

April 2023

Normandy Connection

The Normandy Care Center, 22709 Lake Rd. Rocky River, Ohio 44116, (440) 333-5400



Leadership Team

Administrator
Emily Connolly

BOM & Billing
Jeanne Kucinski, Lynn Rhoades

Dietary Manager
Kathy Halderman

Director Of Nursing
Fabian Mediavilla

Facility Rehab Coordinator
Tom Palcisco

HR Director
Paula Mulder

Housekeeping & Laundry
Liz Eisom

Life Enrichment Director
Cindy Hadley

Medical Records
Lisa Boggs

MDS
Kim Kinney

Social Service Directors
Ginny Moes, Rya Laurel

Staffing Coordinator
Shiaa Robinson

Unit Managers
Cindy Oliver
Maresa Herr
Janice Gibson



April Resident of the Month

Timmy Tehorik

The Normandy Care Center is proud to feature Timothy Tehok as our resident of the month for April.

Timmy was born May 14th, 1951, at Fairveiw Hospital in Cleveland. He was raised in the Cleveland area, and lived with his mom and dad and two sisters, (one 2 years older, the other 2 years younger).

His early education at Ascension Catholic Academy was interrupted by an illness that caused him to lose his sight. He was educated further at Almira Elementary School in Cleveland. He then went on to graduate from West High in 1970. During this time, he went on a church sponsored trip where he met Pat, who became the love of his life and his wife.

During their years together, Timmy ran snack bars all over the Cleveland area for the Society for the Blind. Pat worked with her family's business helping people get financial age at the trade school her family ran; The West Side Institute of Technology. She also worked at Kohl's department store.

Timmy and Pat adopted their first child, and in the following years ended up fostering 30-35 children! Their mission to help these children brought more additions to their family - 9 adopted children filled their life - 2 boys and 7 girls! And their children have given them 9 grandchildren and 4 great-grandchildren.

Timmy was up for the challenge of taking care of a big family: a self-appointed "Mr. Mom", Timmy took care of the kids and cooked the meals for the family while Pat was at work. And on the weekends, he cooked a big lunch for the workers at the Institute of Technology - anywhere from 30 to 50 meals! When asked how he managed to do all this without being able to see, he simply said "It was my job."

Timmy came to The Normandy Care Center a year and a half ago. He enjoys eating in the communal dining room with the other residents - he says the rosary with us on Wednesdays, loves music- (he used to play the accordin). Tim comes to our socials we have with music and treats, and is an absolute pleasure to visit. If you see

Timmy, congratulate him on being the Resident of the month - ask him how he's doing and you'll probasbly hear his standard answer: "Okie-dokie!"

Quite a Pickle

The fastest-growing sport in America already has its own commemorative month. That's right, April is Pickleball Month. What is the source of the sport's cultlike appeal? Perhaps it's the fact that almost everyone can play.



According to the USA Pickleball Association, over half of all regular pickleball players are over age 55, a fact that speaks to the sport's accessibility. Pickleball is a hybrid of tennis, badminton, and table tennis, but it is easier to play than all of them. It's played on a small, tennis-like court where a hard, plastic, wiffle-like ball is batted with short, light paddles. Balls are served underhand, which makes them easier to volley. The court is smaller, which makes ground easier to cover. Paddles are also smaller and lighter, which makes them easier to handle. The game gets even easier when you play doubles. And yet, despite its ease of play, pickleball still offers a good full-body cardiovascular workout.

Not everyone has gotten on the pickleball bandwagon. As the sport has grown at a breakneck pace, communities all over the country are suffering from pickleball-related controversies. Neighbors of parks and courts are getting sick and tired of the endless plastic *thwack* of the pickleball. Some communities are going so far as to call the sound noise pollution. In communities with no dedicated pickleball courts, local parks have become the scene of turf wars. Tennis and basketball players cry foul when their courts are overrun by pickleballers who arrive en masse with their portable nets and painter's tape, monopolizing the courts for hours on end.

Pickleball's international and national governing bodies are also fighting amongst themselves, jostling for control of tournaments, players, and the money that these events bring. Rapid growth of the sport has brought plenty of growing pains, but still pickleball endures. Despite controversy, people love to play the game. Wherever there is a hard court, people arrive undaunted with nets and paddles, eager to play their new favorite game.

Poetic License

Haiku is a form of traditional Japanese poetry that consists of three unrhyming lines of five, seven, and five syllables. The short poems are often void of any figurative language, instead imparting feeling and thoughtfulness with plain concrete language and imagery. Try your hand at penning one of these poems on April 17, International Haiku Day.

Haiku began in 13th-century Japan, not as their own poems, but as *hokku*, which are the opening lines of *renga*, expansive oral poems spoken by multiple poets. It wasn't until the 16th century that hokku became a form all its own, and not until 100 years later the poet Matsuo Basho elevated it as an art form. It was Masaoka Shiki, poet of the late 19th century, who first called the poems *haiku*. Perhaps the most famous haiku was written by Basho:

old pond
frog leaps in
water's sound

From Trash to Treasure



It has become fashionable on Earth Day, April 22, to hold "Trashion" shows—fashion shows where all the clothing is made from recycled trash, such as plastic bags, old mattresses, curtains, cables, wires, CDs, old magazines, and even paper bags. The trend is especially prevalent on college campuses, where students in environmental science or fashion design programs are encouraged to develop sustainable designs. Trashion fashion shows often highlight the massive amount of unrecyclable and uncompostable waste generated by society. Each year, the fashion industry alone creates 92 million tons of textile waste. The "fast fashion" industry, which focuses on rapidly manufacturing massive volumes of cheap clothing, often relies on sweatshop labor and results in harmful environmental degradation.



Staff Birthdays

Dionne Woods 4/2
Kiana Knight 4/3
Shahd Ibrahim 4/3
Jasmine Desselles 4/4
Maresa Herr 4/8
Katryn Swiggett 4/10
Alexis Davis 4/10
Linda Taylor 4/11
Alice Hughes 4/12
Jennifer Bury 4/12
Amy Velez 4/12
Cindy Oliver 4/16
Anitrea Iverson 4/17
Curtis Williams 4/19
Cassandra Parks 4/21
Nedaa Shaheen 4/24
Mimoza Gjino 4/24
Darlene Bennett 4/24
Evarts Taylor 4/25
Cherelle Nash 4/29



Mimoza Gjino 4/5 (13yrs)
Dionna Woods (1yr)
Akira Helton 4/14 (1yr)
Njideka Ezeanya 4/16 (3yrs)
Nkemdilim Onugha 4/16 (3yrs)
Ebony Fisher 4/17 (1yr)
Kiana Knight 4/21 (1yr)
Susan Ruznov 4/22 (4yrs)
Devanne Hiltabidel 4/25 (11yrs)
Susan Swann 4/25 (1yr)
Cindy Hadley 4/25 (1yr)

Resident Birthdays

Mary Whalen 4/1
Jean Starr 4/2
Beverly Tasch 4/3
Christina Saunders 4/4
Andre Fritz 4/7
Suzanne Mapes 4/11
Mary Parsells 4/13
Linda Dunlap 4/17
Aida Burgos 4/21
Dick Durfee 4/23
Bill Whitfield 4/25
Darrell Holland 4/30

Lighting the Way to Summer



On April 30, the eve of May Day, the city of Edinburgh, Scotland, comes alive with fire for the modern-day celebration of the ancient ritual of Beltane, the Celtic holiday heralding the arrival of summer.

Beltane translates from the Gaelic as “the fires of Bel,” in reference to Belenus, the Celtic god of the sun. In ancient times, May Day welcomed back the warmth of the sun and the renewed fertility of the land. It was, and in many places still is, traditional to dance around a maypole and perform other rituals associated with fertility and abundance. But before May Day, there is Beltane, a night of roaring bonfires.

Fire is considered the ultimate purifying force. Perhaps this stems from fire’s ability to cleanse the land. After a forest fire, it is common for new growth to flourish. In olden days, on Beltane, all hearth fires were extinguished and a new *neid fire*, or “sacred fire,” was lit. Everyone in the community relit their hearths from this new fire, symbolizing the unification of the community.

Twin bonfires were also lit, and it was common for farmers to lead their livestock between the two, to cleanse and protect the animals before they were set free to pasture. Humans, too, dared to leap and run between the fires as a way to purify and heal themselves.

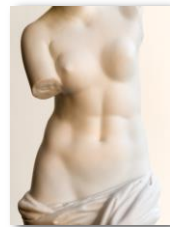
In Edinburgh, Beltane begins with a procession to Calton Hill. It is led by a May Queen, embodying strength, purity, and the potential for growth, and the Green Man, symbolizing the life that grows on Earth. Neither can exist without the other. The couple arrives at an outdoor stage, where performance and dancing culminate with the lighting of the bonfire. As the fire leaps higher, food and drink are passed around, and the performers and audience become one large celebratory crowd. Just as the *neid fire* of old joined the community together, so does Edinburgh’s large bonfire.

April Birthdays

In astrology, those born from April 1–19 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

Marvin Gaye (singer) – April 2, 1939
 Eddie Murphy (comedian) – April 3, 1961
 Maya Angelou (poet) – April 4, 1928
 Billie Holiday (singer) – April 7, 1915
 Omar Sharif (actor) – April 10, 1932
 Al Green (singer) – April 13, 1946
 Kareem Abdul-Jabbar (athlete) – April 16, 1947
 Rick Moranis (actor) – April 18, 1953
 Jack Nicholson (actor) – April 22, 1937
 Ella Fitzgerald (singer) – April 25, 1917
 Carol Burnett (comedienne) – April 26, 1933
 Duke Ellington (composer) – April 29, 1899

A Beautiful Find



On April 8, 1820, a Greek farmer named Yorgos Kentrotas was searching for stones to rebuild a wall in a field on the island of Milos. The field was the scene of a ruined and ancient theater, and rubble littered the ground.

A French naval officer named Olivier Voutier watched Kentrotas as he heaved up a stone and curiously peered into a hole beneath. Voutier approached and saw that Kentrotas had unearthed a ruined statue—armless, cracked, and dirty, but remarkable. The farmer had discovered the *Venus de Milo*. While many historians believe the statue depicts Aphrodite, the Greek goddess of love and beauty (known as Venus to the Romans), her true identity is unknown. Another guess is that she is actually Amphitrite, goddess of the sea and wife of Poseidon. Her beauty, though, is undisputed, and she is considered one of the Louvre museum’s most precious treasures.