

3515 Diana Queen Dr.  
Muscatine, IA 52761



563.263.5108

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Meet Our Management

- Director:**  
MEGAN JOHNSON
- Community Relations Coordinator:**  
TAYLOR THORPE
- Admin:**  
SANDRA PINON
- Culinary Coordinator:**  
SAMANTHA HARRIS
- Life Enrichment Coordinator:**  
SABRINA HARRIS
- Maintenance Coordinator:**  
JOE STEINKE
- Health Service Coordinator- RN:**  
EMILY ADCOCK
- Assistant Health Service Coordinator:**  
TIFFANY MCCLEARY
- Memory Care Lead:**  
LINDA BARCLAY
- ONR Director of Rehabilitation:**  
PATTY KALAROVICH

**This Month's Theme is...**  
*Life With Us is a Grand Slam!*  
**Follow us on Facebook to stay updated on the latest adventures at Addington Place!**

Resident Birthdays

- April 15 - Marian B.  
April 18- Darlene S.  
April 19 - Mike F.  
April 23 - Helen B.  
April 29 - Dee C.  
April 30 - Linda R.

Staff Birthdays

- April 2 - Tina W.  
April 7 - Sam H.  
April 20 - Chelsey B.  
April 25 - Fatumata T.  
April 27 - Rebecca F  
April 30 - Rachel E.  
April 30 - Macy M.

Mark Your Calendars!

- April 1 - Pet Therapy w/ Isabel  
Seventh-day Adventist Church  
April 2 - Community Easter Egg Hunt  
April 3 - Brass Ensemble Performance  
April 5 - Womens Lunch: Guadalajara  
April 6 - Catholic Mass  
Muscatine Art Museum  
Mike McElroy Performance  
April 12 - Comm. Lunch: Rebuilding Together  
April 13 - Town Hall  
April 17 - Terry Stone 50's 60's Music  
April 18 - Family Meeting  
April 19 - Men's Lunch  
Mike McElroy Performance  
April 20 - Chef Chat  
April 25 - Women of Worship  
April 26 - Pop-in Presentation  
April 27 - Chat w/ a nurse  
Welcome Committee & Activities Meeting

*All about Addington*

Easter Egg Hunt

THE EASTER BUNNY WILL BE MAKING A VISIT! EVERY "BUNNY" IS WELCOME!

SUNDAY APRIL 2ND AT 2PM

Egg-stravaganza for ALZ!

1. CALL 319-255-9491 AND LET US KNOW THE ADDRESS THAT YOU WOULD LIKE TO BE EGGED
2. DROP OFF YOUR ALZHEIMER'S ASSOCIATION CHECK/CASH DONATION TO US (3515 DIANA QUEEN DRIVE)
3. WE FILL THEIR YARD WITH TREAT FILLED EASTER EGGS ON 4/7/23

Just egg'em : \$25/house  
Eggtravagent EggPlosion : \$40/house





# Employee Anniversaries

Sandra Pinon  
2 Year Anniversary



Angela Collins  
2 Year Anniversary



Taylor Thorpe  
1 Year Anniversary



## Baseball Word Search

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



BASEBALL  
HOMERUN  
PLAYERS  
CATCHER  
FIELDER  
PITCHER  
RUNNER  
STRIKE  
DOUBLE  
BATTER  
SINGLE  
INNING  
SLIDE  
BASE  
BAT



# What is a "Superfood"?

While the word "Superfood" is not scientifically defined or regulated, there are many nutrient-dense foods that, if included in your diet, will help you to live a healthier lifestyle. Superfoods are everyday foods which contain extra nutrient density and don't provide excess calories, sugar, fat and preservatives. Another name for Superfoods are functional foods because they provide an extra boost of nutrients. Being able to get all the various nutrients you need from foods that don't provide excess calories, sugar, fat and preservatives can help you manage your weight and live a healthier life.

Aging can lead to a number of anatomical and physiological changes, along with a declining need for calories (a measure of energy) due to several factors, including:

**DIGESTIVE ISSUES** Aging affects all functions of your gastrointestinal system, including motility, enzyme and hormone secretion, digestion and absorption, according to a 2019 study. The study cites an increase in the prevalence of constipation, particularly among elderly populations, due to decreased mobility, cognitive impairment, comorbid medical issues, medication use and dietary changes.

**SARCOPENIA** Sarcopenia is age-related muscle mass loss. A review published in the journal Aging Research Reviews says two major factors contribute to muscle mass loss in aging individuals: atrophy and loss of muscle fibers. Researchers have also pointed to decreases in certain hormone levels as a possible contributor.

**OSTEOPENIA & OSTEOPOROSIS** Two conditions in which the bones become brittle and more likely to fracture. A number of factors have been shown to impact bone mass loss as you age, including genetics, nutrition, lifestyle and comorbidities, as noted in a 2018 study. The study says that osteopenia, or bone mass loss, often progresses to osteoporosis, which is characterized by reduced bone mineral density and an increased rate of bone loss.



# Addington at the Special Olympics!

Angie, Dicky, and Sandra attended the Muscatine YMCA Special Olympics basketball game. Sandra and Dicky cheered Angie on while she played basketball against the first responders. The event was such a fun experience for all of them. And to top it all... Angie's Special Olympics team won!

