



April 2024

## Don't Sweat the Small Stuff

I recently handed out to the management staff a paperback copy of the classic book *Don't Sweat the Small Stuff* by Richard Carlson. It is a compilation of thought-provoking, practical tools to help people adjust their attitudes and anxiety in their daily lives. Chapters include "Breathe Before You Speak," "Relax," "Stop Blaming Others," and "Mind Your Own Business". And so on.

The Month of April is here and with it, the warmth of sunshine and a hope for renewal and revitalization. Spring does that! It's the season of excitement as new life begins to blossom once again. As we witness the beauty of nature come alive in the fields and trees wouldn't it be nice to experience a similar renewal...one of heart and mind in our community?

While there are many literary nuggets in Carlson's book one of my favorites is Chapter 46, "Every Day, Tell at Least One Person Something You Like, Admire, or Appreciate about Them". Now, how far would that go if everyone practiced complimenting others on a daily basis? Everyone likes to be acknowledged for their efforts, or their trials. To praise someone or to express appreciation to someone is truly an act of lovingkindness that will pay dividends, not only to the recipient, but also to the giver of the compliment. We all struggle with the emotions of community living and working. Negative thoughts, frustrations, even anger can be normal in day-to-day relations. So, let's be mindful of those around us.

Make someone's day...acknowledge them. Tell them how much you feel their pain...tell them their work is appreciated. Be the sunshine!

Michael



## A Word from our Health Specialists



COVID booster shots for residents and staff returned on the 15th.

MPC Health Services office teamed up with Health Direct Pharmacy to protect our community.

**Falls Risk Assessment workshop**  
**Tuesday, April 30th at 12:30**



Community health partner Bayada Senior Solutions team will be onsite to assess risk based on vision, balance, and strength. Recommendations will be given to help folks stay safe, and stay on their feet!

Friends and family are welcome to join in on this important event.

**RSVP to Jamie at 802-449-0310**

## Fun at MPC





## Club News



The **MPC Walking Club** has resumed!!! We've had a few brave souls who traipsed the Plateau all winter ... but recently everyone else has come out of hibernation. Our most recent walk had 12 folks join us. While we do have planned walking groups, we are updating the Activities board in the AL Dining room when the weather is appropriate for impromptu group walks.



**Gardening club** has started up! We have tomatoes and pepper plants sprouted up. We've opted for thick slicing tomatoes as well as golden cherry tomatoes for snacking. We're growing out sweet peppers for our salads and daring to try shishito peppers for planned salsa making.

The residents have gotten out and worked soil amendments into the raised beds and are prepping them for direct planting of the herbs and root vegetables as soon as the weather allows.



## Meet the Staff - Alan Colby

**Q:** How long have you been at Margaret Pratt Community and what is your role?

**A:** *I've been at Margaret Pratt for over 5 years now, I started in January right after the community opened. I'm the primary daytime cook which means I make breakfast and lunch for the residents most days.*

**Q:** Where do you live, where are you from?

**A:** *I live in Corinth now and have been around the Bradford area most of my adult life but I grew up in Woodstock VT. I moved to FL for 3 years but am happy to be back home.*



**Q:** What is your favorite thing about the community?

**A:** *The FOOD!!! I get to cook, eat, and feed people bacon everyday.*

**Q:** Fun fact about yourself.

**A:** *I love heavy metal concerts and playing pickleball but the most fun fact about me is that I love to drive. I'll drive anywhere over flying, even Florida for vacation. My favorite drive is to Portland ME for Popeyes Fried Chicken!*





# Bulletin Board

## Field Trips

Resident Trips have resumed after their winter reprieve. We've traveled for scenic trips as well as to Walmart in Woodsville. The Bradford library is next on the list as well as Hannaford's.

## Donations

This month we are looking for a few items for our clubs and for a special event for the residents.



- Hand tools for the gardening club
- Yarn for knitting club
- Red table cloths

## Eclipse Highlights



# Word Search

S	E	L	B	A	T	C	I	D	E	R	P	N	U
E	E	P	A	P	P	L	E	T	R	E	E	S	I
S	F	B	E	G	R	E	E	N	H	O	U	S	E
O	I	L	R	T	P	G	N	I	K	L	A	W	S
R	O	H	O	I	E	A	I	C	L	U	B	D	E
A	A	R	N	W	N	R	R	D	W	A	E	R	M
E	S	E	E	U	E	G	S	P	L	B	O	B	I
G	H	H	D	N	R	R	L	O	D	H	I	A	T
N	O	T	R	W	R	A	S	E	N	A	R	L	G
A	W	A	A	P	N	S	S	I	N	R	A	I	N
R	E	E	G	T	I	I	E	L	R	R	P	L	I
D	R	W	I	L	A	C	G	G	N	I	R	A	R
Y	S	N	E	R	P	G	I	L	R	E	I	C	P
H	G	O	I	T	A	P	R	O	L	T	L	S	S

FLOWERS  
UNPREDICTABLE  
CLUB  
RAISEDBEDS  
WEATHER  
PATIO  
GREENHOUSE  
SPRINGTIME  
ROSES  
GARDEN

APRIL  
WALKING  
SHOWERS  
PLANTING  
APPLETREES  
LILACS  
PETERSON  
HYDRANGEA  
HARRIET  
BRING

