



## April Horoscopes and Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges. Those born between April 20–30 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them lovers of the good life.

### Birthdays of the Month

Amneris	Martinez Diaz	4/2
Frank	Barnett	4/4
Mary	Moran	4/6
Rita	Meighan	4/8
Ruth	Linder	4/8
Elaine	Jaroszewicz	4/10
Joan	Vivanco	4/16
Lucille	Wynter	4/19
Howard	Dimartino	4/22
Gloria	Johnson	4/25
Helen	Johnson	4/29

## Employee Awards Breakfast



Maria E. Perez, CEO and Maureen Probst, Employee of the 4<sup>th</sup> Quarter

Methodist recognized outstanding employees who were selected by their peers and our residents as Employees of the 3<sup>rd</sup> and 4<sup>th</sup> Quarter with a breakfast and ceremony on Thursday, March 23<sup>rd</sup>. Alison Thomasos, Rehabilitation, was selected “Employee of the Third Quarter” and “Employee of 2016.” She recently had a baby so she could not be present at the ceremony.

Maureen Probst, Receptionist, was chosen “Employee of the 4<sup>th</sup> Quarter.”

Theresa Cincione, was designated Volunteer of the Year.

We thank our employees and volunteers for their dedication and commitment to Methodist and the community we serve!



Theresa Cincione  
Volunteer of the Year

## We Welcome Our New Employees:



### Dietary

Tosin Oladunjoye, Dietary Aide  
Aaron Reid, Dietary Aide  
Kelly Thompson, Dietary Cook

### Maintenance

Franklin Ramirez, Housekeeping Aide



### Nursing

Marissa Napenas-Santos, Dir. Clinical Reimbursement  
Joyce Sunu, Registered Nurse

### Transportation

Alan Schonfeld, Driver



## Notable Quotes

“In every walk with nature one receives far more than he seeks.”

- John Muir, naturalist

# Methodist Home for Nursing & Rehabilitation

April 2017



4499 Manhattan College Parkway  
Riverdale, NY 10471  
Phone: (718) 548-5100

www.methodisthome.org

## Celebrating April

### Licorice Month

### International Guitar Month

### Read a Road Map Day April 5

### Robotics Week April 8–16

### Cherish an Antique Day April 9

### Easter April 16

### National Volunteer Week April 23–29

### Poem in Your Pocket Day April 27

### International Jazz Day April 30

## Methodist Home’s Residents Stayed Safe and Sound During Winter Storm Stella

Thanks to the newly acquired shuttle bus for patients and their families, the staff of the Methodist Home for Nursing and Rehabilitation in Riverdale, New York, were able to get to work and care for residents during Storm Stella Tuesday.

The 2016 Chevy Turtle Top, which accommodates 12 passengers and 3 wheelchairs, picked up and returned staff to their homes throughout the day and evening.

The shutdown of above ground subways in the Bronx and other parts of New York City and seven inches of snow on suburban roads had caused thousands of workers in the tri-state area to miss work.



## Methodist Home for Nursing & Rehabilitation

Requests the pleasure of your company at its



### HONORING

Jeffrey Geller, MD  
Genevieve Castillo  
Ann Wyatt  
Edward J. Brown

THURSDAY, APRIL 27, 2017  
Cocktail Reception – 6:30 PM  
Dinner – 7:30 PM

GLEN ISLAND HARBOUR CLUB  
Glen Island Park, Weyman Avenue  
New Rochelle, NY

— Live Music & Dancing —  
BUSINESS ATTIRE

RSVP by Friday April 21, 2017  
For information, contact Keelyn Mulvey, 914.319.3798

## Wisdom Circle for Women at Methodist



Members of the Wisdom Circle for Women came to Methodist on Friday, March 3<sup>rd</sup> at 2:30 pm to practice mindful meditation techniques with our residents. Karina and Paula, who led the group, gave each resident a rose to help them focus on the beauty of life. They also led the participants in aromatherapy, guided visualization and deep conscious breathing techniques to promote a relaxation state. They ended their program with “sound bathing meditation” and self affirmation by the use of a talking/sharing stick. Residents attending the program reported feeling very relaxed at the end of the session.

## Purim Play Performed by our Recreation Department



Purim is one of the most joyous and fun holidays of the Jewish calendar. It commemorates a time when the Jewish people living in Persia were saved from extermination.

On March 8<sup>th</sup>, our dynamic Chaplain and Recreation Department performed a play for our residents to commemorate Purim. Approximately 30 residents enjoyed the performance.

## Residents' Monthly Birthday Party



Residents celebrating their birthdays in March, had a Monthly Birthday party on March 9<sup>th</sup> at 2:30 pm. Approximately 37 residents attended the event, enjoyed the music of Frank D'Ambrosio and shared a Birthday cake and apple cider.

## St. Patrick's Day Celebration at Methodist and at Manhattan College



Our residents enjoyed two festive parties for St. Patrick's Day: the first one was held at Methodist on March 17<sup>th</sup> at 2:30 pm. About 30 residents enjoyed green cupcakes, drinks and sang to the Irish Music performed by our own David Levitt.

On March 22<sup>nd</sup> at 12 pm, 19 residents attended a St. Patrick's Day party at Manhattan College. They enjoyed an Irish meal of corned beef and cabbage, soda bread and triforce for dessert. Residents also enjoyed the performance of Irish step dancers and an Irish Band that played Irish Music.

## The Chaplain's Corner

By Chaplain Janet Martin, CT, CDP



April is a time for change and new beginnings. Spring flowers and trees are beginning to bud and bloom. Baby animals emerge. Birds are migrating back to the area from their winter homes. It is a time of rebirth and renewal. It is a new season of change. Change is often difficult. It is hard to let go of the familiar to embrace the new. How we cope with change is one of the themes of the Spirituality Group. Please check your calendars for dates and times of the Spirituality Group.

April also brings several holidays of renewal. Our Christian neighbors end Holy Week celebrating the resurrection of the Lord on Easter Sunday. Our Jewish neighbors celebrate Passover and the beginning of the 40-year Exodus to the promise Land. Many of our Buddhist neighbors celebrate their New Year.

To honor these celebrations there are several events planned. These include:

April 5: HolyArt [2:30 pm MDR] to prepare for Easter and Passover observances.

April 9: Palm Sunday with distribution of Palms during 2:00 pm Mass

April 12: Last Supper/Passover discussion with play [2:30 pm MDR] performed by Recreation staff ending with sharing parts of a Seder.

April 14: Stations of the Cross **self guided** devotion in the Chapel. For residents who are not able to go to the Chapel, a booklet is available.

April 16: Easter Sunday Mass [2:00 pm Chapel].

Chaplain Janet and Father Luke wish you all a very Happy Spring and are looking forward to celebrating with you.

If you need to speak with either of us during a time when we are not at Methodist Home, please leave a message for us with the Receptionist by calling the main number: 718-548-5100.

## Interfaith Calendar

- 1 Lazarus Saturday - **Orthodox Christian**
- 2 Palm Sunday - **Orthodox Christian**
- 5 Ramanavami \*\* - **Hindu**
- 9 Palm Sunday- **Christian**
- 10 Mahavir Jayanti \*\* - **Jain**
- 11 Lord's Evening Meal-Jehovah's **Witness Christian**
- Hanuman Jayanti - **Hindu**
- 11-14 Theravadin Mew Year \*\* - **Buddhist**
- 11-18 Pesach (Passover) \* - **Jewish**
- 13 Maundy Thursday - **Christian**
- 14 Holy Friday - **Orthodox Christian**
- Baisakhi (Vaisakhi) - **Sikh**
- Good Friday - **Christian**
- 16 Easter - **Christian**
- Pascha (Easter) - **Orthodox Christian**
- 21 First Day of Ridvan \* - **Baha'i**
- 23 St. George's Day - **Christian**
- Yom HaShoah \* - **Jewish**
- 24 Lailat al Miraj \* - **Islam**
- 29 Ninth Day of Ridvan \* - **Baha'i**
- 30 St. James the Great Day - **Orthodox Christian**