

POWERBACK REHAB

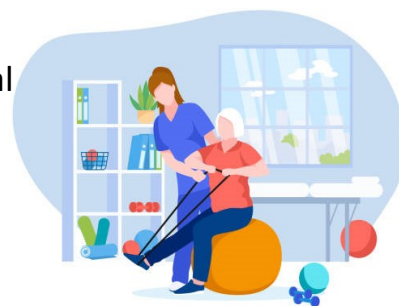
April is National Stress Awareness Month. According to the [National Institute of Mental Health](#). The definition of stress is “an emotional or physical response to an external cause”. A trigger for stress may occur once or repeat over time. Everyone, at some point in their lives, feels stress. It is important to realize the impact of stress in our daily lives and the effect it can have on our physical, mental, and emotional well being. Listed below are common reactions to stress and healthy ways to cope with stress. If you find that you have trouble managing your stress such that it interferes with your everyday life you may benefit from talking to a health professional; including your Powerback Rehab team. Please contact us at (757) 249-0250 if you would like to discuss specific ways to reach your health goals, including reducing stress.

Some common reactions to stress may be:

- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances
- Withdrawing and avoiding doing things

Healthy ways to help yourself cope with stress:

- Take breaks from watching, reading or listening to news stories about traumatic events
- Take care of your body with healthy eating, a good night's sleep, and exercise
- Make time to unwind and complete activities that you enjoy like painting or gardening
- Talk with friends or family about your feelings
- Connect with others in your community or faith based organization
- Avoid the use of drugs or alcohol which could increase stress
- Recognize when you need additional assistance from a professional



—Austin Martinelli OTR/L
Director of Rehabilitation
Mennowood Retirement Community

Mennowood News

Mennowood Retirement Community

13030 Warwick Boulevard / Newport News, VA / 757-249-0355



Management Team

- **Thelma Shaffer**
Administrator
- **Brenda McCullen**
Director of Nursing
- **Kierra Baker**
Business Office Manager
- **Michele Ryba**
Director of Community Relations
- **Tina Kotlark**
Director of Dining Services
- **Emily Bartgis**
Director of Marketing & Admissions
- **Chrissy Bell**
Director of Life Enrichment
- **Curtis Shaw**
Director of Maintenance & Environmental Services

RESIDENT OF THE MONTH



Join us as we celebrate Barbara, April birthdays, and New Residents on Friday, April 19th at 2:00 pm in the Dining Room with Entertainment by Sentimental Journeys

We are delighted to honor Barbara Hartzell as our Resident of the Month!

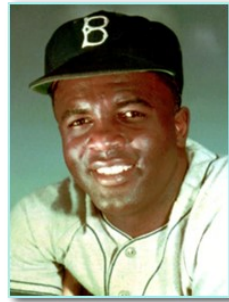
Barbara Hartzell was born in Honolulu, Hawaii. She joined the Mennowood family in February of last year and wasted no time jumping in to try something new! She had never painted before completing the piece pictured above and fell in love with the process! Since then she has completed many paintings and encourages others to “give it a try”.

Ms. Hartzell’s former occupation was of an accounts payable administrator. She enjoys the company of others, reading, music, watching TV, and of course painting.

CONGRATULATIONS BARBARA!

WE LOVE YOU!

Major League Debut



On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.



A Memorial Service will be held for
Elsie Leaptrout
Georgia Mullenax
& Jean Miller
on Tuesday, April 23rd at 2:00
in the Dining Room



We are so grateful for your willingness to give your time, energy, and talents.

You make such a difference in our lives!

- Shawn Borelli**—Worship
- Ed & Camilla Dupree**—Worship
(World Outreach Church)
- Victory Life Church**—Worship
- Mike Haywood**—Trivia & Singing
- Leslie Scarpelli**—Kitten Visits
- Jim McLeod & Dan Klemencic**—Men's Club
- Beth Walls**—Room Visits
- Sheryl Kanneg**—Saturday Bingo
- Christy Lumm**—Piano in the Parlor
- Suzanne Allen**—Arts & Crafts
- Linda & Larry Nester & "JB"**—Pet Therapy
- Linda & John Hutchinson & "River"**—Pet Therapy
- Beth Inge & "Skipper"**—Pet Therapy
- Susan Nixon & "Boomer"**—Pet Therapy
- Roger Lagesse & "Spencer"**—Pet Therapy

"April is a promise that
May is bound to keep."

—Hal Borland

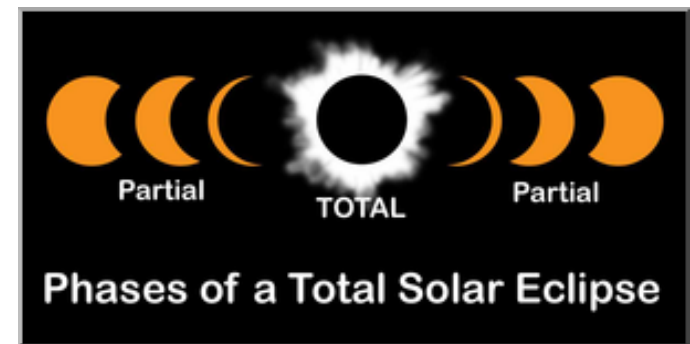
2024 TOTAL SOLAR ECLIPSE

On **April 8th** the solar eclipse will cross North America, passing over Mexico, the United States, and Canada. For us here in Newport News, it will be a partial eclipse covering 79.44% of the sun **beginning at 2:03pm, at maximum at 3:20 pm, and ending at 4:32 pm**

Except during the brief total phase of a total solar eclipse when the Moon completely blocks the Sun's bright face (which we **will not** see here), **IT IS NOT SAFE TO LOOK DIRECTLY AT THE SUN** without specialized eye protection for solar viewing. Viewing through a camera, binoculars or telescope will instantly cause severe eye injury.

Permanent damage or even blindness can occur even if your eyes are exposed to direct sunlight for just a few seconds.

If you plan to view this amazing celestial event, please pick up eye protection at the receptionist desk on April 8th.



- 4/5—Aida Alicea**
- 4/6—Barbara Wilson**
- 4/7—Barbara Reddy**
- 4/8—Frances Flynn**
- 4/10—Brett Francis**
- 4/17—Neill Clark**
- 4/23—Mary Watson**
- 4/24—Annette Firth**
- 4/23—John Kreider**
- 4/24—Annette Firth**
- 4/30—Judy Thomas**

Birthstone: **Diamond**
Birth Flower: **Sweet Pea or Daisy**



- Carol Adolph**
- Lee Jarrett**
- Kyra Krombien**
- Bernice Roscopf**