

Happy Birthday



Resident Birthdays

4/1 Jane
4/11 Grace

Staff Birthdays

4/5 Stephanie
4/15 Marie L
4/27 Jeanne

Famous Faces Born in April

April 1, 1997: Asa Butterfield
April 5, 1976: Sterling K. Brown
April 7, 1954: Jackie Chan
April 9, 1998: Elle Fanning
April 19, 1982: Ali Wong
April 23, 2018: Prince Louis
April 24, 1982: Kelly Clarkson
April 27, 1988: Lizzo

Birthday Wishes

We have a lot of birthday babies this month, and we hope you'll help us in wishing them a fantastic birthday. If you know any of the following people, don't let them off the hook! Wave them over and sing "Happy Birthday" to them.



Director's Corner



Meet The Parc's New Executive Director Wilker Blaise



Residing in Everett, MA, alongside his cherished family, including his mother, two older sisters, and son, Wilker Blaise stands as a stalwart figure in the healthcare industry, embodying qualities of leadership, innovation, and an unwavering pursuit of excellence.

In addition to his professional endeavors, Wilker leads a dynamic personal life, immersing himself in diverse interests such as reading, audiobook learning, fitness, meditation, and creative outlets like drawing and painting. He also finds joy in sports, with a keen passion for basketball, tennis, boxing, and football, alongside indulging in culinary pursuits and writing.

Wilker boasts an illustrious career in healthcare management spanning over two decades, predominantly within the Massachusetts region. His journey is marked by pivotal roles that have fostered community bonds and a sense of familial belonging. Initially focusing on operations for a decade, he excelled in positions such as Quality Assurance Supervisor, Assisted Executive Director, and Operational Director. Subsequently, his career trajectory shifted toward revenue generation, honing his expertise in sales and marketing for long-term care facilities before transitioning seamlessly into assisted living approximately six years ago. His profound dedication to patient-centered care and advocacy has been the cornerstone of his professional drive. Educationally, Wilker holds an MBA in General Management and a BS in Information Technology from the University of Massachusetts Lowell, complemented by a BS in Management from the University of Massachusetts Boston. Additionally, he is Lean and Six Sigma Certified, reflecting a commitment to continuous improvement and operational efficiency.



Health & Fitness



Let's Stay Healthy

With the warmer weather approaching let's incorporate more healthy habits like exercise, eating healthy food, mental wellness and getting enough sleep. The Parc's dining services utilizes The Grove Menu for healthy food options. Exercise is offered daily at 10:30am for residents in with a variety of choices. For mental health The Parc offers many opportunities for socializations throughout the month.

What's New?



Sign Up

This month there will be a few new clubs to sign up and attend.

The Parc will be starting a Crochet club as well as a walking club and the garden club will be returning.



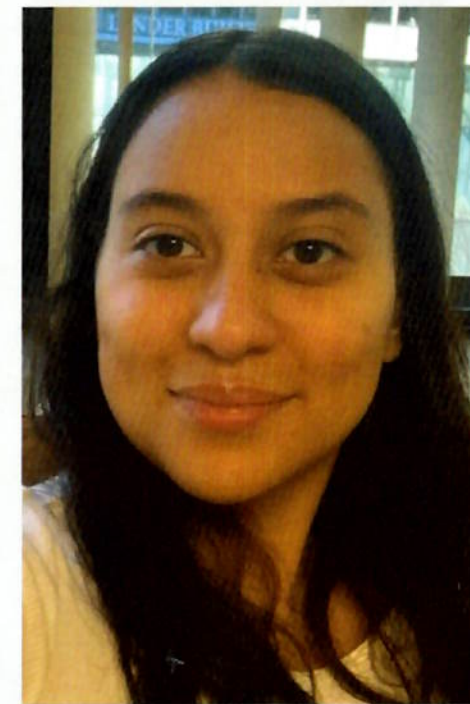
Thank a Tree

Planting trees on Arbor Day—or any day—is a popular way for people to help the planet. That's because trees get 90% of their nutrition from the air around them, in the form of carbon dioxide. Using energy from the sun, a tree converts CO2 into food and releases oxygen back into the air. Since excess CO2 is damaging to the environment and we need oxygen to breathe, trees are truly important for the ecosystem. Scientists say trees are the best method of offsetting carbon emissions, largely because they live so long and take a long time to decompose.

Create a Cookbook

Between baking pies and whipping up a pot of your best chili, fall is a food-focused season. To tie it all together, October is National Cookbook Month! Let this occasion inspire you to gather some favorite recipes from people you know. Ask relatives for cherished family recipes and post a request on social media for friends to share their go-to meals. Compile your findings into a handmade cookbook for yourself, and for a thoughtful holiday gift, make copies for others.

Associate of the Month

Meet Flor!!

Flor is our newest staff member who will be working in our housekeeping team. Flor, which means flower in Spanish, is from Honduras and resides in Revere. On Flor's days off she enjoys reading, resting and making social media videos. Flor enjoys meeting the residents and listening to all the wonderful stories of their lives.



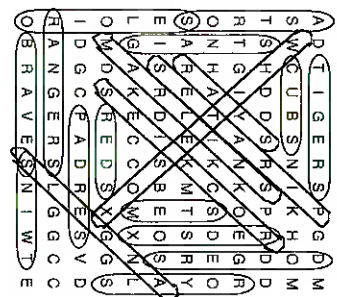
Word Search

Category: Major League Baseball Teams

A D T I G E R S P G D M
 S W C U B S N I K H O M
 T S H D D S R S P R D D
 R T G I Y A N K O E G R
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- Word Search Solution:
1. Angels
 2. Astros
 3. Braves
 4. Cubs
 5. Dodgers
 6. Giants
 7. Marlins
 8. Mets
 9. Orioles
 10. Padres
 11. Pirates
 12. Rangers
 13. Rays
 14. Reds
 15. Red Sox
 16. Rockies
 17. Royals
 18. Tigers
 19. Twins
 20. White Sox



"This Month In History" APRIL

1902: Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

1917: The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

1923: Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

1938: Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

1954: The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

1969: The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

1977: Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

1997: At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

2004: Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.



THE PARC
 AT HARBOR VIEW

46 Lincoln Street • Winthrop, MA 02152 • (617) 207-3009

April 2024

Management Team

- | | |
|-------------------------|------------------|
| Executive Director | Will Blaise |
| Business Office Manager | Kayla Romich |
| Lifestyle Director | Stephanie Chaves |
| Executive Chef | Amanda Penta |
| Nurse | Doreen Egan |

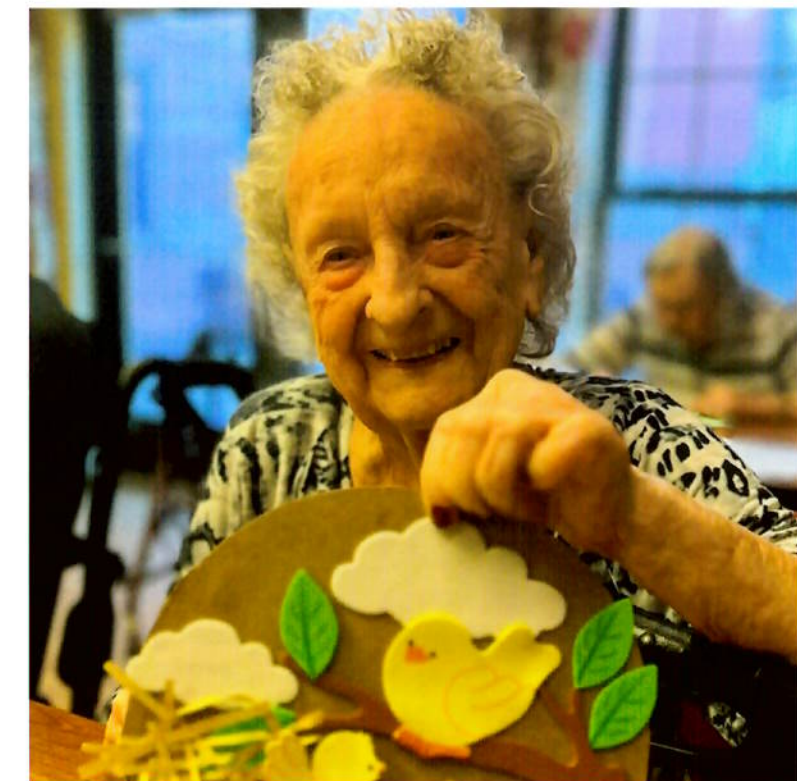
Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one! Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.



INSPIRED BY MONTESSORI METHODS



Lilian is our newest resident. She is enjoying her time here and making beautiful art projects.

