

# FLUVANNA DAY HAB NEWSLETTER

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FLUVANNA

Spring

ACTIVITIES



We kicked off the Spring season here at Fluvanna by holding a Jelly Belly "Bean Boozled" Challenge! The theme was "Spitters Are Quitters!" Staff choose to accept this gruesome challenge of "dog food", "moldy cheese", "baby wipe" flavored jelly beans and more! All staff were great sports in this disgusting challenge but David Gowan, DSP took home the win! Not only did he eat each jelly bean but he was able to swallow in record time!



## Special Days in May:

4th: Full Moon

5th: Cinco de Mayo

10th: Mother's Day

25th: Memorial Day



## Marla's Muse

Fluvanna welcomes May with fun activities!



We will start May by celebrating Cinco de Mayo and learning about Mexican activities, cultures and food. Nurses week will be celebrated as well as Memorial Day. We will also celebrate a "Game week" and make a huge chalk board game in the rear parking area where staff and participants will team up, roll a huge dice and walk around the game board. Sounds like fun!

After nearly 21 years I am leaving The Resource Center and taking a job in Buffalo, NY. I have many fond memories of TRC and have formed lasting friendships. "Future Strivers" had been my "family" for 19 years at MJRC and I've had the pleasure of being site supervisor at Fluvanna Day Program for nearly 2 years. Best wishes to everyone – keep up the good work – remind yourself of all the good you do.

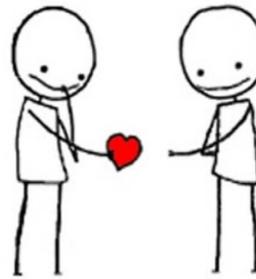
# *Nurse* *Notes*

**By: Dan Farnham, RN**

May is Mental Health Month. Check out the following website for resources and information on how to manage stress:

<http://www.mentalhealthamerica.net/live-your-life-well>

On a more personal note, April 24 was my last day at Fluvanna, prior to my new job at Alternative Day Hab and Senior Adult Day Hab. Thank you all for making Fluvanna such a wonderful experience for me. I will miss you all, and I appreciate everything you all do for the individuals you serve.



Pay it forward

*During an outing at Davidson's Restaurant in Lakewood this month with Archie H.; Tammy Russell, AL went to pay for their meal. Another patron saw how Tammy allowed Archie to make independent choices throughout the outing and asked the cashier if they could pay for Tammy and Archie's meal. Tammy and Archie were so elated that the money they would've used for their meal; they used it to tip their waitress nicely!*



*Our "Fluvanna Variety Show" was a smash hit! Participants and staff dressed as famous singers, read poetry and there was even a magic show to entertain the entire group!*

*Spring is in the air at Fluvanna Day Program! Each room decorated the hallways and program doors with a spring-like theme.*



**Keeping the FUN in FLUVANNA DAY HAB**

222 Fluvanna Ave Jamestown NY  
Marla Gressley, Site Supervisor 661-1019  
Jane Krzyzanowski, RN 661-1038  
Tiara Cromartie, Sec 661-1016