

Lodge Lane Assisted Living
1221 Lodge Lane
Wilmington, DE 19809

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

- Felisha Alderson, NHA, Executive Director
♦ falderson@kutzseniorliving.org
- Jessenia Gallagher, Resident Services Director
♦ jgallager@kutzseniorliving.org
- Kim Ritch,Nursing Supervisor & Staff Development
♦ kritch@kutzseniorliving.org
- Melissa Casperson, Sales and Marketing Director
♦ mcasperson@kutzseniorliving.org
- Tim Dulin, Maintenance Director
♦ tdulin@kutzseniorliving.org
- Rob Weiss, Director of Dining
♦ yw9@hcsqops.com
- Craig Tinley, Executive Chef
♦ ywa@hcsqops.com
- Michael Bucella, Housekeeping Director
♦ bkt@hcsqops.com
- Stephanie Smith, Campus Activity Director
♦ ssmith@kutzseniorliving.org
- Danielle Shaw, Lodge Lane Activities Director
♦ dshaw@kutzseniorliving.org
- Samantha Freeman, Memory Care Coordinator
♦ sfreeman@kutzseniorliving.org



Through Create a Jewish Legacy, we ensure the future of various agencies, like Kutz Senior Living Campus, will be available to others for years to come. For more information, please see Felisha Alderson.

Photo Credits

From left to right and top to bottom
Page 1, Photo1: Chardon
Page 2, Photo1: Sara Lu posing for Luck O the Irish Day.
Photo 2: Charlotte Z.: Photo 3: Elisa D. exercising during virtual fitness
Page 3: Photo 1: Bernice S. participating in virtual Bingo. Photo 2: Kim and Sean posing for our 1-year anniversary celebration. Photo3: Angelica posing for our 1-year anniversary.

April 2021



Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living and Memory | 1221 Lodge Lane Wllmington | 302-757-8100

Celebrating April

Habitat Awareness Month

Jazz Appreciation Month

Card and Letter Writing
Month

April Fools' Day
April 1

Easter
April 4

Draw a Bird Day
April 8

Ramadan Begins
April 12

Scrabble Day
April 13

World Amateur Radio Day
April 18

Earth Day
April 22

Kiss of Hope Day
April 24

International Dance Day
April 29

Staff Spotlight



Name: Chardon Hampton
Position at Lodge Lane:
I started out as one of the receptionists, and recently accepted a position as a nurse assistant.
How long have you been at LL?
I have been working at LL a little over 6 months.
Tell us a little about your background?
A little about me is that I have many different backgrounds.

To name a few: a medical assistant, cosmetologist, medical coder, bookkeeper, and soon to be an IT tech.
What got you into nursing?
The reason why I chose nursing: I enjoy helping people, making them feel better, while trying to put a smile on their face, even if a situation is grim or if they just need a warm ginger ale. I believe you have to have empathy, patience, and be genuine. Those are my characteristics, so I believe I fit like a glove in the caring field.
What's something you're proud of (could be professional or personal)?
I am proud of being able to drive. I had a fear of driving for the longest time, but now I am driving, and I have a truck. I am proud to have a house. Also I have a small party favor business (Poppin Party Favors) and party set up business.
What are some things you like to do in your spare time?
In my spare time, I like to learn new things, get better at crafting, shopping, and spending time with my family.
Tell us about the people who are important to you?
The most important thing to me is God, my family and friends, my boyfriend, the residents and staff at LL, and lastly, I feel everyone is important. We are all here for a reason.



Dates to Remember

April 1st 2021:

Baseball Day Watch Party
Let's play ball! We'll enjoy the popular sport of Baseball while enjoying some peanuts and crackerjacks.

Baseball Trivia

Do you know the number Babe Ruth wore on his jersey?

April 22nd 2021

Community Spirit Day: Mix and Match

Mix and match with us on this special spirit day. Nothing gives a good laugh like some good silly fun. Wear some outrageous colors and really stand out.

You can join us too....

Just because we are apart doesn't mean you can't participate. Celebrate with us virtually. Post a selfie on our Facebook page for Baseball Day and Mix Match Day.



Resources for Dementia Family Members

By: Samantha Freeman, Memory Care Coordinator

Living with dementia or loving a person living with dementia (PLWD) can be a really tough challenge, one that doesn't usually get all of the credit it deserves. That's why I have taken this opportunity to provide some good resources and tools to use while you face this challenge.



Alzheimer's Association (alz.org). The Alzheimer's Association has a 24/7 helpline- call them toll-free anytime day or night at 800-272-3900. Exploring their website is also a great resource for:

- Finding out more about Alzheimer's and related diseases
- Virtual support groups
- ALZ Connected, an online forum for a PLWD and caregivers to let each other know you're not facing this challenge alone

Teepa Snow (teepasnow.com). Teepa is an internationally recognized dementia care expert. She has some content behind a paywall, but she also has plenty of free info as well. She posts information on her website and on YouTube.

Take care of yourself. Treat yourself to self-care like a day at the spa or a large piece of cake. Don't underestimate how nice it is to take some time for yourself!

Talk to someone about how you feel. It doesn't have to be a professional. Just find a friend and talk that stress away. It'll feel better to not keep it pent up!

April Super Food: Pecans

Whether you pronounce it pe-cans or pe-cons, it doesn't change the facts that they are still a very delicious and nutritious treat. Pecan will be our featured treat on our snack cart this month.



Raw pecans pack a 1-2-3 punch of protein, healthy fats, and fiber that can help keep you energized and satisfied.

The pecan is a nut from a species of hickory trees native to northern Mexico and the Southern United States. The nut is a nutrition powerhouse loaded with vitamins and minerals.

What's more, raw pecans are even cholesterol-free, sodium-free, and low in carbohydrates. With their rich, buttery flavor and natural sweetness, they make a tasty and satisfying snack. Try our superfood recipe below.



Pecan Pie Energy Bites

- 1 cup raisins or dates
- 1 cup pecans
- 1/4 cup unsweetened coconut flakes
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon salt

Place raisins in a bowl and cover with hot water.

Let them soak for 10 minutes. Drain

In a food processor, place raisins and pecans; pulse until they are finely ground and have formed a paste. Add coconut flakes, vanilla, cinnamon, nutmeg, ginger, and salt.

Pulse a few times until combined. Remove food processor base and refrigerate for 30 minutes.

Using your hands, form dough into 16 small balls. Refrigerate in an airtight container to store and enjoy.

April Birthdays

Marge R. Apr 01

Mark G. Apr 12

Kash G. Apr 20

Jane L. Apr 23

Vicky B. Apr 29

Charlotte Z. Apr 30

Celebrity Birthdays

Marvin Gaye (singer) – April 2, 1939
Eddie Murphy (comedian) – April 3, 1961
Jackie Chan (actor) – April 7, 1954
Al Green (singer) – April 13, 1946
Charlotte Brontë (writer) – April 21, 1816
Barbra Streisand (entertainer) – April 24, 1942
Ella Fitzgerald (singer) – April 25, 1917
Willie Nelson (musician) – April 29, 1933

