

St. Francis Woods

APRIL

HISTORY OF EASTER

The holiday of Easter, much like Christmas, has roots in both Christianity and ancient pagan culture. Though it is mostly considered a religious holiday, many of our modern traditions hail from Easter's pagan roots. Read ahead to learn more !

The Origin of Easter: Easter originated as an ancient pagan celebration of the spring equinox. In Christianity, the day was dedicated to observing the resurrection of Jesus Christ, celebrated around the time of the Jewish Passover. However, with the spread of the Gospel of Christ, early Christians who did not participate in Jewish customs eventually merged their observances with the pagan spring festival, recognizing Easter as "resurrection day."

Easter Eggs: This symbol can be traced back to the Ancient Babylonians, who believed an egg fell from heaven into the Euphrates River, and "hatched" the goddess of fertility, Astarte (also known as Ashtur, Ishtar, and, yes, Easter). Pagans exchanged eggs as gifts during their springtime festival. Today, eggs are painted in bright colors and used in the ever-popular Easter egg hunt, where they are hidden for children to find and collect.

The Easter Bunny: Rabbits, much like eggs, have long represented the spring season and fertility. The Easter Rabbit is a tradition that originated in the pagan festival of Eostre, represented by a northern goddess who was associated with the rabbit and hare. The modern Easter Bunny brings eggs and treats for children to enjoy every Easter.

The White Lily: The white lily is so connected with the holiday that it is sometimes known as the Easter lily. Lilies are associated with purity and resurrection; one legend says lilies grew in the Garden of Gethsemane, where Christ prayed the night before his death. Other flowers associated with spring and Easter include daffodils, crocus, hyacinth and tulips.

MARCH BIRTHDAYS:

RESIDENTS:

8th Nancy F.

9th Gary M.

27th Vickie G.

28th Bud K.

29th Kay H.

30th Jim T.

STAFF:

5th Taronda

10th Kristy

18th Brandi

26th Letta

April is National Occupational Therapy Month

“Occupational therapy intervention uses everyday life activities (occupations) to promote health, well-being, and your ability to participate in the important activities in your life. This includes any meaningful activity that a person wants to accomplish, including taking care of yourself and your family, working, volunteering, going to school, among many others..” ~ Nurse Kim



What can occupational therapy do for you?

Occupational therapy can help you participate in life activities (occupations) and provide recommendations for:

- Activities of daily living (such as bathing, dressing, and eating)
- Adaptive equipment (such as shower chairs, or equipment to make daily tasks easier)
- Caregiver and family training
- Planning and making the most of daily routines
- Returning to work, school, and leisure activities
- Techniques to aid in memory, concentration, and executive functioning (e.g., planning and prioritizing, functional cognition)
- Falls prevention and home safety and

What Occupation Therapy can I do on my own?

Memory games. Difficulty staying focused is a common challenge of aging and keeping your memory sharp can help. Many OT exercises are designed to improve memory and mental recall. If you are on your own, you can do crossword puzzles, put together actual puzzles, do craft activities, read or play games like Sodoku to keep your mind in motion!

Relaxation and rest methods. Exercises to reduce anxiety and tension are popular parts of OT programs for seniors. Breathing exercises are an important aspect of physical therapy because they help the patient to put their body into a state of rest. Breathing exercises can be done on your own and can even help you improve the quality of your sleep if you do them before bed or naptime!

Leg extensions. Muscle and joint pain are a common complaint for elderly OT patients. Leg extensions are a simple, equipment-free activity that can help stretch the muscles and

Cut Here and Return Completed Puzzle to Steve to win a prize!

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

Easter Word Search

EGG
BUNNY
HUNT

CARROT
CHOCOLATE
LAMB

SPRING
CHICK
BONNET

Name: _____

Room #: _____

Resident Spotlight

Meet John!

John is one of our newer residents. He was born right here in Peoria at OSF and spent most of his years in East Peoria graduating from EPHS in 1963. He married a few years later and had a daughter. After high school he worked for his father at "Economy TV", located in East Peoria. When his father retired, John took over the business and eventually sold it to a friend so he could travel. He became a traveling salesman and professional gambler. John says his years spent in Reno, NV were the best years of his life! He eventually was married a second time and became a father again to a stepson. His children went on to have children of their own and John is now a proud grandfather of two. His favorite hobbies are sports and gambling. Watch out card club players! Seems like John is going to bring some skills to the table!



John Chewning

Employee Spotlight

Get to know Lakisha!

Lakisha was born and raised in Chicago IL. She is a loving mother of 2 and Nana to 3 grandchildren. Lakisha has been a C.N.A for 22 years and absolutely loves it. When she's not working, she enjoys a good Lifetime movie and reading. But, most of all, she loves spending time with her kids and grandkids, having fun playing games. Most of all she enjoys a great family vacation. Next time you see Kisha walking around stop and say hello!

Lakisha Jackson

APRIL FAMILY NIGHT!

Join us in Celebrating Cinco De Mayo April 27, 2023



Cinco de Mayo, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Friday, May 5 in 2023, is also known as Battle of Puebla Day. Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates this single battle. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large

FREE

(or almost free)

Things to do this month in Peoria!

Family Tree Jumpstart

Saturday, April 22

1:00-3:30 PM Drop in!

Peoria Public Main Library
Lower Level 1, Classroom A

Let PCGS volunteers help you start your family tree.
Bring your ancestor & spouse's names, birth, death, & marriage dates and locations.

Peoria County Genealogical Society

Volunteer researchers are needed.
To volunteer, contact Kathy @ pcgsmembership@gmail.com

Earth Day Festival



Celebrate Earth Day by ‘thinking globally, acting locally’ at our annual festival! Peruse booths with area resources, and enjoy earth-friendly products, local food, and activities for all ages.

Donations are appreciated.



April 18th, 2023
FREE ADMISSION FOR SENIORS

Taco Tuesday
Tacos start at \$3, while margaritas will be served at \$4 on Tuesdays. Fans 55-over are eligible to receive a free ticket to each Tuesday home game.



April 19, 2023 at
10:00AM

Admission: FREE!

On April 19, a presentation of music history and piano recital with Bradley University professor Mark DeZwaan will take place the Gilmore Auditorium. DeZwaan will perform and reflect on the museum's exhibition, "Nathan Gunn: The Art of of Opera," as well as much more! A light breakfast and coffee will be served and guests will have the opportunity to explore the Museum.