

DEERBROOK



Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

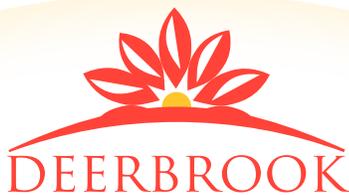
If you could have any superpower, what would it be?

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.

Maybe that hero is YOU!



SKILLED NURSING & REHABILITATION

Celebrating Creativity: World Art Day is April 15

World Art Day, observed April 15, is an international celebration of the fine arts, established by the International Association of Art (IAA/AIAP) in 2012 to promote creative expression. The date honors Leonardo da Vinci's birthday, recognizing his lasting impact on the art world.

Art has the power to inspire, connect, and bring joy. Art is a wonderful way for families to bond and create lasting memories. Try these fun projects with loved ones:

 Collaborative Canvas – Take turns adding colors and designs to a shared canvas, creating a family masterpiece.

 Storytelling Through Art – Illustrate a favorite childhood memory through drawings, comics, or watercolor paintings.

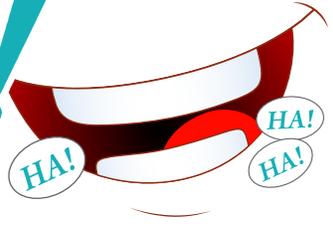
 Photo Collage & Scrapbooking – Preserve memories by combining photos, drawings, and handwritten notes.

 Upcycled Art – Transform recycled materials into mosaics, sculptures, or mixed-media collages.

World Art Day is a time to embrace creativity and celebrate artistic expression. Whether crafting something simple or creating a masterpiece, the joy of art brings people closer. So pick up a brush, a pen, or scissors, and let your imagination lead the way!

Laughter!

A Simple Remedy for Stress



Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation. Make it a habit to laugh often, whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach. Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a "humor file" filled with comics, memes, and jokes for an instant mood boost; one you can also share with others who might need a lift. Best of all, laughter requires no prescription and has no side effects. If stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.



Letter from Administrator

April brings April Fool's Day; rain, flowers, longer days and shorter nights. The air starts to change, and things start to bloom, Easter is upon us, Peter Cottontail hops down the bunny trail. Families come together to rejoice this most precious holiday.

Earth Day & Arbor Day are also this month, reminding us that things continue to thrive & grow.

Please join us for our Easter Celebration, Easter Egg Hunt, and all the fun that comes with this great season of change, celebration & continued blessings.

From our family to yours, Have a Blessed Easter Holiday.
Genevieve Gonzales, Administrator



HONORING EARTH DAY: INSPIRING ENVIRONMENTAL AWARENESS

On April 22, we celebrate Earth Day, a global reminder of our shared responsibility to protect and preserve our environment. First observed in 1970, Earth Day has grown into a worldwide movement that encourages people everywhere to care for the planet and protect its future.

For some, the environment means the natural world, including mountains, forests, rivers, oceans, wildlife, and the air we breathe. For others, it represents the green movement and the principles of reduce, reuse, and recycle. In truth, the environment encompasses everything around us, from the air and water we depend on to the safety of our communities and our overall quality of life.

Simple Ways to Be Earth-Friendly:

✔ **Conserve Energy** – Turn off lights and appliances when not in use.

✔ **Upcycle Unwanted Items** – Repurpose or donate instead of discarding.

✔ **Recycle Thoughtfully** – Sort paper, plastic, cardboard, and cans properly.

✔ **Plant Pollinator-Friendly Gardens** – Support bees and butterflies with native plants.

✔ **Use Reusable Shopping Bags & Containers** – Cut down on plastic waste.

✔ **Walk, Bike, or Carpool** – Reduce carbon emissions when possible.

✔ **Buy Secondhand** – Choose thrifted clothing, books, and furniture to minimize waste.

✔ **Reduce Food Waste** – Plan meals, compost scraps, and store food efficiently.

The choices we make today shape the future of our planet. Whether through small lifestyle changes or broader community efforts, every action matters. This Earth Day, let's renew our commitment to a healthier, cleaner, and more sustainable world.



HAPPY BIRTHDAY

RESIDENTS

Billy S	April 6
Cicret H	April 7
Kathleen P	April 10
Jennie P	April 14
Robert T	April 19
Shaukat S	April 25

STAFF

Destiny C	April 1
Sydoline OBI-Tabot	April 4
James K	April 9
Keisha M	April 9
Detrice W	April 14
Janet K	April 16
Sadrudine M	April 21
Neva G	April 26
Coty B	April 30

Special Events

April Fool's Shenanigans

Easter Egg Hunt



Resident of the Month

Cynthia F.



SKILLED NURSING & REHABILITATION

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UNIT MANAGER
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PAYROLL/ RECEPTION
Terelyn Davis

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Elonda Harris

BUSINESS OFFICE DIRECTOR
Karrie Dodson

MARKETING DIRECTOR
Devin Johnson

ADMISSIONS COORDINATOR
Quartisha Adams

ACTIVITY DIRECTOR
Vernice Phillips

SOCIAL SERVICE DIRECTOR
Danielle Washington

MDS/PPS DIRECTOR
Jennifer Watson

MEDICAL RECORDS DIRECTOR
Shajuana Coleman

CENTRAL SUPPLY
Ciara Brooks

MAINTENANCE DIRECTOR
Kevin Morris



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



WORD LIST

- ART
- CREATE
- EARTH
- ENERGY
- EVERYDAY
- GREEN
- HERO
- LAUGH
- PHOTO
- POWER
- REDUCE
- STORIES
- SUPER
- THERAPY
- VOLUNTEER