



**Marla Vista Assisted Living &
Memory Care Leadership Team**
marlavistaal.com

Assisted Living (AL) 920-499-1119

Memory Care (MC) 920-405-0632

Jennifer Owens, Administrator

Kevin Gille,
Community Relations
Director

Katie VanBeek, RN, BSN, AL Wellness
Director

Sunanda "Sunny" Bhatoya, Wellness
Coordinator

Stacy Pearson, Memory Care
Coordinator

Laura Allard, AL Life Enrichment
Coordinator

Brenda Marquardt, MC Life Enrichment
Coordinator

Rudy Madsen, Dining Services Director

Happy St. Patty's Day!



Guided by goodness, loyalty, faith, and fun

April Activities and Events

Daily Exercise with Our New "Octaband" for Group Stretching!

Daily Bingo

**Happy Hour every Friday Including Pizza Social & Berry Smoothies
with Chia Seeds**

Aromatherapy

Manicures & Foot Soaks

Brain Buster Trivia

Circle of Friends

Church – Lutheran & Catholic + Rosary

Baking Club

Arts & Crafts

Quilt Making

Alzheimer's Support Group – The 4th Wednesday of Each Month

Games Including Our New "Horse Race" Dice Game

Weekly Visits from the Boys & Girls Club (games, crafts, visits)

Easter Event & Egg Hunt on April 15th

Live Entertainment – "Music with Karen"



Green Bay Community Events

****The Great Bunny Train on
April 1st, 2nd, 8th & 9th at the
National Railroad Museum***

****Easter Event on April 15th at
the Wildlife Sanctuary
(9:30 or 11:00 am)***

****Easter EggStravaganzoo on
April 15th at the NEW Zoo
(9:00 am to 2:00pm)***

****Party for the Planet on April
29th at the NEW Zoo
(10:00 am to 2:00 pm)***

****Earth Day Event on April
23rd at the Wildlife Sanctuary
(11:00 am to 3:00 pm)***

****Bat House Workshop on
April 8th at the Barkhausen
Waterfowl Preserve
(10:00 am to 11:30 am)***

Recipe of the Month: Frozen Lemon Mousse



INGREDIENTS

- *1/4 cup fresh lemon juice
- *4 large egg yolks
- *5 tablespoons sugar
- *4 tablespoons unsalted butter, chilled and cut into pieces
- *3/4 cup heavy cream

1. In a small, heavy-bottomed saucepan, combine the lemon juice, yolks, and sugar. Cook, stirring, over medium-low heat, until the mixture thickens, 5 to 6 minutes. Remove from heat and pour through a fine strainer into a large bowl to remove any lumps.
2. Add the butter and stir until melted. Cover with plastic wrap, pressing the plastic against the surface of the mixture to eliminate any air bubbles. Refrigerate until chilled, about 30 minutes.
3. Meanwhile, beat the cream with a whisk or an electric mixer to form stiff peaks. Fold the whipped cream into the chilled lemon mixture until well combined. Divide into a muffin tin with paper liners or six 4-ounce ramekins and freeze for 2 hours.

Program Highlight: Aromatherapy



Essential oils have been used for generations to ease symptoms of depression, anxiety and insomnia. Some caregivers are now using these trusted oils to ease anxiety, boost memory and improve the mood of loved ones living with cognitive challenges. As the search continues for a cure for Alzheimer's, some research suggests that aromatherapy and the use of essential oils may treat certain symptoms of cognitively challenged individuals. While research on the effectiveness of essential oils is somewhat limited, some studies have shown aromatherapy can:

- Ease symptoms of anxiety
- Offer relief from symptoms of depression
- Improve the quality of life for people living with chronic health conditions

We provide aromatherapy based on individual preferences, and provide education and seminars in group settings.



Marla Vista

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Phone 920-499-1119 | **Web** marlavistaal.com

1006 N. Military Avenue

Green Bay, WI 54303



Easter Eggstravaganza



April 15, 2017 • 1:30-4pm • 1006 N. Military Avenue

Join us at Marla Vista for an afternoon of Easter activities.

**Unleash your creative talents with
our egg dying and art projects
and be sure to stay for the egg hunt.**

Enjoy delicious refreshments

Please R.S.V.P. to 920.499.1119

**Register to win a Seroogy's
Easter Basket giveaway!**



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