

April 2009
Editor: Tracey Dawn

Pleasant Valley **Times** *Assisted Living* For the Country at Heart!



Beautiful Scenery



& Furry Friends

Change Always Comes Bearing Gifts.

Wow! Laurie Parker from the local Alzheimer's Association has offered to pay for any of the Elder's at Pleasant Valley to receive a *Safe Return* bracelet. Even though we have several safety measures already in place to reduce the risk of your loved-one getting lost, this would simply be another safety layer. Bracelets can also contain medical information such as allergies or notice of diabetes. If you are interested in getting a free *Safe Return* bracelet for your loved-one, forms are in the lobby at Pleasant Valley. Just complete and return them to Tracey.

April

April 1st
Wear mismatched clothes for April Fools Day!

April 9th @ 9:00 am Pleasant Grove Elementary Swing Group will sing in the dining room.

April 12th at 1:00 pm
Easter Celebration! Cake & Ice-cream in the dining room.

April 15th Tax Day

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PleasantValley@windstream.net

A Home
Filled
with Love



Boo Boo & a loving hand



Clora Moore celebrating 86



W.G. Scott celebrating 73

Warm Wishes

Since the last newsletter two families have placed their loved ones in our care & we would like to give them a warm Pleasant Valley family welcome.



Henry Wood



Zeke Allen & Zoey

Pleasant Valley

Marquee

Happiness Comes From Within.

--Author Unknown--

Assistance Needed

Hardie and I have begun working with a local advertising company, H2B creative to hopefully overcome recent negative press and emphasize our affordability, services & amenities during this economic downturn. Families can assist by writing brief testimonials that could be used in advertisements. Any statements can be e-mailed to pleasantvalley@windstream.net. Hardie and I both thank-you for your continued support and loyalty.

Spring in your step

Angela D. Smith, DPM with River City Podiatry in Chattanooga will be making an onsite visit to Pleasant Valley during the first part of April. We are very thankful to Angela for offering this convenient service to our Elders. Also, we look forward to seeing all those pretty toes!



A Home Away From Home

Jay Will Brooks will be residing at Pleasant Valley for a few days during April. We always look forward to his visits as he seems to put a smile on everyone's face. Make sure to give him a warm Pleasant Valley welcome.

Notes

From the Home Office



"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference". No one knows for sure who first wrote this prayer. Some say the early Greeks, others think it came from an anonymous English poet. It has been attributed to an American Navel officer. Still others think it was penned by the Reverend Reinhold Niebuhr, of the Union Theological Seminary. Ultimately, I believe, it came from God, who gives us perfect inspiration always if we can move our own will out of the way. I believe that God wants us all

to be happy, joyous and free. We mess it up with our own faults such as selfishness, intolerance, fear and dishonesty. Sure, bad things happen to good people. Good things happen to people who don't deserve them. Our happiness cannot depend upon our circumstances. It's an inside job. Even the Apostle Paul was joyous in prison as he awaited execution. The secret is faith. And the knowledge that all we really have is today. Yesterday is gone, tomorrow never here. What we do with today is what matters. And we must take time to appreciate what we have, for things could always be worse. I don't know what tomorrow brings. I can't change the past. Serenity and gratitude is granted daily, based on our spiritual condition. We have to remember Who is in charge and strive to align our will with His. Easier said than done at first, but with practice, the results are too good to want to stop. "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference". Exactly.

Hardie

Easter Sunday

On April 12th at 1:00pm, Pleasant Valley will have a Easter celebration for the entire Pleasant Valley family!

Please come help us celebrate! Cake, ice-cream, chips, and punch will be served in the dining room.

PRAYER REQUEST:

Please keep the family of Magnolia Hennon in your prayers. Magnolia, a former Elder of Pleasant Valley, passed away during February in her home while under hospice care. Magnolia was a special lady and will be missed by many.

THANKING FRIENDS:

Pleasant Valley would like to thank North Georgia Home Health for sponsoring the monthly birthday party for our Elders. Everyone at Pleasant Valley would like to say thanks not only for the care they provide to our Elders but also for their generosity!

STAFF TRAINING:

Pleasant Valley will be taking advantage of a free educational seminar hosted by the Alzheimer's Association each month on Dementia Care. I have already attended one of the training sessions & it was very informative. This training should be very beneficial for the staff.