

MEET YOUR NEW PROPERTY MANAGER

My Name is Ms. Jacqui Craig. I am your new Property Manager at Trinity Oaks Senior Housing. I have over 20 years of Senior Affordable Housing experiences. My goal is to bring/foster a community/family enviroment and maintain safe, sanitary living conditions to all of our residents.

I have an enjoyment of working with people. I look forward to us working together and providing you with exceptional services.

Please don't be a stranger, come down and visit me. I am intersted in getting to know each and everyone of you.

Life is short, so make it sweet.



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Service Coordinator Message



Happy Easter

Our staff would like to take this opportunity to say happy waster to our residents who celebrate this holiday. Enjoy your day!



Reservations are required to use the Community Room. However, it is a simple process and can be done when 2 weeks prior notice is given. Residents can reserve the room twice within a calendar year. If you would like to reserve our community room, please contact the Service Coordinators office.

Fundraising

Trinity Oaks will host its 1st fundraiser this month. Contact your Service Coordinator for more details.

Walking Group



Several folks in our community have expressed interest in a walking group to get more exercise. If you would be interested in this activity, please contact the office. Walking is a great way to take care of your heart and improve your health.



Senior Outing

Details coming soon!

April is Alcohol Awareness Month



Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

The Importance of Alcohol Awareness Month

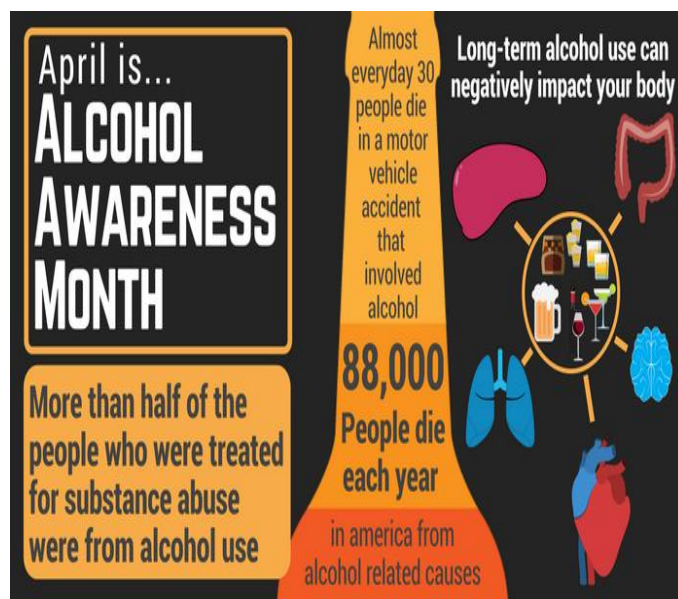
A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcoholism or alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

With this in mind, Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

These organizations—many of which are part of National Council on Alcoholism and Drug Dependence's (NCADD) National Network of Affiliates—launch campaigns on social and traditional media during the month of April to draw attention to the causes of alcoholism, the signs and effects of the condition, how to talk to a loved one about a drinking problem, and how to find treatment options.

Programs like Alcohol Awareness Month exist to ensure that families and communities have the resources, information, and options available to control the crisis of alcoholism.

If you feel you or a loved one may be struggling with alcoholism, don't worry, you're not alone. We understand how overwhelming it can be to consider seeking help for addiction and we're here to take that burden off your shoulders. Our admissions navigators are available 24/7 to discuss your alcohol addiction treatment options and answer any questions you may have about the process. Please talk to your primary care provider or call 1-866-511-1308 to take the first step toward recovery and a healthier life.



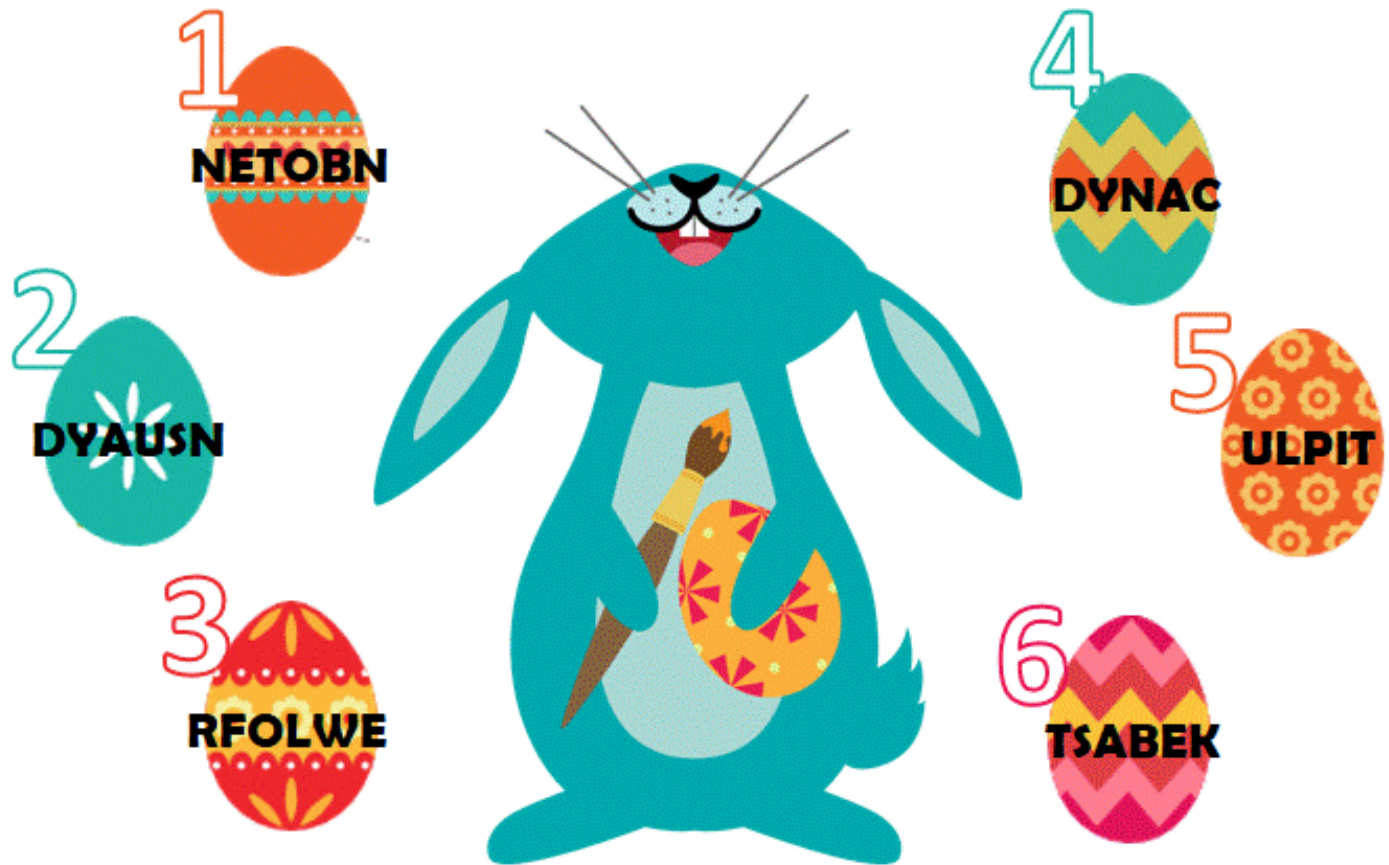


10 Benefits of Exercising

1. Exercise can make you feel happy
2. Exercise can help with weight loss
3. Exercise is good for your muscles and bones
4. Exercise can increase your energy levels
5. Exercise can reduce your risk of chronic disease
6. Exercise can help skin health
7. Exercise can help your brain health and memory
8. Exercise can help with relation and sleep quality
9. Exercise can reduce pain
10. Exercise can promote a better sex life

Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ 1 2 _ _ _

2. _ _ _ 3 4 _ _ _ 5

3. _ _ _ 6 _ _ _ _ _

4. _ _ _ 7 _ _ _ 8

5. _ _ _ 9 _ _ _ _

6. _ _ _ 10 11 _ _ _ _ _

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5



Earth Day

Friday, April 22

Earth Day is an **annual event on April 22 to demonstrate support for environmental protection**. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EarthDay.org (formerly Earth Day Network) including 1 billion people in more than 193 countries.

Celebrate Earth Day

Join in the many community activities that will occur this month as we celebrate Earth Day. As spring really gets going , it's good to really take care of our environment by recycling and reducing litter.



Bible Study is held every Tuesday from

6pm – 8pm

Light refreshments served



Earth Day Word Search



O Z O N E C Y P L A S T I C S
W E C C L I M A T E Z O Z P E
E N E O L E N C V R I X A O N
N V A M A E W E R E C Y C L E
A I N P L S A T I C O G N L R
A R D O Z O Y N Y A S E Y U G
C O N S E R V A T I O N O T Y
A N A T U R E O X R E G E I O
N M T P R O T E C T S Y Z O B
S E R E R E D U C E G Y S N O
C N O V A I O W L S A Y C E T
A T R E E N L A S L Y R N A T
E O E P L A N T S E A A T T L
V O L U N T E E R V A N Q H E
P L A N E T E R E U S E D I S

AIR
APRIL
BOTTLES
CANS
CLEAN
CLIMATE
COMPOST

CONSERVATION
EARTH
ENERGY
ENVIRONMENT
LAND
NATURE
OCEAN

OXYGEN
OZONE
PLANET
PLANTS
PLASTIC
POLLUTION
PROTECT

RECYCLE
REDUCE
REUSE
TREE
VOLUNTEER
WATER

CRAYONSANDCRAVINGS.COM

A sudoku puzzle is a grid of nine-by-nine squares or cells, that has been subdivided into nine subgrids or "regions" of three-by-three cells.

The goal of sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

- Each horizontal row (shown in pink) contains each digit exactly once.
- Each vertical column (shown in yellow) contains each digit exactly once.
- Each subgrid or region (shown in green) contains each digit exactly once.

	3	8		6				
	2				8			9
7	1		3	9	4	6		
	6		8					
5								7
					2		1	
		9	4	2	1		5	3
2			6				4	
				3		7	6	
	6				9		8	5
9	4				6			2
	8	1			4			3
6						1		8
				3				
2		8						9
3			1			8	4	
8			6				5	7
4	7		2				3	



NATIONAL GARDENING DAY

National Gardening Day on April 14th encourages gardeners and would-be gardeners to pick up a shovel and some seeds and kick-off a beautiful year of homegrown bounty.

Whether you want to grow vegetables, fruit, flowers, houseplants, or anything in between, National Gardening Day celebrates a satisfying pastime that you will enjoy for decades. Growing your own food also lets you supply fresh and natural nourishment for your family for a fraction of grocery store prices.

As many gardeners know, the benefits of gardening come from more than the produce. Spending time in the garden also provides physical activity and an opportunity to join with nature.

The observance is a call to action to get out and grow flower or vegetable gardens. No matter how you garden, plant in the ground, in containers, in straw bales or a square foot gardening box. Just garden!

HOW TO OBSERVE

#NationalGardeningDay

There are many ways that you can celebrate the day, including:

Join me on Wednesday, April 21, 2021 to discuss creating our own garden. We'll meet in the arts and crafts room at 11:00am.



James King 4/11

Shirley Mitchell 4/30

Happy birthday to all our residents celebrating birthdays this month. You're not getting older, you're getting better.

Ingredients

- 2 pints (17 1/2 ounces / 500 grams) cherry or grape tomatoes
- 4 cloves garlic, halved lengthwise
- 1/2 cup extra-virgin olive oil, divided
- Kosher salt
- 1 block (7 ounces / 200 grams) Greek feta cheese
- 1/2 teaspoon crushed red pepper flakes
- Freshly ground black pepper
- 12 ounces medium-length dried pasta, bowtie is my favorite
- Fresh basil leaves, for serving

BAKED FETA PASTA



Position a rack in the middle of the oven and preheat to 400 degrees.

In a 9-by-13-inch baking dish, combine the tomatoes, garlic and 1/4 cup of the olive oil. Sprinkle with some salt and toss to coat. Place the feta cheese in the center of the tomatoes and garlic, top with the remaining olive oil, and sprinkle the entire dish with red pepper flakes and a little black pepper. Bake for about 40 minutes, until the garlic has softened, and the tomatoes have burst their skins.

Meanwhile, bring a large pot of salted water to a boil. Cook the pasta according to package directions until al dente. Reserve 1 cup of the pasta water and then drain the pasta.

Mash the feta and tomatoes with a fork and mix until evenly combined. Mix the sauce with pasta, adding the reserved pasta water as needed if it looks a little dry. Taste and season with additional salt and pepper, if desired. To serve, divide among bowls and top with plenty of basil leaves.

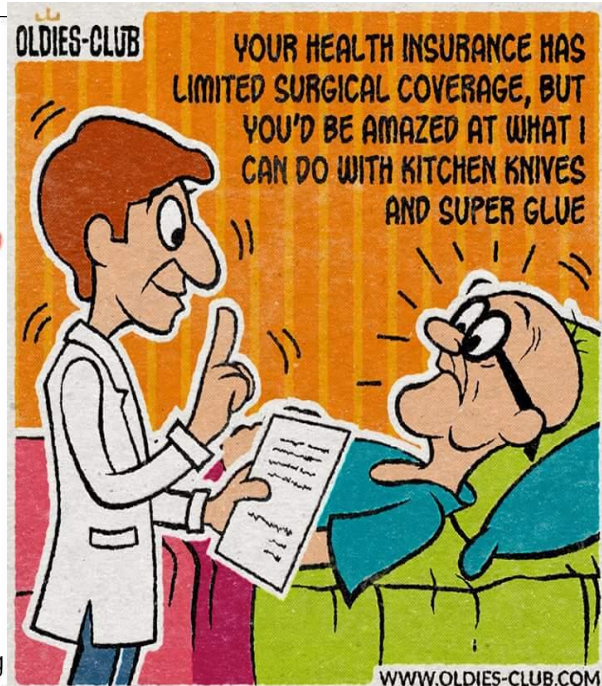
Bon Appetit

Senior Humor

Some days I just wish I had the wisdom of a ninety year old, the body of a twenty year old and the energy of a three year old.



facebook.com/ShutUpImStillTalking



Well I've finally reached the Wonder Years.
Wonder where my car is -parked?
Wonder where I left my phone?
Wonder where my sunglasses are?
Wonder what day it is?





Christeen Marshall 4/2011 11 years



The **month** of April is **National Autism Awareness Month**. As suggested by the name, the purpose of this **month** is to educate and inform others about **autism**. This includes defining the disease, learning what it **means** to have **autism**, learning the difficulties that someone with **autism** faces, and of course learning how to accept and appreciate those ...



Security Corner

Volunteers are needed to cover the desk between the hours
of 9am – 4pm

Please let us know if you are available.



Maintenance Message

Break Down Your Boxes

We ask that all boxes be broken down before placing them in the receptacles. That way, there's still room for other residents to dispose of their trash. Thank you.

General Reminders

Safety – Trinity Oaks Residents, smoking is **NOT** permitted in units that contain oxygen as this presents potential harm to self and others. Further be advised that your failure to attend to food while cooking poses a potential threat to all residents. You are responsible for preventing fires.

Respect – Trinity Oaks Residents please show respect towards staff and one another, especially when in the common areas. Profanity, bullying, and other provocative behavior is unacceptable.

Help Me to Help You – Trinity Oaks Residents, Trinity Oaks is an “independent living” facility that requires “you to do your part” in providing updated documents to continue specific services.

Crime Watch – Trinity Oaks residents, be aware, be proactive, be safe. Looking out for one another helps make this a great community. If you ever see suspicious activities or have a concern, please contact the management office as soon as possible.

Repairs & Complaints – Trinity Oaks Residents, a complaint or repair request that is in the process of being handled requires no further attention. Allow management an opportunity to address and complete the issue in a timely manner before seeking Service Coordinator advocacy Trinity Oaks Managing Agent -815/806-9990 or HUD Complaint Line – 312/353.6236 or 1.800.347.3735

Special Note: Food programs require the involvement of “resident volunteers.” Please be respectful of the volunteers dedicating many hours to assist in this process. Volunteers are always needed. Volunteers “DO NOT” have access to confidential information, handle office work, make policies and are expected to be kind. Consider volunteering, we’ll be glad to have you!

Incidents/Accidents - Please be advised that there are protocols for reporting incidents. I am available to assist you in this process if warranted.

Expecting a package – Many delivery services will not leave a package that require a signature. Make sure someone is available to sign for you package, or contact the office to make special arrangements.

Yolanda Adams • Social Service Coordinator

Attention

**Our Offices Will Be Closed on
Friday, April 15th in Observance of Good Friday**



50/50 Raffle Drawing will be held at the end of April.

Winner does not need to be present.



HOW TO REACH US

Ms. Jacqui Craig Property Manager (773)955-6603	Ms. Yolanda Adams Social Service Coordinator (773)955-7402	Security (773)955-7162
Ms. Courtney Owens Asst. Property Manager	HSR Property Services (815)806-9990	Police & Fire Dept. 911