

Wellness Corner-A Message from MCV Director of Resident Care...

Myra Pilkus, LPN, Director of Resident Care
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The month of May is when it is usually warm enough to wear short sleeved clothing. Please remember that skin cancer is the most

common type of cancer in the U.S., especially in lighter skinned people. If you have any suspicious skin issues, please get them looked at early. Skin cancer is often caused by high levels of sunlight. Use sunblock or wear long sleeved shirts and hats when outside to protect your skin. At Abington, we make sure your loved one's wear sunblock if they are going to be outside for any extended period of time.



From the Director of Services...

So as the seasons change life does as well, we all know too well.

We are filled with anticipation and

excitement as we become part Magnolia Senior Living Family. One of the most difficult days for us will be the one when Susan leaves the building. As the owner and unrivaled dedicated leader of Abington it has been my pleasure and privilege to grow with her and Abington over the last decade. She has not only meant so much to all the staff but her devotion to the residents and their families has never wavered. It has been the most challenging past year and a half that any of us have ever dealt with in our lives. Our history, stories and memories together that we all share will always hold a special place in our hearts and are all the better for having you been a part of them Susan. We wish you all the best in your new life adventures ahead.

Sincerely with appreciation and admiration,
Your Service teams of Dietary, Maintenance and Environmental Services.

As well we know your blood pressure will be much lower in the months to come,,,,,,,,,

Joseph Armato/Director of Services
josepha@abingtonmanor.com

May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities.

Senior Living Birthdays:

5/6 Carl Kindred
5/7 Fred Baer
5/8 Cora Hummer
5/12 Regina O'Brien

Memory Care Village Birthdays:

5/6- Gloryanne Heckler

Both buildings host a resident birthday party as a combined celebration of all residents born in the current month. Check your calendars for the date and time to come and join us for some celebrating, singing, and of course....cake!!!

A Marketing Message...



From now until June 1st we are waiving our community fee for any new residents. If you know of anyone looking

to enjoy life and leave the chores to us, have them give me a call. We are open for tours and want to show everyone how wonderful our community is.

Jessica Ringo/Director of Admissions and Marketing

Abington Manor at Morgan Hill

Senior Living and Memory Care Village

Phone 610-438-9400

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Web www.abingtonmanor.com

The Campus Gazette

Abington Manor at Morgan Hill Senior Living and Memory Care Village

Celebrating May

Creative Beginnings Month

Meditation Month

Physical Fitness & Sports Month

Lemonade Day

May 2

Teacher Day

May 4

Cinco de Mayo

May 5

Mother's Day (U.S.)

May 9

International Nurses Day

May 12

Ride a Unicycle Day

May 16

NASCAR Day

May 21

Victoria Day (Canada)

May 24

Memorial Day (U.S.)

May 31

Garden of Weedin'

Weeds. The bane of every carefully manicured lawn and garden. Once weeds take hold, their removal may require hours of backbreaking, frustrating, and never-ending work. Yet some gardeners actually encourage weeds to grow amongst their prize flowers and shrubs. After all, what is considered a weed and what is considered a desirable plant all depends on your point of view. During May, Gifts from the Garden Month, consider the benefits that some weeds bestow upon your garden.

Weeds have been defined as "plants growing in the wrong place." Ralph Waldo Emerson famously stated that a weed is a "plant whose virtues have not yet been discovered." Others take a harsher tone, worrying that weeds are competitive superplants that outcompete and overwhelm the flowers or shrubs we prefer because they grow so vigorously. The truth seems to lie somewhere in the middle. Yes, weeds are aggressive. But it also turns out that some savvy gardeners have uncovered their Emersonian virtues.

Dandelions are often the first weed we learn to recognize. It is one of many weeds that are edible. The plant's leaves, flowers, and roots are not just edible; the root is also considered medicinal. Furthermore, dandelion roots loosen hard-packed soil while accumulating essential nutrients like potassium, phosphorus, and magnesium. White clover acts in a similar fashion, showing up wherever soil lacks nitrogen, a molecule necessary for plant growth. White clover transfers nitrogen from the air to the soil. The flowers of clover also attract pollinators and other insects beneficial to the garden. The broadleaf plantain weed, once called the white man's foot by Native Americans because it seemed to grow wherever European colonists stepped, also accumulates nutrients in the soil. Of course, many of these weeds produce massive amounts of seeds, so while they do benefit the garden, they may soon overrun your more desirable flowers. Weeds have benefits, but they must be managed and cared for, just like any other garden flower.



We have a Facebook page! Look for updates and photos by searching "Abington Manor at Morgan hill" and "Like" us. We are also on the web. Our monthly newsletter and calendar are available on our website. Office hours are Monday-Friday 9-5. Senior Living (610) 829-0100. Memory Care Village (610) 438-9400

Wellness Corner-A Message from SL Director of Resident Care...

Hello Spring!!!

It's that time of the year for what I feel are new beginnings.

The trees are blooming, the grass is growing and some noses are running.

Time to get outside in the nice weather and take advantage of getting some fresh air after so much quarantining.

With lots of people now getting vaccinated against COVID, maybe there will bring some hope of starting fresh again soon.

Please don't let your guard down and continue disinfecting and hand washing to stop the spread of all diseases.

Enjoy the nice weather that's coming....

Diane Dellocono, Associate ED/Director of Resident Care-Senior Living dianed@abingtonmanor.com



APRIL, 2021 Employees of the Month!!!



SL: Dawn Servaty-PCA

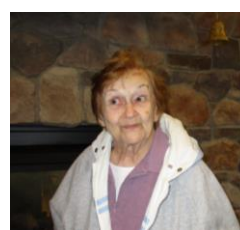


MCV: Marie Cenexant-Nursing

Thank you both for your exceptional service and dedication to the residents of Abington Manor.

Meet Your Neighbor:

Dorothy Clay "Dottie"-MCV



Dorothy Clay "Dottie" Dottie was born in West Virginia in February of 1931. She worked as a Quality Inspector. She enjoys taking care of baby dolls, folding clothes, cleaning, looking through magazines, and listening to music.



Jim Newquist-SL

Jim was born in Paterson, NJ. He worked as a science teacher. Jim enjoys reading, gardening, being outdoors, and watching bluebirds.

The Fun We've Had in Senior Living Activities...

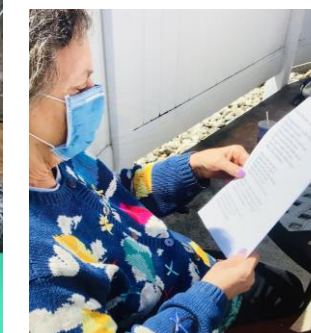


Residents got ready to celebrate Easter by dying dozens of eggs. We worked off all of the extra candy we ate at Easter during our "Uptown Funk" drum exercise. We also celebrated the anniversary of McDonald's by having a snack social. Residents enjoyed a "Paint n Sip" of April showers to welcome the springlike weather.

Robin Rindos/Activities Director Senior Living
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The Fun We've Had in Memory Care Village Activities...



Residents at MCV also dyed Easter eggs. They had fun in the sun at an outdoor sing along. They also make the building bright with their wonderful works of art.



Jennifer Argente-Rusu/Activities Director Memory Care Village
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