

April 2025 Newsletter

The Wardwell

43 Middle Street Saco, Maine 04072
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Dear **Wardwell** Family,

Welcome **April!**

We are excited for longer, warmer days and more time spent outside! You will see our calendar includes several activities outside - Exercise groups, 20 Questions, and Trivia will kick things off! What a great way to stay active and stay connected!

As always, we are thankful for you and your families, an amazing staff, and a new month to bring more time together!



Kimberly Boisvert, Executive Director

“We are **GREAT** people doing **GREAT** things!”



Highlighted Concerts

Open to the

Wardwell Neighborhood, 2pm

April 7

Chris Humphrey Pianist

April 14

Christina and Gary Music Duet

April 28

Jay Staples Singer



Management Team

Kimberly Boisvert, Executive Director
Era Gingras, Resident Services Director
Greg Collins, Admissions Director
Brian Mawhinney, Food Service Director
Meghan Bristol, Finance Director
Amber Tarvers Jr., Activities Director
Al Lebreux, Maintenance Director

April Limelight



Megan G.

Meet Megan! She is one of Wardwell's Care Associates. She was born in Biddeford and raised in North Waterboro and Saco. Her favorite hobbies and interests are reading a good book, and going on long nature walks in the summer.

Megan has a black lab, Barkley. She chose this name because when she took him home, he barked the whole time. What she enjoys most about working at Wardwell is the family feeling. If she could travel anywhere in the world, she would choose Japan due to the culture and how elegant and beautiful everything is.

Thanks for all you do!

Wonderful Wardwell Memories!



Beverly, Eva and Adrienne



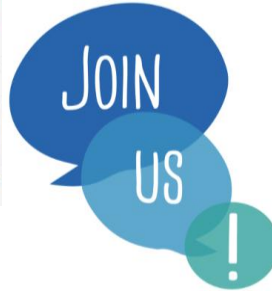
Irene, Marion and Al



Golf Tourney Time



Viola, Don and Dolores



Brain Exercise:
Find as many words as you can including the 9 letter word.

U	E	M
N	D	G
T	J	E

WARDWELL NEIGHBORHOOD ACTIVITIES

Wardwell Tenants, please sign in at your arrival.

Wednesday, April 2, 3p **Gentle Yoga with Mindy**
Owner of Mindy Muse Yoga of Kennebunk. Well attended.

Wednesday, April 9, 1:30p **Better Balance Exercise**
Duration is standing. Led by Amber in Activities.

Friday, April 11, 10a **Intro to Gua Sha with Lisa**
NEW class and technique to help the body with circulation and more.

Monday, April 14, 10:30a **Travis Dixon Health Topic**
This month's health topic will focus on Rheumatoid Arthritis.

Tuesday, April 15, 2p **Line Dancing with Debra**
Class is offered seated or standing. Debra is outstanding.

Monday, April 21, 10:30a **Affinity Care of Maine Social**
Join us with Lori Maxwell for meaningful connection.

Tuesday, April 22, 10:30a **Service of Word and Table**
Hymns, scripture and the Eucharist. Led by Joel and Wendy Guillemette

Wednesday, April 30, 3p **World Wonders with Mike**
Mike brings new places place to travel and discover each visit.



Wardwell's Compliment Corner

"Wardwell is the greatest place I ever dreamed of being. I love the staff, love the residents, and above all, I love the food. Whatever you want, or how you want it cooked, they take care of you. Anything I ask Maintenance for, it doesn't matter what it is, they show up and they do it with such grace. Another thing I think is wonderful is that I receive communion once a week. The Activities Director goes above and beyond. Kim, especially, and her Wardwell managers listen to your suggestions and do the best they can to accommodate you and that's that whole honest truth."

Thank you, Jacklyn T.



April Celebrations!

Resident Birthdays

Fleurette L. 21st
Adrienne G. – 28th

Resident Anniversaries

Lorraine J.



Employee Birthdays

Zack T. – 23rd
Marlene W. – 23rd
Maria B. – 25th

Employee Anniversaries

Era G.

April Trivia



April Trivia

- The Hubble Space Telescope was launched on April 24, 1990, revolutionizing our understanding of the universe.
- The first modern Olympics opened in Athens on April 6, 1896, reviving the ancient tradition of international competition.
- On April 12, 1961, Yuri Gagarin became the first human to travel into space, marking a milestone in exploration.
- The famous novel "The Great Gatsby" by F. Scott Fitzgerald was published on April 10, 1925.

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.



WOW!

April 15, 1770: The Pencil Eraser

On this day, Joseph Priestley discovered that rubber could erase pencil marks. This simple invention changed the way people write and correct their work. Before erasers, people used bread crumbs to remove mistakes! Today, the pencil eraser remains a small but mighty tool in classrooms, offices, and art studios worldwide.



DID YOU KNOW?

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: Aries & Taurus
Birthstone: Diamond
Flower: Daisy & Sweet Pea

Fun Fact of the Month

April 5th is National Dandelion Day

Did you know that every part of the dandelion is edible, from its flowers to its roots?



Always find a reason to laugh - it may not add years to your life but will surely add life to your years.



A BIG 'Thank You' to Priscille for her beautiful Easter palms!

Questions about Admissions? Please contact **Greg!**

