

## April Quotes

“Our spring has come at last with the soft laughter of April suns and shadow of April showers.”

Bryon Caldwell Smith

“April hath put a spirit of youth in everything.”

- William Shakespeare, Sonnets

“The weather wouldn’t settle down. It would rain cats and dogs, then stop, then drip awhile, then stop while it made up its mind what to do next.”

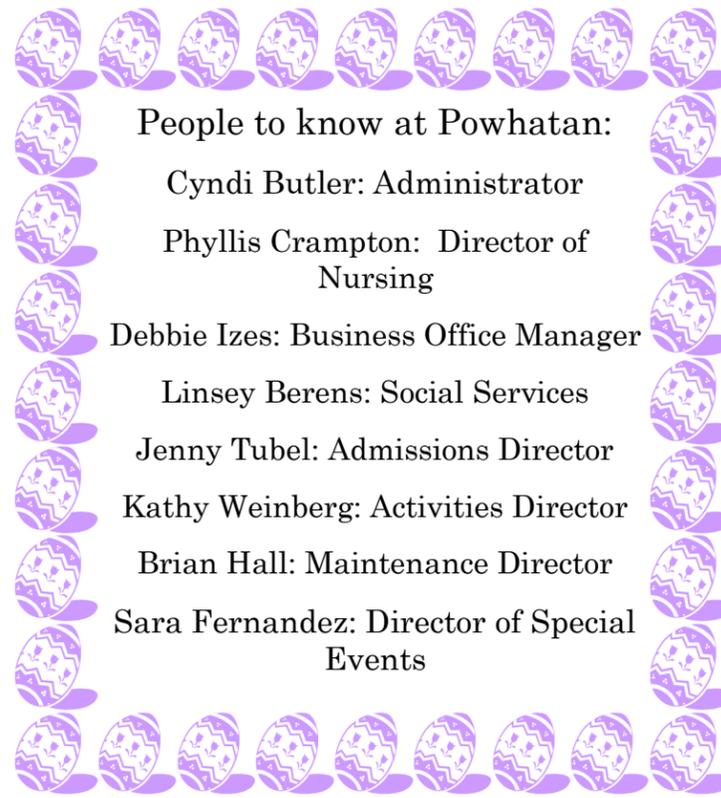
- Glendon Swarthout

“Spring is made of solid, fourteen-karat gratitude, the reward for the long wait. Every religious tradition from the northern hemisphere honors some form of April hallelujah, for this is the season of exquisite redemption, a slam-bang return to joy after a season of cold second thoughts.”

- Barbara Kingsolver

“Easter is meant to be a symbol of hope, renewal, and new life.”

- Janine di Giovanni



### People to know at Powhatan:

Cyndi Butler: Administrator

Phyllis Crampton: Director of Nursing

Debbie Izes: Business Office Manager

Linsey Berens: Social Services

Jenny Tubel: Admissions Director

Kathy Weinberg: Activities Director

Brian Hall: Maintenance Director

Sara Fernandez: Director of Special Events



Happy Easter to you and your family. May your day be filled with love and happiness, and you have a season full of blessings!

Powhatan will be hosting a Luncheon on Easter Sunday, at noon. Please make reservations at the front desk by April 18.

## Upcoming Events: April

### Religious Services

**Mass with St. Johns the Beloved**  
Wednesday, April 3rd at 11:00 am

**St. Michael’s Episcopal Church**  
Friday, April 12th at 11:00 am

**Communion in Rooms**  
Thursdays at 10:00 am



**Monthly Birthday Party with Chris Edwards**

Thursday, April 4th at 2:30 pm

**Pure Joy**

Saturday, April 13th at 10:00 am

**Bake Sale**

Wednesday, April 24th at 11:00 am

**Easter Luncheon**

Sunday, April 21st at 12 noon



# Pow Wow

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April 1, 2019

## Where Caring Makes A Difference

### Olinda Santos

Olinda dos Santos was born in Cernache do Bonjardim, Portugal, on February 9, 1922. She is the youngest child of Jose dos Santos and Joaquina da Conceicao; she has two sisters and one brother. Her father passed away when she was just four years old, leaving her mother to raise four children on her own.



As the family was quite poor, Olinda was never able to go to school, and at seven years old left home to begin working as a shepherd in a town very far from her home. Olinda worked at the same farm until she was 14 years old. She also went to work on a couple of other farms that were very far from home, where her mother was only able to visit her a few times a year. At 20 years old, Olinda moved back home for a short while.

Olinda eventually moved to Besteiras, Portugal, to work for a family on their farm. It was there that she would meet her husband, Antonio Rodrigues Dias, who was born and raised in that area.

Antonio would court Olinda for years but Olinda very much enjoyed her independence. She loved dancing and going to the village “festas”. At 30 years old, Olinda married Antonio, who proved to be the love of her life. They settled in a home in Besteiras, where they had their two children, each named after themselves, Olinda Godinho and Antonio Rodrigues.

Olinda farmed the land and Antonio worked a wood factory. They lived in their home for 52 years, and visited the United States several times to visit family.

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# Cooking Corner

## Best Spiral Glazed Ham

### Ingredients:

- 1 (8 to 10-lb) whole cured, smoked, bone-in ham
- 1/2 c. apricot jam
- 1/4 c. light brown sugar
- 2 tbsp. bourbon (optional)
- 1 tbsp. Dijon mustard
- 1/2 tsp. crushed red pepper flakes



### Directions:

1. Remove ham from refrigerator and let sit at room temp. for 1 hour.
2. Preheat oven to 350 degrees. Place a rack in a large roasting pan and cover the rack with foil. Pour 2 cups water in the bottom of roasting pan and place ham on the foil on the rack.
3. In a small bowl, stir together jam, brown sugar, bourbon, Dijon, and red pepper flakes. Brush ham with some of the glaze and roast, basting with more glaze every 30 minutes, until an instant-read thermometer inserted in the thickest part reads 140 degrees, about 1 to 1 1/2 hours.
4. Let rest for 15 minutes before carving.

- 3 drops pink food coloring, optional
- 3 tbsp. seedless raspberry preserves

### Raspberry Cream Cheese Frosting

- 1/2 c. unsalted butter, room temp.
- 4 oz. cream cheese, room temp.
- 1/4 c. fresh raspberries
- 1 tsp. pure vanilla extract
- 1/2 tsp. Kosher salt
- 3 c. confectioners' sugar



### Directions:

1. Preheat oven to 350°F. Grease and flour 3 (8-inch) cake pans. Whisk together flour, baking powder, and salt in a bowl.

2. Beat butter and sugar on medium speed with an electric mixer until light and creamy, 1 to 2 minutes. Add 1 cup raspberries, and beat until smooth, 15 to 20 seconds. Add eggs, one at a time, beating until blended after each addition (mixture will look curdled). Beat in vanilla. Reduce mixer speed to low and beat in flour mixture and buttermilk alternately, beginning and ending with flour mixture, just until flour is incorporated. Mix in food coloring, if desired. Divide batter among prepared pans.

3. Bake until a wooden pick inserted in center comes out clean, 23 to 25 minutes. Cool in pans on wire racks 10 minutes, then invert onto wire racks to cool completely.

4. Toss together preserves and remaining 3 cups raspberries in a bowl. Place one layer on a cake plate and top with 1/2 of the preserve mixture; repeat one more time. Top with remaining cake layer. Frost top and sides of cake with frosting. Decorate with meringue kisses, edible flowers, and raspberries.

5. To make the frosting, beat butter and cream cheese on medium speed with an electric mixer until creamy, 1 to 2 minutes. Beat in raspberries, vanilla, and salt, until raspberries are broken down, 15 to 20 seconds. Reduce mixer speed to low and gradually add confectioners' sugar until blended and smooth after each addition, 45 seconds to 1 minute.

# April Word Search Answers

Y	N	N	U	B	D	W	O	N	P	G	B
S	E	L	D	D	U	P	R	C	A	N	U
R	R	R	S	H	O	W	E	R	S	I	T
E	L	A	P	R	C	Z	T	N	T	H	T
W	D	B	R	F	H	S	S	O	E	C	E
O	C	H	I	C	K	S	A	E	L	T	R
L	R	B	N	O	C	M	E	E	S	A	F
F	M	Y	G	W	O	A	M	T	I	H	L
C	O	D	A	F	F	O	D	I	L	E	Y
K	O	E	T	R	G	A	R	D	E	N	E
E	L	P	G	N	I	L	K	C	U	D	W
T	B	L	O	S	S	O	M	N	I	A	R

## Raspberry Pink Velvet Cake

### Ingredients:

- 3 c. cake flour, spooned and leveled, plus more for pans
- 1 tbsp. baking powder
- 1/2 tsp. Kosher salt
- 1 c. (2 sticks) unsalted butter, room temp.
- 2 c. granulated sugar
- 4 c. fresh raspberries, divided, plus more for decorating
- 4 large eggs
- 2 tsp. pure vanilla extract
- 3/4 c. Buttermilk

# Stress Awareness Month

April is National Stress Awareness Month: It is very important to remember to take care of YOURSELF. Often caregivers don't realize the true toll that stress takes on their body. Stress and anxiety have the ability to compromise your immune system, eventually making you sick.

There are a few effects that stress can have on your body that you might not even realize such as sleep problems, overeating or undereating, angry outbursts, depression, anxiety, fatigue, and headaches to name a few.



Things you can do to help alleviate stress:

- \* Exercise—when you do good things for your body you feel better.
- \* Meditate—quiet your mind and take a few minutes to breathe deeply. Breathing has the ability to counteract stressful effects as it helps slow heartrate and lower blood pressure.
- \* Read—Picking a good book helps reduce stress by an astounding 68%
- \* Socialize with family or friends

Don't forget to set aside time for yourself to enjoy something you love or something you've always wanted to try.

WORD  
SCRAMBLE  
ANSWERS

1. L
2. K
3. I
4. G
5. J
6. A
7. H
8. E
9. F
10. B
11. C
12. D

## Resident Rights

*“May retain and use his personal clothing and possessions as space permits unless to do so would infringe upon rights of other patients and unless medically contraindicated as documented by his physician in his medical record;*

This means that:

1. You may retain and use personal possessions, such as furniture, clothing, pictures, etc., as long as they do not interfere with your care or infringe upon the rights of others.
2. Powhatan Nursing Home has the right to restrict the amount and types of personal possessions you may retain in your room because of space, fire, safety, and/or health standards as contained in current regulations.

## Powhatan Services

**Psychiatrist - Dr. Storer**

**Podiatrist - Dr. Raugh**

**Dentist - Dr. Morabito**

**Dermatologist - OnSite Dermatology**

**Hearing Services - Ascent Audiology**

**Optometrist - Senior Vision Services**

**Beauty/Barber Shop - Barbara Cunningham (Thursdays)**

**Guest Meals- Family and friends of residents may join them for \$5.00. Please make reservations with the receptionist by 10:00 am for lunch and 3:30 pm for dinner**

## Earth Day

April 22, 2019, is Earth Day. Earth Day began in 1970, when millions of people protested the negative consequences of the 150 years of industrial development.

Human activity has directly caused global destruction and rapid reduction of wildlife and plant populations. Pollution, deforestation, climate change, habitat loss, trafficking and poaching, pesticides, and unsustainable agriculture are just a few ways in which we are harming our environment.

Every living thing has an intrinsic value to our ecosystem. There are quite a number of species that are in danger of extinction including bees, elephants, giraffes, coral reefs, whales, and many more.

If we work together we can help slow the rate of extinction, and many species may be able to be recovered.

There are so many little things that you can do in your everyday life to help make a big difference. Commit to earth-friendly acts by:

- Reducing your carbon footprint
- Conserving resources and energy
- Making more sustainable choices
- Collaborating on environmental projects in your community
- Voting for leaders that are committed to protecting us and the environment

Avoiding meat products is the single biggest way to reduce your environmental impact on the planet.

Using less and recycling plastic is another way to greatly help so the plastic doesn't end up in our landfills, as it omits dangerous chemicals into the water and soil.

## Medical Minute: Common Spring Ailments

Though the weather is getting warmer and more people will be spending time outdoors, spring time can also be associated with a number of illnesses and health problems for some. Some of the most common ailments are allergies, asthma, Lyme disease, and the common cold.

Seasonal allergies, also known as hay fever, result from the increased release of pollen due to budding flowers, trees, and bushes and is fairly common. The United States has over 3 million cases of hay fever per year.

If it is a very rainy spring it can lead to mold growth, which can lead to months of symptoms. Symptoms may include red, watery or itchy eyes, sneezing, and runny nose.

Medicine, such as an antihistamine is a great way to combat allergies, and is even better if taken before exposure of the pollen or allergens. It's also helpful to track pollen counts online or in the local weather forecast.

If your allergy symptoms are continuing to cause suffering, you may want to consult an allergist so they can help you pinpoint the cause. More people are turning to allergy shots, immunotherapy, or allergen immunotherapy if their allergy symptoms have become worse

Asthma can also flare due to seasonal allergies. Pollen, yard fertilizer, insect repellent, and air temperature changes are just a few common triggers. Indoor triggers can result from dust and cleaning chemicals.

Asthma is when breathing becomes more difficult due to narrowing airways and the production of extra mucus. Coughing, wheezing, and shortness of breath are just some of the few symptoms that may be experienced but vary from person to person.



Avoiding triggers, like allergens, is a good way to prevent asthma attacks from happening. Speak with your doctor if you are experiencing symptoms or feeling like you're using a quick-relief inhaler more often, as you may need to adjust your medication routine.

Surprisingly, the common cold is also at its peak time, even though a cold is usually associated with cold weather or winter. The rhinovirus infection is easily spread but can be prevented by frequent hand washing.

Lyme disease also becomes more prominent as the weather gets warmer. Deer tick activity is active when the temperature is above 35 degrees Fahrenheit. Often ticks are found in tall grassy areas. If you spend time outdoors, make sure to check for ticks. Ticks should be removed with a pair of tweezers. Many times the rash will appear 7-14 days after the tick bite. Other early symptoms include fever, severe headache, joint pain, chills, and fatigue.

Lyme disease is an infection that is caused by a bacterium that deer ticks carry. It can travel into the bloodstream and cause a number of issues. It is a multisystem inflammatory disease, which starts in the skin but can spread to the joints, nervous system or even organs in its later stages.

The disease can be treated and cured early with antibiotics; but if the disease is in its later stages some may continue to have symptoms that lasts for months or even years after treatment.

Even though there are a number of problems that can occur during the spring months, they can all be managed so you shouldn't let that stop you from enjoying the great outdoors!



In 2004, Antonio passed away, and Olinda decided to sell her home and move to the United States to be closer to her two children and three granddaughters. She has been able to see her two granddaughters get married, and meet three great grandchildren.

Olinda currently resides at Powhatan, where her daughter works, and she is very happy.



## Easter Traditions

Easter falls on Sunday, April 21, this year. Easter traditions include Easter eggs and the coloring of them, the Easter bunny and candy.

### The Easter Bunny

The Easter bunny is a prominent symbol of the holiday, even though it was not mentioned in the bible. Where the tradition came from is not exactly known but rabbits are an ancient symbol of new life and fertility.

The Easter bunny first came to America in the 1700's. German immigrants brought their tradition of the egg-laying bunny, which was called "Osterhase" or "Oschter Haws." The children during that time would make nests for the bunny to lay its colored eggs. This tradition eventually has led to candy and other gifts in a basket.

### The Easter Egg

The Easter egg symbolizes the emergence from the tomb and resurrection of Jesus, from a Christian perspective. Eggs are also an ancient symbol of new life, and have been associated with pagan festivals that

Decorating the Easter eggs started around the 13th century. According to some, the egg used to be a forbidden food during the Lenten season. To mark the end of penance and fasting, eggs would be decorated and painted then eaten on Easter as celebration.

Fun fact: The largest Easter egg recorded was made out of chocolate and marshmallow, and was over 25 feet high and weighed over 8,000 pounds.

### Easter Candy

After Halloween, Easter is the second top selling holiday for candy in America. Some of the most popular candies include chocolate eggs, jelly beans, and Peeps.

The marshmallow Peep was originated in the 1950's in Bethlehem, Pennsylvania. Back then, they were hand-made and shaped into yellow chicks. Eventually, in the mid 1950's the company was bought out by the Roda Candy Company, and they began to mass produce the candy and it was made into various colors and animal shapes, like the bunny.



## April Word Search

Y	N	N	U	B	D	W	O	N	P	G	B
S	E	L	D	D	U	P	R	C	A	N	U
R	R	R	S	H	O	W	E	R	S	I	T
E	L	A	P	R	C	Z	T	N	T	H	T
W	D	B	R	F	H	S	S	O	E	C	E
O	C	H	I	C	K	S	A	E	L	T	R
L	R	B	N	O	C	M	E	E	S	A	F
F	M	Y	G	W	O	A	M	T	I	H	L
C	O	D	A	F	F	O	D	I	L	E	Y
K	O	E	T	R	G	A	R	D	E	N	E
E	L	P	G	N	I	L	K	C	U	D	W
T	B	L	O	S	S	O	M	N	I	A	R

### SPRING

BLOSSOM

SHOWERS

FLOWERS

RAIN

EASTER

BUTTERFLY

PUDDLES

### BUNNY

HATCHING

CHICKS

PASTELS

DUCKLING

BLOOM

DAFFODIL

GARDEN



### Baby Animal Word Scramble

- |             |             |
|-------------|-------------|
| 1. TENYCG   | A. BUNNY    |
| 2. OALF     | B. LAMB     |
| 3. WFNA     | C. KITTEN   |
| 4. PPPUY    | D. DUCKLING |
| 5. GGNOISL  | E. CHICK    |
| 6. YNUBN    | F. PIGLET   |
| 7. CFLA     | G. PUPPY    |
| 8. KHICC    | H. CALF     |
| 9. TELGIP   | I. FAWN     |
| 10. BLMA    | J. GOSLING  |
| 11. TITEKN  | K. FOAL     |
| 12. LINGKUD | L. CYGNET   |