

CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

TUESDAY, APRIL 6

Kevin Farley the Irish Guy
at 3:15 P.M.



WEDNESDAY, APRIL 7

Larry Lee Lewis presents "Boogey
Woogy" at 2:00 P.M.

FRIDAY, APRIL 16

Country Tunes with Tim Barrett
at 2:00 P.M.

FRIDAY, APRIL 23

Painting lessons with Artist Mike
Lavin at 2:00 P.M.



CNA FROM HAITI RECEIVES ALFA GRANT



Certified Nursing Assistant **Rodeline Joseph** (pictured at left between Memory Support Neighborhood Program Director **Mary Baum** and Executive Director **Nancy Crowley**) recently received a grant from the Assisted Living Federation of America. The ALFA Haiti Relief Fund

distributes \$500 grants to Haitian associates working in senior living communities so that they may provide financial support to their families, visit their families in Haiti, or help to relocate them from Haiti. Rodeline's 19-year-old cousin was in Port-au-Prince at the time of the quake applying for a student visa in the hopes of pursuing an education in the United States. She sustained severe crush injuries to both legs, resulting in bilateral, below-the-knee amputation. Rodeline's grant money will provide her cousin with financial assistance with her medical needs during this incredibly difficult time.

COMMUNITY WELCOME!

Join us for

A PIANO CONCERT WITH MARK TAVENER

Monday, April 26th
2:00 P.M.



Questions about making a tax-deductible gift?

Contact **Nancy Crowley**, executive director of Concord Park at 978-369-4728 or **George Mathieson**, director of development of Volunteers of America, Massachusetts at 617-390-0228.

VISIT FROM THE EASTER BUNNY!

The Easter Bunny came early to Concord Park! Thanks to the Fantastic Furries for providing our "entertainment!"



Enjoying the company of the Easter Bunny were (clockwise, from top left): Barbara On; Lee McGarry; Edythe Levine; Liz George, and Peg Grayson.

HOW TO GET A GOOD NIGHT'S SLEEP



Here are some tips on creating good sleep techniques!

- Create a sleep environment that is dark, quiet, comfortable, and promotes continuous sleep.
- Avoid things that disrupt sleep, such as drinking too much alcohol and eating too much too late in the evening.
- Probably the most important tip: keep a regular sleep schedule by waking up and going to bed at the same time each day.

If you have concerns about your sleep, talk to your doctor.

Health tip was taken from BCBS "Choices" Winter 2009 edition



THINKING OF GOING GREEN?

SEND YOUR EMAIL ADDRESS TO INFO@CONCORDPARK.NET AND WE WILL EMAIL THIS NEWSLETTER TO YOU EACH MONTH.