



April
2020

www.grandhavenretirement.com

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201 E. Franklin St. Eldridge, IA

I would like to thank all of Grand Haven's Residents for continuing to hang in there during this tough time. For this April Newsletter Article, I thought I would try to bring some joy and information to all our residents. I decided to look into some fun facts about the month of April:

- The month of April is known to get its name from the Latin term Aprilis which means "to open". This may signify the opening or blossoming of flowers and trees.
- The birthstone for April is the diamond.
- The famous Titanic sank on April 15, 1912.
- Our first President George Washington was inaugurated on April 30, 1789.
- April is host to some famous birthdays including Leonardo da Vinci on April 15, 1452 and William Shakespeare on April 23, 1564.

Keep thinking positive thoughts and stay strong!
Stephanie

PAINTING FLOWERS HELPS BRIGHTEN ANY DAY



Welcome to Grand Haven

Robert
Hintz

Larry
Roeder

Charlotte
Rock



Novel Coronavirus (COVID-19)



Coronavirus (COVID-19) poses a serious threat to older adults (especially 80 years old and older) and those with underlying health conditions. This is why the federal government and many state governments are restricting visitors to nursing homes and assisted living communities. We understand this is difficult, but the safety and wellbeing of the residents is our top priority.

Here's how you can continue to stay in touch with residents, and how you can help:

- 1.)** Communicate with the resident through alternative ways for the time being, whether by phone, video, social media, or other methods. Ask the facility about ways they can help with this.
- 2.)** Make sure the facility has your emergency contact information. The facility may need to communicate with you about any developments regarding your loved one or about the facility as a whole.
- 3.)** If you must come to the facility, such as a loved one is near end-of-life, coordinate with the staff ahead of time.

* * * They may ask you some questions before or when you arrive. This is to make sure you do not pose as a potential risk to residents and staff.

* * * If you are asked to not enter the building, please understand this is for the safety of your loved one and everyone else in the building. Nursing homes and assisted living communities are following direction from the government to prevent the spread of this virus.

* * * If you are permitted in, please wash your hands or use alcohol-based hand sanitizer immediately upon entering and throughout your visit. Go directly to the room you are visiting, avoid touching anyone in the building, and stay at least six feet away. Again, we know this is difficult, but the virus is very contagious and social distancing is important at this time.

Protect yourself

Follow everyday preventive actions such as: Washing your hands or using alcohol-based hand sanitizer Covering your cough and sneezes, using a kleenex or your sleeve Ask other individuals (including staff) to avoid touching you with handshakes, hugs or kisses. Ask them to wash their hands. Do not be shy! It's okay to remind people. If you begin to experience a sore throat, coughing, sneezing or a fever, tell a staff member immediately.

Staff

Anniversary

Carol Kinsky - 1 yr
Jenn Helean - 1 yr
Katie Shook - 1 yr
Denise Little - 2 yr

Spotlight on Senior

When sitting down to talk for this Senior Spotlight

Margaret “Rusty” Bossert-Porth leans back in her chair, turns to me with a stern, serious face and asks “What do you want to know?”

But that facade of seriousness breaks as she smiles that infectious grin.

As someone who has been an elementary teacher most of her adult life, I don’t doubt for a second that Rusty could be serious if she needed to be- but the Rusty I know (and many of you do) is someone who enjoys a good joke, being creative with friends, and who never passes up a good joke or chance to laugh.

“You roll with the punches, it’s all you can do,” Rusty said. “Why not try to have fun with it?”



April Birthdays

Robert Hintz	4/2
Emily Justice Scott (staff)....	4/5
Gloria Malooly	4/6
Carol Ann Roeder	4/9
Elecia Arrington (staff)	4/10
Jazamyne Basting (staff) ...	4/13
Michelle Weidner	4/13
Bev Gustafson	4/22
Bessie Swanson	4/22
Robert Pishke	4/25
Lila Stewart	4/28
Chastity Petre (staff)	4/28
Ron Brick	4/29

Rusty grew up as the baby of her family in and around Montezuma, IA with her parents and three siblings (two sisters, and a brother.) As a high school history teacher, her mother bestowed the importance of education and really put her on that path. Rusty went to UNI and graduated from Marycrest and taught elementary education for thirty years! She loved teaching, saying that it provided her with new experiences every day.

After college Rusty taught at a school in Calamus which is where she met and married a “good looking guy” named Merle Porth. Together they had four children, two boys (Steve and Tom) and two daughters (Barbara and Becky.) Together they’ve given her seven grandchildren and one great-grandchild! Her favorite thing to do with her family was enjoy the local baseball games. “Well,” she admits while trying to hide an abashed smile, “baseball wasn’t my favorite. But it wasn’t about the game. It was about the whole community coming out and having fun. It was a town affair; everyone went. That’s probably where I met Merle, at a ball game.” She enjoyed baseball more as Steve and Tom participated in high school and college baseball.

About twenty years ago Merle and Rusty met Dorothy Clapp who invited them to visit Grand Haven. “Dorothy,” Rusty recalls, “was the Grand Haven cheerleader. She had us over for lunch, and I was sold. I knew that this was where I wanted to be, one day. And I’ve really enjoyed my time here.” Rusty cites doing various activities with her friends as some of the best parts of living here and having Cathy from the local library visit keeps Rusty reading.

When asked about the state of “everything” right now, Rusty paused to think about it. She thinks being so adaptable has helped her get through these troubling times, and keep a clear head. She knows it’s rough, but that bad times don’t last and there is always something to look forward to. “I have a poem,” Rusty said, “by Robert Hastings taped on my kitchen cabinet, titled The Station. I read it often. It helps me stay positive and enjoy the ride. It speaks to me as I think of my journey. Life is like a train ride, there isn’t one single destination.”

For Rusty, there are multiple destinations. Everything from birthdays, to graduations, to even simply enjoying that first cup of coffee with sudoku or a cryptoquote from the morning paper. “I just really like staying positive, and enjoying this ride.”



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Social distancing can be tough, but we have ways to stay in touch with your loved ones!



RINGING IN SPRING WITH SOME FRESH SPRING TIME FLOWERS!

