

April 2026

Cardigan Chronicle

Cardigan Nursing & Rehabilitation Center ~ 59 Country Way ~ Scituate, MA 02066
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“April is a moment of joy for those who have survived the winter.”

~Samuel Johnson

Oh, how happy we are that it is finally April. What a winter! It was Very Stressful. March wasn't promising and we thought maybe we could be fooled by April. But here we are. We have survived. Flowers are starting to bloom, and the buds are on the trees. We are ready for Spring!

To help alleviate some of that stress we will surround ourselves with flowers and plants as the Resident Garden Club continues to make their floral bouquets for the dining room and for other residents upstairs to let them know we are thinking about them. Also, we are repotting any plants from the residents' rooms that may need it. If your loved one has a plant in need of TLC just bring it downstairs to activities or let staff know and we will gladly give them a spring cleaning.

April is Stress Awareness Month and crafts (especially paper crafts and painting) can be a relaxing and therapeutic activity. We have several programs planned this month. We will be making paper raindrops to hang from the ceiling in the activities room on the 2nd. We will make marbled stationery on the 8th. National Read a Road Map is the 5th but we will do a craft involving maps on the 9th. Paper Craft Day is the 14th. Come and see what Cheri has in store! Come and help paint some garden rocks on the 16th. On the 18th and 25th there will be a craft club to finish some projects already started or to create something for the garden to come.

Sometimes when you have been under stress it makes you want to eat. We are going to try and focus on healthier stress-reliving snacks like fresh berries, fruits, and vegetables that are now in season, and items like cheese and crackers and fresh dips. Of course we are going to have to add in a Soda Fountain Social on the 8th with root beer floats and such, a Pink Party on the 23rd featuring pink foods...hmmm, and Blueberry pies for Blueberry pie day on the 29th. If it's not too stressful, come and join us!

Check the calendar for all the entertainers that will be coming this month and for all the other special activities. Feel free to join us for any activity, anytime! Come and play, come and volunteer, come and visit! We would love to have you.

Karin & Cheri

Lending a Helping Hand

As the month of March comes to a close, we look forward to the rebirth of our earth after a long winter. The arrival of blooms and blossoms can help us to feel a sense of renewal. Often in the winter we tend to hunker down when it is dark and cold, which can lead us to feel a bit isolated. In the spring we look forward to reconnecting with others and having new experiences. We often feel energized by the longer and warmer days.

What better month to make new connections than the month of April as we celebrate National Volunteer Week during the third week of the month. National Volunteer week was established in the US in 1974 by then President Nixon to promote volunteering and to appreciate those who actively volunteer. By volunteering for an organization that reflects your values or promotes a cause close to your heart you may find that you get back as much as you give. By becoming involved, we can create a sense of community and a sense of purpose for ourselves. You may connect with people who share similar values and passions all while supporting a good cause.

Many people may want to volunteer but do not know where to start. Take time this month to consider what type of organization speaks to you. Would you like to work with a specific population or for a special cause? There are countless organizations that actively need the support of volunteers. Once you narrow down where your interests lay you can seek out groups that you can connect with. Many people may feel they are too busy to help but there are plenty of opportunities for helping with a minimal amount of time commitment.

If you know of others who are active volunteers be sure to offer them a word of appreciation this month for the efforts that they put forth. Most everybody who volunteers does it with no expectation of thanks but a kind word can always lift someone up. If you already are volunteering, then offer to a friend or family member to join you so they too may experience the joy of helping others. Volunteering can enrich your life in immeasurable ways, and it can make a huge impact on the lives of others.

“If you want to lift yourself up, lift someone else up.”

Booker T. Washington

Oh, By the Way Just A Note:

Resident Recognition

Congratulations to Bill F. who received a Resolution and Recognition for 35 years of service to the Town of Scituate Board of Registrars of Voters



Check out our Easter Doll House in the lobby as you walk in. It is on loan from the Adams Family in Scituate.



Now that it's spring please consider changing over your loved one's wardrobe. If you bring in new clothing items please get them labeled.

Animal of the Month ~ Peregrine Falcon

The majestic peregrine falcon is known for its spectacularly fast flying and is the fastest animal in the world. It averages between 25 and 34 miles per hour while traveling but reaches 69 to 200 miles per hour when pursuing food. This powerful bird's meal of choice is small-to-medium-sized birds, such as pigeons, sparrows, doves, and ducks. Bird-eating raptors are called *avivores*. They swoop down from high above, snatching prey from the air. If birds are scarce, they will hunt for rodents, bats, small reptiles, and insects. Peregrine falcons have been trained by humans for hunting for more than a thousand years. They typically live well into their teens, with the oldest on record reaching nearly 20 years old. This falcon enjoys nesting on cliffs and lives in a range of habitats, from urban environments to shorelines. The females are larger than the males. Peregrines are found on all continents except Antarctica.



Flower ~ Daisy

April's flower is the dainty daisy. It gets its name from the Anglo-Saxon *day's eye*, as it looks like a sun and opens with sunshine, and it represents innocence and purity. Legend tells that the first daisy appeared when a young nymph transformed into one to avoid unwanted attention. In Norse mythology, the daisy is the flower of Freya, goddess of love, motherhood, and beauty. Romantics often pull off daisy petals one by one to tell if "he loves me" or "loves me not."



Birthstone~ Diamond

The gorgeous, glittery diamond is the birthstone for April. For centuries, this stone has been synonymous with romance, intrigue, power, greed, and magic. In the Middle Ages, it was believed to cure headaches and to create love potions. Today, diamonds symbolize everlasting love and devotion and are traditionally the stone of choice for engagement rings. The diamond is the hardest material in the world, making it useful for cutting, carving, and polishing.



Residents

Leon P. 4/08
Frank C. 4/10

Staff

Dawn N. 4/04
Eugenia G. 4/15
Nadege B. 4/15
Jean F. 4/16
Susan W. 4/20

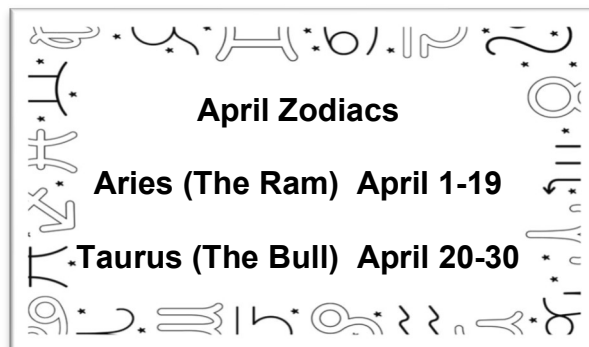
Resident Birthday Bios

Happy 100th Birthday Leon P.!

Born and raised in North Carolina. He moved to Boston and attended high school. He joined the Navy and served for 3 years. While in the Navy, Leon met his future wife. They married and lived happily in Marshfield. He worked for many years as a sales rep for the Sunshine Cookie Co. Leon enjoys football and is a Pat's fan.

Happy Birthday Frank C.!

Born in Milton and raised in Marshfield. Frank graduated high school and later attended a trade school. He learned to become a mechanic and owned his own tow truck for 20+ years. He did towing for the town of Marshfield. The towing business owned by Frank was known as South Shore Towing which operated out of Marshfield. He was always good with his hands and liked to build things. He loves country & oldies music.



April is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three?) The name April comes from the word *Aprilis*, derived from aperture, meaning “to open.” Reportedly, the Romans gave the month this name in honor of the time of year when flowers begin to bud, or open. The Anglo-Saxons called the month *Eostre* (their word for Easter), as Easter often happens in April.



Sandra Loring 4/25 Apr.

*“A gush of bird-song, a patter of dew,
A cloud, and a rainbow’s warning.
Suddenly sunshine and perfect blue-
An April day in the morning.”*

~Attributed to Harriet Prescott Spofford

Special Days

April Fool’s Day
April 1

Good Friday
April 3

Easter
April 5

Last Day of Passover
April 9

Orthodox Easter
April 12

Tax Day
April 15

Earth Day
April 22