

To offset our use of natural resources, we have taken a number of steps aimed at creating a more sustainable future. Here are just a few of the initiatives we have taken on in the last few years:

- Last year, we performed a successful LED light retrofit at a pilot community in California that reduced our common area lighting consumption by 65%, while providing brighter lighting for residents and employees. This initiative also reduced the time and expense spent replacing lightbulbs allowing us to focus more on our residents. Following this pilot, we started rolling this program out to all communities and plan to be finished very soon.

- We have installed more than 400 occupancy sensors that automatically turn off lights in common areas, offices, and storage areas when not in use.

- Over 75% of our resident rooms already have LED lights and we are committed to retrofitting 100% of our rooms in the coming year.

- We are replacing inefficient toilets, aerators, and showerheads across our communities. To date, we have installed 1,500 high-efficiency water fixtures and 2,500 aerators.

- To divert our waste stream away from landfills, we have increased recycling programs at our communities.

- Our communities have been using green certified housekeeping products, flooring, and paints since 2012.

We believe it's our responsibility to do what we can to make a positive impact on our environment. At the end of the day, our primary goal is to create comfortable, engaging living environments that promote wellness for our residents and work environments that allow our employees to learn, grow, and thrive. If we can reduce our impact on the environment at the same time, that's even better. Thank you for joining us in this effort.

Musical Performances

- 04/01 Betsy Yeates
- 04/05 Mixed Nuts
- 04/08 Kevin Scott
- 04/12 Gorgeous Gourds
- 04/13 Kids piano recital
- 04/16 Sue Talmage
- 04/17 Bob Shorten
- 04/26 Heart & soul: Starload duo

****All performances are held in the living room****



Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri. Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri.

April Activities

- Every Friday at 2:00 pm**
Nintendo bowling
 - Every Tuesday at 1:00 pm**
Manicures with Vicki
 - Every Tuesday at 2:30 pm**
Bingo prizes!
 - Every Wednesday (except 1st Wednesday)**
at 3:00 pm
Craft class
- Come and make beautiful and easy projects!
- Every Saturday at 11:00 am**
Nintendo Wii golf
 - Monday-Saturday (times vary)**
Group exercise, sit and stretch, strenght training, moving to music, chair volleyball, theraband exercises
- Check your Activities calendar for details!
- Every Wednesday (No specific time)**
N.P. Kurtis Hinderman Visits Check at the front desk for more information. Ask Vicki from Creekside when does Dr. Lewis and other health providers come in!
 - Every first Friday at 1:00 pm**
Ballroom class with Don!
 - Every Saturday at 2:15 pm**
New-release movie at our Theater Room.
 - Tuesday, April 2, at 1:30 pm**
Town Hall meeting
 - Wednesday, April 3, at 3:30 pm**
Man Cave! (Activity Room)
 - Monday, April 8, at 3:30 pm**
Ladies Club! (Living Room)
 - Tuesday, April 9, at 1:30 pm**
Tai-chi class w/Gwen
 - Wednesday, April 10, 2:00 pm**
Daughters of Utah pioneer meeting
 - Tuesday, April 23, at 1:15 pm**
Yoga class w/ Lauren
 - Wednesday, April 24, at 2:00 pm**
Resident council
 - Tuesday, April 30, at 1:30 pm**
Dining services meeting

April Birthdays

- April 6 Luz T.
- April 6 Marilyn V.
- April 7 Barbara A.
- April 16 Mary R.
- April 19 Richard G.
- April 28 Blanca R.



We Appreciate Referrals

The highest honor you can bestow on us is referring someone you care about. We are committed to providing service that is worthy of referral. Your referrals are the heart of our business. Please direct all referrals to our Community Outreach Director.



"Like" Our Facebook Page at Chateau Brickyard Senior Living and stay updated of all the fun our residents have!

If you would like your family to receive our newsletter and be informed of our upcoming events, activities and more, please fill out our new contact information form! Get your forms at the front desk!