

# PACE CNY – Hybrid Programs

## P1 Therapeutic Recreation (TR) Calendar

### April 2024



Gemstone: Diamond

Flower: Daisy

**Director, Therapeutic Recreation**

Orion Roeder, CTRS [oroeder@lorettosystem.org](mailto:oroeder@lorettosystem.org) 315-413-3330

**Recreation Therapist**

Matthew Morrison [mmorriso@lorettosystem.org](mailto:mmorriso@lorettosystem.org) 315-413-3303 (P2A)

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Danielle Cummings [dcummings@lorettosystem.org](mailto:dcummings@lorettosystem.org) 315-413-3399 (P2B)

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Camille Blumberg, CTRS [cblumberg@lorettosystem.org](mailto:cblumberg@lorettosystem.org) 315-413-4508 (P1)

P1: PACE DC (N. Syr.)	P1 HR: Horizon's Rm (N. Syr.)
P2 DC1: PACE (E. Syr.)	P2 DC2: PACE (E. Syr.)
P2 DC3: PACE (E. Syr.)	P2 AR: Art Room
P2 ED: Education Room	P2 L: Lounge, P2 P: Patio
FV: Forestview	
ZM RM1: ZOOM Room 1	ZM RM 2: ZOOM Room 2



**Monday, April 1<sup>st</sup> April Fool's Day**

**10:30** Seated Exercise (P2 & ZM RM2)

**11:00** History's Biggest Pranks: Cammy (DC & ZM RM1)

**11:00** Saige: Spring Craft (HR)

**1:00 Bingo: Cammy (DC & ZM RM1)**

**1:00** OT Group: Sara (HR)

**Tuesday, April 2<sup>nd</sup>**

**10:30** Seated Exercise: Rehab (P1 & ZM RM2)

**11:00** Famous Faces: Cammy (DC & ZM RM1)

**11:00** Saige: What am I? (HR)

**1:00** April Word Unscramble: Cammy (DC)

**1:00** OT Group: Sara (HR)

**1:15** Fountain of Youth: Matt (ZM2)

**Wednesday, April 3<sup>rd</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Balloon Volley: Cammy (DC)

**11:00** Flip it: Saige (DC)

**11:00** Corny One-Liners: Khadija (DC2 & ZM1)

**1:00** Jeopardy: Saige (DC)

**1:00** Finish the Lyrics: Khadija (ZM RM 1)

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)

**Thursday, April 4<sup>th</sup>**

**10:30** Happy Hands: Rehab (P2 & ZM RM2)

**11:00 Bingo: Khadija (ZM RM1)**

**1:00 Entertainment: Two's Company (DC & ZM RM 1)**

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)



**Friday, April 5<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Famous Movie Lines: Saige (DC)

**11:00** Gold Star Families: Matt (ZM RM1)

**1:00 PACE Singers: Tim (DC)**

**1:00** Entertainment: Lori Ann Wilber (**P2 & ZM1**)

**1:00** OT Group: Sara (HR)

**Monday, April 8<sup>th</sup>**

**10:30** Seated Exercise (P2 & ZM RM2)

**11:00** Solar Eclipse Trivia: Saige (DC & ZM RM1)

**1:00 Entertainment: Merry Mischief (DC & ZM RM 1)**

**1:00** OT Group: Sara (HR)

**Tuesday, April 9<sup>th</sup>**

**10:30** Seated Exercise: Rehab (P2 & ZM RM2)

**11:00** What Tree am I? Saige (DC)

**11:00** Ted Talk: Brenda (ZM RM 2)

**11:00** Morning Card Game: Cammy (HR)

**1:00 Participant Council/ Town Hall (DC)**

**1:00** Music Trivia: Matt (ZM RM1)

**1:15** Hangman: Saige (DC)

**1:00** OT Group: Sara (HR)

**Wednesday, April 10<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**10:45** What Happened to Robot Companions: Orion  
(ZM RM 1)

**11:00** Wii Bowling: Saige (HR)

**11:00** April Trivia: Cammy (DC)

**1:00 Bingo: Danielle (P2 & ZM RM2)**

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)



**Thursday, April 11<sup>th</sup>**

**10:30** Happy Hands: Rehab (P2 & ZM RM2)

**11:00** Spring Painting: Saige (HR)

**11:00** Crossword Puzzle Clues: Cammy (DC)

**1:00** Spiritual Care: Sr. Linda (ZM RM2)

**1:00** Animals of the World: Brenda (ZM RM1)

**1:00** Bean Bag toss: Saige (DC)

**1:00** OT Group: Sara (HR)

**Friday, April 12<sup>th</sup>**

**10:30** Seated Exercise: Rehab (P2 & ZM RM2)

**11:00 Bingo: Matt (P2 & ZM RM2)**

**1:00 PACE Singers: Tim (DC)**

**1:00** OT Group: Sara (HR)

**Monday, April 15<sup>th</sup>**

**10:30** Seated Exercise (P2 & ZM RM2)

**11:00 Bingo: Brenda (P2 & ZM RM 1)**

**1:00** Gardening: Saige (DC)

**1:00** Never Have I Ever: Brenda (ZM RM 2)

**1:00** OT Group: Sara (HR)

**3:00** Poem in Your Pocket: Khadija (ZM RM2)

**Tuesday, April 16<sup>th</sup>**

**10:30** Seated Exercise (P2 & ZM RM 2)

**11:00** Ski Ball: Saige (DC)

**11:00** Brain Yoga: Danielle (ZM RM1)

**1:00** Can You Picture This? Saige (DC)

**1:00** Entertainment: Big D (ZM RM1)

**1:00** OT Group: Sara (HR)

**1:15** Bible Study: Brenda (ED & ZM RM2)

**Wednesday, April 17<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Senior Fraud Prevention Tips  
Chief Chance Fieldson

North Syracuse Police Department  
(DC & ZM RM1)

**1:00 Bingo: Saige (DC & ZM RM 1)**

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)

**Thursday, April 18<sup>th</sup>**

**10:30** Happy Hands: Rehab (P2 & ZM RM2)

**11:00:** Who am I? Saige (DC)

**11:00** Tunes from the Tartan Brenda (ZM RM1)

**1:00** Horseshoes: Saige (DC)

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)

**Friday, April 19<sup>th</sup>**

**10:30** Seated Exercise: Rehab (P2 & ZM RM2)

**11:00** Cup stacking: Saige (DC)

**11:00** Name that Tune: Brenda (ZM RM1)

**1:00 PACE Singers: Tim (DC)**

**1:00** A to Z: Khadija (ZM RM1)

**1:00** OT Group: Sara (HR)

**Monday, April 22<sup>nd</sup>-earth day/Passover begins**

**10:30** Seated Exercise (P2 & ZM RM2)

**11:00** Earth Day Trivia: Saige (DC)

**11:00** Bingo: Khadija (ZM RM1)

**1:00** Earth Day Craft: Saige (DC)

**1:00** OT Group: Sara (HR)

**3:00** Book Club: Khadija (ZM RM1)



**Tuesday, April 23<sup>rd</sup>**

**10:30** Seated Exercise (P2 & ZM RM 2)

**11:00** Remember Spring Gardening: Saige (DC & ZM RM 1)

**11:00** Shirley Temple Trivia: Brenda (ZM RM2)

**1:00 Bingo: Saige (DC & ZM RM 1)**

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)

**2:00** TV Favorites: Matt (ZM RM1)

**Wednesday, April 24<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00:** Uno: Saige (DC)

**11:00** Would You Rather: Khadija (ZM RM1)

**1:00** Where am I?: Saige (DC)

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** Ted Talk: Brenda (ZM RM 1)

**1:00** OT Group: Sara (HR)

**Thursday, April 25<sup>th</sup>**

**10:30** Seated Exercise: Rehab (P2 & ZM RM2)

**11:00** Bocci Ball: Saige (DC)

**11:00** Stranded: Matt (ZM RM1)

**1:00** Entertainment: The Misfits (ZM RM 1)

**1:00** ABC it: Saige (DC)

**1:00** Spiritual Care: Sr. Linda (ZM RM 2)

**1:00** OT Group: Sara (HR)

**Friday, April 26<sup>th</sup>**

**10:30** Seated Exercise: Rehab (P2 & ZM RM2)

**11:00 Bingo: Danielle** (P2 & ZM RM 1)

**1:00 PACE Singers: Tim (DC)**

**1:00** OT Group: Sara (HR)

**1:00** What Am I? Danielle (ZM RM1)

**Monday, April 29<sup>th</sup>**

**10:30** Seated Exercise (P2 & ZM RM2)

**11:00** Washer Toss: Saige (DC)

**1:00 Entertainment: Greg Jenkins (DC & ZM RM 1)**

**1:00** OT Group: Sara (HR)

**Tuesday, April 30<sup>th</sup>**

**10:30** Seated Exercise (P2 & ZM RM 2)

**11:00** Retro Toys: Matt (ZM RM1)

**11:00** The Write Word Game: Saige (DC)

**1:00 Bingo: Matt (P2 & ZM RM 1)**

**1:00** OT Group: Sara (HR)



# PACE CNY – Hybrid Programs

## P2 Therapeutic Recreation (TR) Calendar

### April 2024



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Flower: Daisy

#### **Director, Therapeutic Recreation**

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Danielle Cummings [dcummings@lorettosystem.org](mailto:dcummings@lorettosystem.org) 315-413-3399 (P2B)

Saige Jackson, CTRS [sjackson@lorettosystem.org](mailto:sjackson@lorettosystem.org) 315-413-4534 (P1)

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P1: PACE DC (N. Syr.)	P1 HR: Horizon's Rm (N. Syr.)
P2 DC1: PACE (E. Syr.)	P2 DC2: PACE (E. Syr.)
P2 DC3: PACE (E. Syr.)	P2 AR: Art Room
P2 ED: Education Room	P2 L: Lounge, P2 P: Patio
FV: Forestview	
ZM RM1: ZOOM Room 1	ZM RM 2: ZOOM Room 2





**Monday, April 1<sup>st</sup>**

- 10:30** Seated Exercise (P2 & ZM RM2)
- 11:00** April Fools Jokes: Khadija (DC1)
- 11:00** History's Biggest Pranks: Cammy (ZM RM1)
- 11:00** Foolish Things: Matt (DC2)
- 11:00** Who, What, Where Am I: Brenda (DC3)
- 11:00** Art Board: Danielle (AR)
- 1:00** Walking Group: Rehab
- 1:00** Bingo: Cammy (DC & ZM RM1)
- 1:15** Horticulture: Spider Plants Brenda (AR)
- 2:00** Welcome to April: Khadija (DC1)

**Tuesday, April 2<sup>nd</sup>**

- 10:30** Seated Exercise (FV & ZM RM2)
- 11:00** Horse Races: Matt (DC1)
- 11:00** Music with Tim (DC2)
- 11:00** Famous Faces: Cammy (ZM RM1)
- 11:00** Scottish History: Brenda (DC3)
- 11:00** Blossom Tree's Pt 1: Danielle (AR)
- 11:00** Wii Bowling: Khadija (ED)
- 1:00** Take a Wild Guess: Khadija (DC1)
- 1:00** Blossom Tree's Pt 2: Danielle (AR)
- 1:00** Walking Group: Rehab
- 1:15** Fountain of Youth: Matt (DC2 & ZM2)
- 1:30** Bible Study: Brenda (ED)



**Wednesday, April 3<sup>rd</sup>**

- 10:30** Happy Hands (P2 & ZM RM2)  
**11:00** Do You Know Your Neighbor? Brenda (DC1)  
**11:00** Corny One-Liners: Khadija (DC2 & ZM1)  
**11:00** Poetry Month: Matt (DC3)  
**11:00** Pipe Cleaner Dancers: Danielle (AR)  
**1:00** Walking Group: Rehab  
**1:00** Finish the Lyrics: Khadija (DC1 & ZM RM 1)  
**1:00** Word Mining: Matt (DC2)  
**1:00** Blooming Flowers: Brenda (DC3)  
**1:00** Sea Shell Turtles: Danielle (AR)

**Thursday, April 4<sup>th</sup>**

- 10:30** Happy Hands (P2 & ZM RM 2)  
**11:00 Bingo: Khadija (DC2 & ZM RM1)**  
**1:00** Entertainment: Two's Company (P1 & ZM RM 1)  
**1:00:** Mad Libs: Danielle (DC2)  
**1:00** Famous Fours: Matt (DC1)  
**1:00** Snapple Cap Facts: Khadija (DC3)  
**1:15** Wii Bowling: Brenda (ED)  
**2:00** Cup Stacking: Brenda (DC2)

**Friday, April 5<sup>th</sup>**

- 10:30** Happy Hands (P2 & ZM RM 2)  
**11:00** Famous April Birthdays: Brenda (DC1)  
**11:00** Clothes Pin Grasshoppers: Danielle (AR)  
**11:00** Gold Star Families: Matt (DC2 & ZM RM1)  
**11:00** What Would You Do: Khadija (DC3)  
**1:00 Entertainment: Lori Ann Wilber (P2 & ZM RM1)**  
**1:00** Table Games: Khadija (DC1)  
**1:15** Holiday Board: Danielle (AR)  
**2:00** JukeBox: Brenda (DC3)



**Monday, April 8<sup>th</sup>**

*Solar Eclipse!!! Syracuse in the Path of Totality @ 3:23pm*

**10:30** Seated Exercise (P2 & ZM RM 2)

**11:00** Horse Races: Matt (DC1)

**1:00** Entertainment: Merry Mischief (P1 & ZM RM 1)

**1:00** Wonders of the Solar System: (DC1 & ZM RM2)

[2024 Total Solar Eclipse: Through the Eyes of NASA | NASA+](#)

**Tuesday, April 9<sup>th</sup>**

**10:30** Seated Exercise (FV & ZM RM2)

**11:00** Special Days: Matt (DC1)

**11:00** Ted Talk: Brenda (DC2 & ZM RM 2)

**11:00** National Name Yourself: Khadija (DC3)

**11:00** Paper Plate Flowers Pt 1: Danielle (AR)

**11:00** Music with Tim (DC2)

**1:00** Walking Group: Rehab

**1:00** Paper Plates Flowers Pt 2: Danielle (AR)

**1:00** Music Trivia: Matt (DC2 & ZM RM1)

**1:00** 20 Questions: Khadija (DC3)

**1:15** Bible Study: Brenda (ED)

**2:00** Noodle Ball: Matt (DC1)

**Wednesday, April 10<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**10:45** What Happened to Robot Companions: Orion  
(DC2 & ZM RM 1)

**11:15** Pub Trivia: Orion (DC2)

**11:00** Siblings and Duos: Brenda (DC1)

**11:00** Ring Toss: Matt (DC3)

**11:00** Cute Caterpillars: Danielle (AR)

**1:00** Walking Group: Rehab (DC3)

**1:00** Spiritual Care: Sr. Linda (ED & ZM RM2)

**1:00** Bingo: Danielle (DC1 & ZM RM2)

**2:00** JukeBox: Brenda (DC2)



**Thursday, April 11<sup>th</sup>**

- 10:30** Happy Hands (P2 & ZM RM 2)  
**11:00** What Does Love Mean? Brenda (DC1)  
**11:00** National Pet Day: Matt (DC2 & ZM RM2)  
**11:00** Headlines, Horoscopes, & Survival Scenario: Orion  
(DC3)  
**11:00 *Hobby Lobby Outing: Danielle***  
**(No Sign Up: Rescheduled Outing)**  
**1:00** Spiritual Care: Sr. Linda (ED & ZM RM2)  
**1:00** Animals of the World: Brenda (DC1 & ZM RM1)  
**1:00 Participant Council/ Town Hall (DC2)**  
**1:30** What Everyone Knew: Matt (DC3)  
**2:00** Name That Tune: Matt (DC3)

**Friday, April 12<sup>th</sup>**

- 10:30** Seated Exercise (P1 & ZM RM2)  
**11:00** Bingo: Matt (P2 & ZM RM2)  
**1:00** Walking Group: Rehab  
**1:00 On The Wild Side: Matt & Brenda (DC2)**  
**1:15** Tenzie: Orion (AR)

**Monday, April 15<sup>th</sup>**

- 10:30** Seated Exercise (P2 & ZM RM2)  
**10:45 Barnes and Noble Outing: Khadija**  
**(No Sign Up: Rescheduled Outing)**  
**11:00 Bingo: Brenda (P2 & ZM RM 1)**  
**1:00** Walking Group:Rehab (DC3)  
**1:00** Never Have I Ever: Brenda (DC1& ZM RM 2)  
**1:00** Jellyfish Bottles: Danielle (DC2)  
**1:15** Noodle Ball: Matt (DC3)  
**3:00** Poem in your pocket: Khadija (ZM RM2)



**Tuesday, April 16<sup>th</sup>**

**10:30** Seated Exercise (FV & ZM RM 2)

**11:00** Baby Animals: Brenda (DC1)

**11:00** Music with Tim (DC2)

**11:00** Brain Yoga: Danielle (DC3 & ZM RM1)

**11:00** Simple Spring Craft: Khadija (AR)

**1:00** Walking Group: Rehab (DC3)

**1:00 Entertainment: Big D (DC2 & ZM RM1)**

**1:00** Temporary Tats: Khadija (AR)

**1:00** Hand Pampering: Danielle (DC3)

**1:15** Bible Study: Brenda (ED & ZM RM2)

**2:00** Stress Awareness: Matt (DC1)

**Wednesday, April 17<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Senior Fraud Prevention Tips

Chief Chance Fieldson

North Syracuse Police Department

(ZM RM1)

**11:00** My Alphabet Book of Memories: Brenda (AR)

**11:00** Logo Trivia: Matt (DC1)

**11:00** Weird Words Today: Danielle (DC2)

**11:00** Wedding Day Reminiscing: Khadija (DC3)

**1:00** Walking Group: Rehab

**1:00 Bingo: Saige (P1 & ZM RM 1)**

**1:00** Spiritual Care: Sr. Linda (ED & ZM RM2)

**2:00** I Love Lucy: Brenda (DC1)



**Thursday, April 18<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Fab Hands: Danielle (DC2)

**11:00** Corn Hole: Khadija (DC3)

**11:00** Tunes from the Tartan Brenda (DC1 & ZM RM1)

**1:00** Walking Group: Rehab

**1:00** Spiritual Care: Sr. Linda (ED & ZM RM2)

**1:00** Oh the Places I've been: Khadija (DC1)

**1:00** Who Said It?: Danielle (DC2)

**1:15** Highland Games: Matt and Brenda (DC3)

**Friday, April 19<sup>th</sup>**

**10:30** Seated Exercise (P1 & ZM RM2)

**11:00** Name that Tune: Brenda (DC1 & ZM RM1)

**11:00** Visual Thinking Strategies: Orion (DC3)

**11:00** Finish the Line: Matt (DC2)

**11:00** How to Crochet: Khadija (AR)

**1:00** Walking Group: Rehab

**1:00** A to Z: Khadija (DC1 & ZM RM1)

**1:00** Karaoke: Matt (DC2)

**1:15** Sensory Games: Danielle (DC3)

**1:15** Rhythm and Moves: Brenda (AR)

**Monday, April 22<sup>nd</sup>-Earth Day**

**10:30** Seated Exercise (P2 & ZM RM 2)

**11:00 Bingo: Khadija (DC & ZM RM1)**

**11:00** Plant Flowers: Brenda (AR)

**1:00** Walking Group: Rehab

**1:00** Scottish Highlands Travelogue: Brenda (DC1)

**1:00** Cup Pong: Matt (DC 2)

**1:00** Pet Rock Craft: Khadija (AR)

**1:15** Tea Time: Danielle (DC3)

**3:00** Book Club: Khadija (ZM RM1)



**Tuesday, April 23<sup>rd</sup>**

**10:30** Seated Exercise (FV & ZM RM 2)

**11:00** Horoscopes: Khadija (DC1)

**11:00** Music with Tim (DC2)

**11:00** Shirley Temple Trivia: Brenda (DC3 & ZM RM2)

**11:00** Remember Spring Gardening: Saige (ZM RM 1)

**11:00** Spring Wreaths': Part 1 Danielle (AR)

**1:00** Walking Group: Rehab

**1:00** Spring Wreath's Part 2: Danielle (AR)

**1:00** Bingo: Saige (ZM RM 1)

**1:00** Tea Sampling: Khadija (DC1)

**1:15** Bible Study: Brenda (ED & ZM by request)

**1:30** World's Fair: Matt (DC2)

**2:00** TV Favorites: Matt (DC2 & ZM RM 1)

**Wednesday, April 24<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Picture Magnets: Danielle (AR)

**11:00** Would You Rather: Khadija (DC1 & ZM RM1)

**11:00** Scottish Short Stories: Brenda (DC2)

**11:00** Horse Races: Matt (DC3)

**1:00** Walking Group: Rehab

**1:00** Spiritual Care: Sr. Linda (ED & ZM RM2)

**1:00** Painting: Khadija (AR)

**1:00** Ted Talk: Brenda (DC1 & ZM RM 1)

**1:00** Fortunes: Madame Ruby (DC3)

**1:15** Brainstorming: Matt (DC2)



**Thursday, April 25<sup>th</sup>**

**10:30** Happy Hands (P2 & ZM RM2)

**11:00** Games and Activities: Brenda (DC2)

**11:00** Stranded: Matt (DC1 & ZM RM1)

**11:00** Make Challah: Khadija (AR)

**11:00** Price Is Right: Danielle (DC3)

**1:00** Walking Group: Rehab

**1:00 Entertainment: The Misfits (DC2 & ZM RM 1)**

**1:00** Slithering Snakes: Danielle (AR)

**1:00** Spiritual Care: Sr. Linda (ED & ZM RM2)

**2:00** Andy Griffith- Brenda (ED)

**Friday, April 26<sup>th</sup>**

**10:30** Seated Exercise (P1 & ZM RM 2)

**11:00 Bingo: Danielle** (DC2 & ZM RM 1)

**1:00** Walking Group: Rehab

**12:45** Pressed Flower Art: Khadija (AR)

**1:00** Karaoke: Brenda (DC2)

**1:00** What Am I? Danielle (DC1 & ZM RM1)

**Monday, April 29<sup>th</sup>**

**10:30** Seated Exercise (P2 & ZM RM 2)

**11:00** Cup Stacking: Matt (DC1)

**11:00** Time Capsule Opening: Danielle (DC2)

**11:00** What Am I?: Khadija (DC3)

**11:00** Rhythm and Moves: Brenda (AR)

**1:00** Walking Group: Rehab

**1:00** Entertainment: Greg Jenkins (P1 & ZM RM 1)

**1:00** Willie Nelson Trivia: Brenda (DC1)

**1:00** Apron Art: Danielle (DC 2)

**1:00** Word Mining: Matt (DC3)

**1:00** Scented Sachets: Khadija (AR)



**Tuesday, April 30<sup>th</sup>**

- 10:30** Seated Exercise (FV & ZM RM 2)
- 11:00** Retro Toys: Matt (DC1 & ZM RM1)
- 11:00** Busy Bees: Brenda (DC2)
- 11:00** Glam Hands: Danielle (DC3)
- 11:00** Horticulture: Khadija (AR)
- 11:00** Music with Tim (DC2)
- 1:00** Walking Group: Rehab (DC3)
- 1:00 Bingo: Matt (DC & ZM RM 1)**
- 1:15** Bible Study: Brenda (AR & ZM RM2)

**National Volunteer Recognition Week**

Sunday, April 21<sup>st</sup>-27<sup>th</sup>, 2024

Volunteer Recognition Day is the annual celebration of those who selflessly benefit the lives of others. Throughout your day, honor & thank those who go the extra mile!

**Congratulations!**  
**PACE CNY Volunteer of the Year: Krish Patel**





## **April 2024 Religious and Cultural Observances**

March 22<sup>nd</sup> – April 21<sup>st</sup> Ramadan

1<sup>st</sup> April Fool's Day

13<sup>th</sup> Baisakhi (Vaisakhi) – Sikh

20<sup>th</sup>- First Day of Ridvan \* - Baha'i

22<sup>nd</sup> Earth Day

22<sup>nd</sup>-30<sup>th</sup>- Passover

23<sup>rd</sup> St. George's Day – Christian

24<sup>th</sup>-26<sup>th</sup> Theravadin New Year 3 days \*\* - Buddhism

25<sup>th</sup> Saint Mark, Apostle and Evangelist – Christian

28<sup>th</sup> Arbor Day

29<sup>th</sup> Ninth Day of Ridvan \* - Baha'i

30<sup>th</sup> St. James the Great Day – Orthodox Christian

\*April 3-9: National Public Health Week

April 16: National Healthcare Decisions Day

• Talk to your PCP about your MOLST!

\*April 21<sup>st</sup>-27<sup>th</sup>: National Volunteer Week

\*April 22-30: National Park Week

\*National Occupational Therapy Month\*

\*National Parkinson's Awareness Month

\*Stress Awareness Month

<https://nationaltoday.com/stress-awareness-month/>

## April is World Autism Awareness Month!

- Autism is a disorder that changes the way the brain processes information and often affects the way someone communicates and interacts.
- Autism is classified as a spectrum disorder because there are a wide variety of types and symptoms
- 1 in 54 children in the U.S. are diagnosed with Autism each year. 1 in 37 boys and 1 in 151 girls will be diagnosed.



**1 in 54**  
**1 in 37 Boys**  
**1 in 151 Girls**  
April is  
World Autism Month

## National Administrative Professionals Day

Wednesday, April 24<sup>th</sup>

*Thank you*

National Administrative Professionals Day is a time to recognize the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Administrative Professionals know our company incredibly well and know how to help meet the needs of participants efficiently. Our organization could not function without their help!



## National Occupational Therapy Month

**Occupational Therapy (OT)** helps people with health challenges participate in daily life to the fullest.



Ots help you return to the life that you love. We recognize that an injury or illness can be devastating, and that a huge part of the healing process involves being able to participate in your daily life in ways that matter to you the most.

Our role is to serve as your guide, by helping you establish your health and life goals—and then working with you to find the interventions, technology, and equipment that work best for YOU, to get you where you want to be.



## **Eggcelent Nutrition**

✓ **Eggs can boost brain health.** Eggs contain choline, an essential nutrient that aides with healthy memory, mood, and muscle control.

✓ **Eggs can help to maintain weight loss over time.** Research shows eating more protein helps keep you full longer. One egg has about 6 grams of protein.

✓ **Eggs can help preserve vision and eye health.** Eggs contain carotenoids a nutrient that can help your immune system. The lutein and zeaxanthin nutrients found in eggs aide with maintaining eye health.

### **Easy Microwave Omelet**

#### **INGREDIENTS**

- 2 large eggs
- Salt and pepper to taste
- 1 tablespoon milk
- 2 tablespoons cheese
- 2 tablespoons to ¼ cup additional toppings such as diced ham diced peppers, diced onion, or bacon

#### **INSTRUCTIONS**

- Lightly mist a microwave safe bowl with cooking spray.
- Crack both eggs into the bowl. Season with salt and pepper. Whisk in the milk until the eggs are blended.
- Sprinkle with toppings. Try about 1 to 2 tablespoons of each item.
- Microwave for 30 seconds. Remove from the microwave and stir.
- Microwave for an additional 30 seconds. Mix the egg mixture and repeat until the eggs are fully cooked.

## Virtual Bingo Clarification

You may see times when Bingo is offered at one site, but not the other in-person (other groups are happening). The Bingo facilitator has the ZOOM room open for independent virtual participation. If you have the means to do so, please feel free to join, but this will not be facilitated by staff. In this way, a greater variety of programming can be offered, while still allowing greater access to bingo, than was traditionally available.

Example: Monday April 22<sup>nd</sup> @ 11:00am



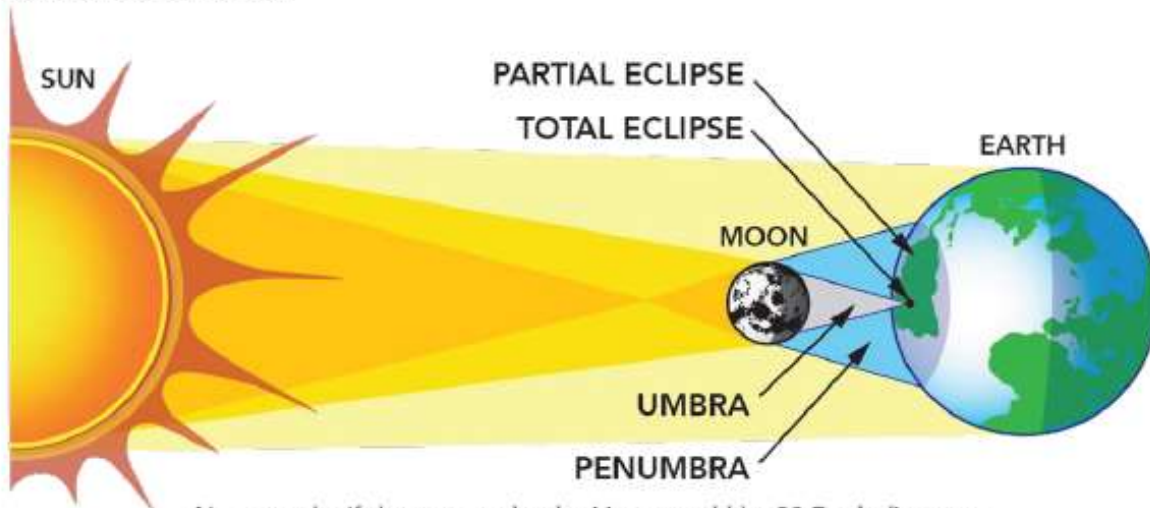
APRIL 8  
2024

# Experience the Total Solar Eclipse



## What is a total solar eclipse?

For a total eclipse to take place, the Sun, Moon, and Earth must be in a direct line. The people who see the total eclipse are in the center of the Moon's shadow when it hits Earth. The sky will darken, as if it were twilight. Weather permitting, people in the path of a total solar eclipse can see the Sun's corona, the outer atmosphere of the Sun.



Not to scale: If drawn to scale, the Moon would be 30 Earth diameters away from Earth. The Sun would be 400 times that distance.



## WHERE TO WATCH

Find a clear spot with a good view of the sky.



Map courtesy of I Love NY



## WHEN & HOW LONG

On April 8, the total eclipse visits southwestern New York beginning at 3:16 pm EDT and exits the northeastern part of the state at 3:29 pm EDT.

A total eclipse can last up to 4 minutes, depending on your location.



## HOW TO WATCH

You can see the Sun and an eclipse with special eclipse or solar viewing glasses. NEVER look directly at the Sun without appropriate eyewear.

Regular sunglasses are NOT safe to view an eclipse.



## WARNING

Looking at the sun is dangerous.

Refer to safety instructions on other side.

# Viewing Safety Tips



## Eye Safety

- Do not look directly at the sun during the eclipse (except during the limited time of totality when the sun is completely covered by the moon—and even then, with caution).
- Sunglasses will NOT protect your eyes during an eclipse.
- If your eyes are exposed to the sun without the appropriate protection, it will cause “eclipse blindness,” which can temporarily or permanently damage your eyes.
- One of the best ways to view a solar eclipse is through a pinhole projector where you look at a projected image made through a pinhole in cardboard paper.
- Another way to view a solar eclipse without harming your eyes is by using International Organization for Standardization (ISO) 12312-2 certified eclipse glasses from a trusted source.



Scan to  
build your  
own pinhole  
projector!

## Skin Safety

- The weather in April can be warm and sunny. Or partly cloudy.
- The sun can be bright, including during the partial phases of a solar eclipse. It can damage your skin, even in cooler temperatures or on a cloudy day, so wear sunscreen and protective clothing.

## Traffic Safety

- Traffic volume is expected to be very high on the day of the eclipse.
- Streets or bridges may be closed and depending on your location you may run into traffic jams. Prepare by bringing water, gasoline, and food in your vehicle.

## Weather/Storm Safety

- The weather in April can also be cold, snowy, or have significant rainfall.
- If needed, be prepared with the appropriate clothing/footwear—such as jackets and boots—and alternate plans should the weather present extreme hazards.
- Know Before You Go: Check public land regulations and conditions, especially of trails.

## Outdoor Precautions

- If you will be camping or outdoors, be aware of ticks, mosquitoes, and plants like poison ivy that can cause skin irritations.
- Cover your skin as completely as possible. Wear shoes and socks, long pants, and a long-sleeved shirt when outdoors for a long period.
- Use mosquito and tick repellents, which should always be applied accordingly.




**PLAN YOUR TRIP TODAY!**  
 VISIT [ILOVENY.COM/ECLIPSE](https://i-loveny.com/eclipse)  
**I ♥ NY**

## APRIL 8, 2024

LOCATION	DURATION OF TOTALITY	PARTIAL ECLIPSE BEGINS	FULL ECLIPSE BEGINS	FULL ECLIPSE ENDS	PARTIAL ECLIPSE ENDS
Jamestown	2m 51s	2:03:38 pm	3:17:55 pm	3:20:46 pm	4:31:43 pm
Buffalo	3m 46s	2:04:56 pm	3:18:20 pm	3:22:06 pm	4:32:10 pm
Rochester	3m 39s	2:07:00 pm	3:20:08 pm	3:23:47 pm	4:33:26 pm
Syracuse	1m 27s	2:09:01 pm	3:23:03 pm	3:24:30 pm	4:34:49 pm
Watertown	3m 39s	2:10:05 pm	3:22:33 pm	3:26:12 pm	4:35:01 pm
Lake Placid	3m 21s	2:13:02 pm	3:25:07 pm	3:28:29 pm	4:36:43 pm
Plattsburgh	3m 34s	2:14:03 pm	3:25:44 pm	3:29:18 pm	4:37:07 pm

*\*Times shown in local time (EDT)*