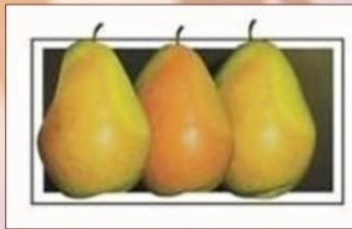


• T • H • E •
ORCHARD

*continuing care
retirement community*

The Orchard Connection



Newsletter

April 16, 2024



***CUE
THE
CONFETTI!!!***

The Orchard
wins all THREE categories
for
**US NEWS & WORLD REPORT'S
HIGHEST RATINGS**

**"We're pleased to inform you that
The Orchard Retirement Community
earned the highest possible rating
in the upcoming publication of
2024 U.S. News Best Senior Living."**

Best Independent Living

Best Assisted Living Best Memory Care

*"Fewer than half the communities participating
in the evaluation process
earned even a single award this year."*



a note from The Orchard ...

This award would not be possible without our exceptional staff.

Thank you to all of our care givers and nurses for their compassion and quality of care, Chef Michael and his team for their amazing culinary skills, our property maintenance and housekeeping departments for keeping The Orchard looking and performing at its best and all of our dedicated employees that make The Orchard a very special and safe place to live.

A very special thank you to our residents for being so willing to participate in the U.S. News and World Report survey. We cannot thank you enough for the positive feedback. You make our jobs so easy - we love you all.

A celebration is in the works for later this month for all our residents and employees to mark this exciting news - rumor is there will be a cochon de lait roti with all the fixings and sheet cakes!

*Wildlife Visits
The Orchard's BALLROOM
(only the best for these fancy feathers)*

Freedom Ranch Wildlife Center

*visited The Orchard with their
amazing menagerie of birds of
prey. It was an incredible*



presentation.

Thank you, Krissy for bringing your incredible animals and for your lifetime of service to our wildlife! Our residents and staff loved petting and learning all about them.

In 2015, Krissy Hamilton began Freedom Ranch Wildlife Center. Krissy, along with a few dedicated volunteers and 82 animal ambassadors reach over 20,000 people per year. With a concentration on native birds of prey, along with a few other exotic animals, Freedom Ranch reaches ages 1 to 90 throughout Mississippi. They travel to preschools, elementary schools, middle and high schools, churches, scout groups, camps, homeschool groups, libraries and more. Krissy strives to provide excellent animal care and quality animal education.

Freedom Ranch programs inspire an appreciation for native birds of prey like no other.

You can support Freedom Ranch Wildlife Center by booking a program, liking our Facebook page, or donating towards animal care. We are a 501(c)3 organization.

Your donations go directly to the care of the animals.
<http://PayPal.me/freedomrwc>
<http://www.venmo.com/u/FreedomRanch>



**All-Aboard,
Mr. Johnny is driving!!**

Out & About Town

Orchard residents are busy having fun this month!

- Off to a wonderful performance of Ballet Mississippi's Spring Festival
- Hal and Mal's for a fun night out with delicious food and great music by New Bourbon Street Jazz Band
- To Moore's Greenhouse & lunch afterwards at Wayback Burgers

*At The Orchard,
getting around town
is a whole lot easier
with Mr. Johnny at the wheel!*



Mr. Johnny Tyler has been driving Orchard residents for **38 years!** He takes them to doctor appointments, the grocery store, and around town on chauffeured outings. Originally from Flora, MS, Johnny says what he likes most about The Orchard is **"The opportunity to interact with residents, hearing their stories about their lives and learning about different cultures."**



*The Beauty Parlor
gets a facelift,
new chairs, new floor &
fresh paint.*

ANNOUNCEMENT

The Beauty Parlor
will now have a
"Barbershop Day"
for our gentlemen
at The Orchard.
This day is for men only.
We will be serving
Coke and peanuts.



Miss Kela Brown The Orchard's Licensed Cosmetologist

Miss Kela has been working at
The Orchard for 15 years. She was
born and raised in Mississippi. She
is a mother of two adult children
and four grandchildren. When she
is not styling hair, she loves to
sing, praise and worship. Miss
Kela looks forward to the end of
her day just so she can return
home to her two parakeets,
Shine and Henry.

What do you love most about working at The Orchard?

***"I love seniors and helping them
feel beautiful. I want my clients to
be loved. Working at The Orchard
has given me purpose and fills my
heart with so much joy." - Kela***



Reduce Fall Risk



Orchard Residents attending Senior Fit Class which focuses on strength training. Strength training is so important for seniors for many reasons, including reducing fall risk. This class meets twice a week at The Orchard.

According to the Centers for Disease Control and Prevention more than 1 in 4 Americans ages 65 and older fall each year, but falling does not have to be an inevitable part of aging.

Use this checklist to find and fix hazards in your home.

- Remove clutter (shoes, books, papers, etc.) from stairs and floors.
- Fix loose or uneven steps.
- Make sure carpets are firmly attached to steps and floors using non-slip backing.
- Fix loose or broken handrails.
- Make sure you have a clear walking path through rooms.
- Tape wires or cords to the wall or floor.
- Keep things you use often on lower shelves.
- If you use a step stool, get one with a bar to hold onto.
- Put nightlights in areas that you may need to access after dark, like hallways or bathrooms.
- Use non-slip rubber mats on bathroom floors and in showers/tubs.
- Place grab bars next to the toilet and inside the bathtub.
- If a lightbulb burns out, ask a friend or family member to replace it.

Four Things You Can Do to Prevent Falls

1. Exercise to improve your balance and strength.

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi or yoga. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you.

2. Wear well-fitting shoes with good support.

Have your healthcare provider check your feet once a year. Discuss proper footwear and ask whether seeing a foot specialist is advised.

3. Have your eyes checked.

Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

4. Talk openly with your healthcare provider about fall risks & prevention.

Tell a healthcare provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health. Talk to your doctor about fall prevention.

What to Do If You Fall

Falls can lead to serious consequences. So, if you lose your balance, it's important to seek help. If you fall, the National Institute on Aging (NIA) recommends taking the following steps:

- *Take deep breaths.* This can help you relax.
- *Before you get up, decide if you are hurt.* Don't get up too fast if you are hurt.
- *If hurt, stay put and call for help.* You can do this verbally, or through a life-alert device or smart watch if you're wearing one. Dial a loved one on the phone if accessible or call 911 and wait for help.
- *If you are OK to move, move slowly.* The NIA recommends slowly rolling to your side, resting then crawling on your hands and knees to a sturdy chair. When getting onto the chair, put your hands on the chair first and position your body in a kneeling position with one knee down and one foot flat on the floor, before slowly rising yourself up to the chair.

*Have an Emergency Contact List,
make several copies,
put it in multiply places.*

It is important to have all the emergency numbers close by at all times. Ask somebody to write them down for you if you cannot do it yourself. Make sure to have these numbers on some visible place, which is also close to your phone. Your list should include:

- Family member or friend to call in case of emergency
- Your closest, and the most trusted neighbor
- Emergency telephone number - 911
- Healthcare provider's office
- Hospital
- Police
- Fire department
- Also, in case of an emergency like fire or burglary, you should have an emergency escape plan. If possible, practice this plan whenever you can.
- Leave a spare key with a trusted neighbor in case you forgot something, or you are having some troubles!
- Leave a name and phone number of who to call to look after your pet.

*The Orchard Staff
(Maryland office & Rose Garden)
prepares for
the solar eclipse!!*



Larry
in Maryland



Debo & Kerri
in Maryland



Stacey, Alexis,
Barbara & Shelia
at The Rose Garden

Fun Facts about Eclipses!

- **Totality Unique:** Each total solar eclipse is completely unique, with the next one visible in the same location typically taking hundreds of years.
- **Solar Rarity:** Solar eclipses occur approximately every 18 months, but seeing one from a specific location on Earth is rare – often just once in a lifetime.

- **Moving Shadows:** During a total solar eclipse, the shadow of the moon travels across the Earth's surface at speeds up to 1,700 miles per hour.
- **Ancient Omens:** Historically, eclipses were often seen as omens. For example, the ancient Mesopotamians believed a lunar eclipse was a direct assault on their king.
- **Temperature Drop:** During a total solar eclipse, temperatures can drop significantly, by as much as 15 degrees Fahrenheit, due to the sudden darkness.
- **Diamond Ring Effect:** Just before and after totality in a solar eclipse, a dazzling "diamond ring" effect is visible, where the sun's corona creates a single, bright spot with a ring around it.
- **Baily's Beads:** Caused by the rugged lunar terrain, the sun's light shines through in some places and not in others just before and after totality, creating a string of bright spots known as Baily's Beads.
- **Animal Behavior:** Animals often get confused during solar eclipses; birds may stop singing, and some may return to their nests, thinking it's nighttime.
- **Solar Eclipse Wind:** A mysterious wind phenomenon occurs during total solar eclipses, shifting direction as the eclipse progresses.

Ancient Predictions: The earliest known prediction of an eclipse was by the Babylonians on May 3, 1375 BC. They used patterns in the motions of the moon and the sun to predict eclipses accurately.

Monthly Activities & Menu

CLICK
on the *birthday party*
for
this month's *activity calendar*.

Oh, what fun!!

Spring Dinner Party, dinner & jazz night out, lots of live music performers, off to the ballet, out for lunch and a wildlife visit from Freedom Ranch Wildlife Center - to name just a few of the fun highlights!



CLICK

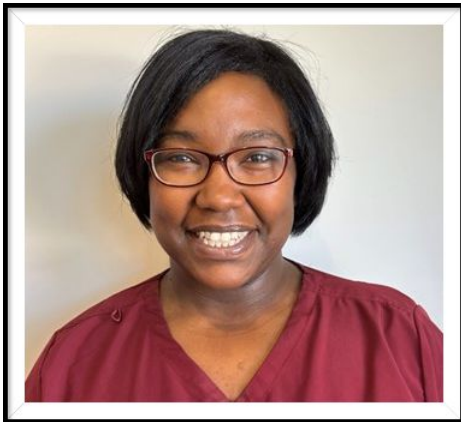


on Chef Michael's
Chocolate Lava
Cake for
the monthly menu.



What's Happening in The Rose Garden?

The Orchard's
Memory Care Community



The Rose Garden's Activity Director, Cortney Jones

Cortney does a wonderful job of coordinating events to keep our residents prospering with a variety of activities designed to fit the unique needs of those living with cognitive decline.

"I like to give my residents something to look forward to daily. Maintaining their well-being is what brings me joy in doing what I love!" - Cortney

Cortney Jones is a graduate of County Junior College and The University of Southern Mississippi with a BS in Therapeutic Recreation. She loves music. She played the trombone throughout high school and college. "You will often catch me singing and dancing to just about any tune!"

CLICK
on the calendar for
this month's
Rose Garden activities.

Big Earl from Pearl
April 17th
2:00 PM
A Resident FAVORITE!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2024					
<p>1: 1:00-2:00: [Event]</p> <p>2: 2:00-3:00: [Event]</p> <p>3: 3:00-4:00: [Event]</p> <p>4: 4:00-5:00: [Event]</p> <p>5: 5:00-6:00: [Event]</p> <p>6: 6:00-7:00: [Event]</p> <p>7: 7:00-8:00: [Event]</p> <p>8: 8:00-9:00: [Event]</p> <p>9: 9:00-10:00: [Event]</p> <p>10: 10:00-11:00: [Event]</p> <p>11: 11:00-12:00: [Event]</p> <p>12: 12:00-1:00: [Event]</p> <p>13: 1:00-2:00: [Event]</p> <p>14: 2:00-3:00: [Event]</p> <p>15: 3:00-4:00: [Event]</p> <p>16: 4:00-5:00: [Event]</p> <p>17: 5:00-6:00: [Event]</p> <p>18: 6:00-7:00: [Event]</p> <p>19: 7:00-8:00: [Event]</p> <p>20: 8:00-9:00: [Event]</p> <p>21: 9:00-10:00: [Event]</p> <p>22: 10:00-11:00: [Event]</p> <p>23: 11:00-12:00: [Event]</p> <p>24: 12:00-1:00: [Event]</p> <p>25: 1:00-2:00: [Event]</p> <p>26: 2:00-3:00: [Event]</p> <p>27: 3:00-4:00: [Event]</p> <p>28: 4:00-5:00: [Event]</p> <p>29: 5:00-6:00: [Event]</p> <p>30: 6:00-7:00: [Event]</p> <p>31: 7:00-8:00: [Event]</p>	<p>1: 1:00-2:00: [Event]</p> <p>2: 2:00-3:00: [Event]</p> <p>3: 3:00-4:00: [Event]</p> <p>4: 4:00-5:00: [Event]</p> <p>5: 5:00-6:00: [Event]</p> <p>6: 6:00-7:00: [Event]</p> <p>7: 7:00-8:00: [Event]</p> <p>8: 8:00-9:00: [Event]</p> <p>9: 9:00-10:00: [Event]</p> <p>10: 10:00-11:00: [Event]</p> <p>11: 11:00-12:00: [Event]</p> <p>12: 12:00-1:00: [Event]</p> <p>13: 1:00-2:00: [Event]</p> <p>14: 2:00-3:00: [Event]</p> <p>15: 3:00-4:00: [Event]</p> <p>16: 4:00-5:00: [Event]</p> <p>17: 5:00-6:00: [Event]</p> <p>18: 6:00-7:00: [Event]</p> <p>19: 7:00-8:00: [Event]</p> <p>20: 8:00-9:00: [Event]</p> <p>21: 9:00-10:00: [Event]</p> <p>22: 10:00-11:00: [Event]</p> <p>23: 11:00-12:00: [Event]</p> <p>24: 12:00-1:00: [Event]</p> <p>25: 1:00-2:00: [Event]</p> <p>26: 2:00-3:00: [Event]</p> <p>27: 3:00-4:00: [Event]</p> <p>28: 4:00-5:00: [Event]</p> <p>29: 5:00-6:00: [Event]</p> <p>30: 6:00-7:00: [Event]</p> <p>31: 7:00-8:00: [Event]</p>	<p>1: 1:00-2:00: [Event]</p> <p>2: 2:00-3:00: [Event]</p> <p>3: 3:00-4:00: [Event]</p> <p>4: 4:00-5:00: [Event]</p> <p>5: 5:00-6:00: [Event]</p> <p>6: 6:00-7:00: [Event]</p> <p>7: 7:00-8:00: [Event]</p> <p>8: 8:00-9:00: [Event]</p> <p>9: 9:00-10:00: [Event]</p> <p>10: 10:00-11:00: [Event]</p> <p>11: 11:00-12:00: [Event]</p> <p>12: 12:00-1:00: [Event]</p> <p>13: 1:00-2:00: [Event]</p> <p>14: 2:00-3:00: [Event]</p> <p>15: 3:00-4:00: [Event]</p> <p>16: 4:00-5:00: [Event]</p> <p>17: 5:00-6:00: [Event]</p> <p>18: 6:00-7:00: [Event]</p> <p>19: 7:00-8:00: [Event]</p> <p>20: 8:00-9:00: [Event]</p> <p>21: 9:00-10:00: [Event]</p> <p>22: 10:00-11:00: [Event]</p> <p>23: 11:00-12:00: [Event]</p> <p>24: 12:00-1:00: [Event]</p> <p>25: 1:00-2:00: [Event]</p> <p>26: 2:00-3:00: [Event]</p> <p>27: 3:00-4:00: [Event]</p> <p>28: 4:00-5:00: [Event]</p> <p>29: 5:00-6:00: [Event]</p> <p>30: 6:00-7:00: [Event]</p> <p>31: 7:00-8:00: [Event]</p>	<p>1: 1:00-2:00: [Event]</p> <p>2: 2:00-3:00: [Event]</p> <p>3: 3:00-4:00: [Event]</p> <p>4: 4:00-5:00: [Event]</p> <p>5: 5:00-6:00: [Event]</p> <p>6: 6:00-7:00: [Event]</p> <p>7: 7:00-8:00: [Event]</p> <p>8: 8:00-9:00: [Event]</p> <p>9: 9:00-10:00: [Event]</p> <p>10: 10:00-11:00: [Event]</p> <p>11: 11:00-12:00: [Event]</p> <p>12: 12:00-1:00: [Event]</p> <p>13: 1:00-2:00: [Event]</p> <p>14: 2:00-3:00: [Event]</p> <p>15: 3:00-4:00: [Event]</p> <p>16: 4:00-5:00: [Event]</p> <p>17: 5:00-6:00: [Event]</p> <p>18: 6:00-7:00: [Event]</p> <p>19: 7:00-8:00: [Event]</p> <p>20: 8:00-9:00: [Event]</p> <p>21: 9:00-10:00: [Event]</p> <p>22: 10:00-11:00: [Event]</p> <p>23: 11:00-12:00: [Event]</p> <p>24: 12:00-1:00: [Event]</p> <p>25: 1:00-2:00: [Event]</p> <p>26: 2:00-3:00: [Event]</p> <p>27: 3:00-4:00: [Event]</p> <p>28: 4:00-5:00: [Event]</p> <p>29: 5:00-6:00: [Event]</p> <p>30: 6:00-7:00: [Event]</p> <p>31: 7:00-8:00: [Event]</p>	<p>1: 1:00-2:00: [Event]</p> <p>2: 2:00-3:00: [Event]</p> <p>3: 3:00-4:00: [Event]</p> <p>4: 4:00-5:00: [Event]</p> <p>5: 5:00-6:00: [Event]</p> <p>6: 6:00-7:00: [Event]</p> <p>7: 7:00-8:00: [Event]</p> <p>8: 8:00-9:00: [Event]</p> <p>9: 9:00-10:00: [Event]</p> <p>10: 10:00-11:00: [Event]</p> <p>11: 11:00-12:00: [Event]</p> <p>12: 12:00-1:00: [Event]</p> <p>13: 1:00-2:00: [Event]</p> <p>14: 2:00-3:00: [Event]</p> <p>15: 3:00-4:00: [Event]</p> <p>16: 4:00-5:00: [Event]</p> <p>17: 5:00-6:00: [Event]</p> <p>18: 6:00-7:00: [Event]</p> <p>19: 7:00-8:00: [Event]</p> <p>20: 8:00-9:00: [Event]</p> <p>21: 9:00-10:00: [Event]</p> <p>22: 10:00-11:00: [Event]</p> <p>23: 11:00-12:00: [Event]</p> <p>24: 12:00-1:00: [Event]</p> <p>25: 1:00-2:00: [Event]</p> <p>26: 2:00-3:00: [Event]</p> <p>27: 3:00-4:00: [Event]</p> <p>28: 4:00-5:00: [Event]</p> <p>29: 5:00-6:00: [Event]</p> <p>30: 6:00-7:00: [Event]</p> <p>31: 7:00-8:00: [Event]</p>	<p>1: 1:00-2:00: [Event]</p> <p>2: 2:00-3:00: [Event]</p> <p>3: 3:00-4:00: [Event]</p> <p>4: 4:00-5:00: [Event]</p> <p>5: 5:00-6:00: [Event]</p> <p>6: 6:00-7:00: [Event]</p> <p>7: 7:00-8:00: [Event]</p> <p>8: 8:00-9:00: [Event]</p> <p>9: 9:00-10:00: [Event]</p> <p>10: 10:00-11:00: [Event]</p> <p>11: 11:00-12:00: [Event]</p> <p>12: 12:00-1:00: [Event]</p> <p>13: 1:00-2:00: [Event]</p> <p>14: 2:00-3:00: [Event]</p> <p>15: 3:00-4:00: [Event]</p> <p>16: 4:00-5:00: [Event]</p> <p>17: 5:00-6:00: [Event]</p> <p>18: 6:00-7:00: [Event]</p> <p>19: 7:00-8:00: [Event]</p> <p>20: 8:00-9:00: [Event]</p> <p>21: 9:00-10:00: [Event]</p> <p>22: 10:00-11:00: [Event]</p> <p>23: 11:00-12:00: [Event]</p> <p>24: 12:00-1:00: [Event]</p> <p>25: 1:00-2:00: [Event]</p> <p>26: 2:00-3:00: [Event]</p> <p>27: 3:00-4:00: [Event]</p> <p>28: 4:00-5:00: [Event]</p> <p>29: 5:00-6:00: [Event]</p> <p>30: 6:00-7:00: [Event]</p> <p>31: 7:00-8:00: [Event]</p>

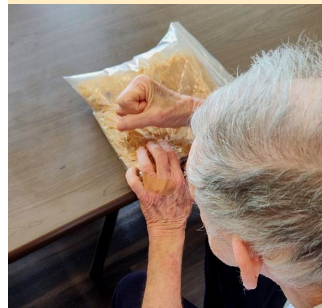


Candy Making

Residents went all in on mixing and mashing ingredients to make Old Fashioned Cornflake candy. The smell of the peanut butter made everyone so excited to try them. They came out perfect and tasted great! Hurray for the group effort!



[See Recipe](#)





ATTENTION ALL FAMILIES

THE ROSE GARDEN
PRESENTS

MEMORIAL DAY

GROOVE



FRIDAY 24TH MAY 2024

@ 2:00 PM

AT THE ROSE
GARDEN
COURTYARD

ENTERTAINMENT BY HUNTER
GIBSON

We understand the time, effort, and emotional toll that caregiving can take on a family. If you are wondering if your loved one's care needs are beyond your abilities, please call to learn more about how we can help at The Orchard's Rose Garden.



The Orchard's All-Inclusive Pricing

**We are so happy to be able to
keep it simple and offer,
All-Inclusive Rates.**

**For our assisted living and
memory care residents,
the price does not change
based on their needs.**

There is no monthly "level of care" charges,
that other retirement communities may charge.

One rate, no surprises
for a worry-free life of luxury.

To learn more about The Orchard

Schedule A Tour
Call (601) 856-2205

We would love to show you around!

Sandra Strain
Director of Community
Relations
THE ORCHARD
600 Pear Orchard Road

Ridgeland, MS 39157
Office: 601.856.2205
Cell: 601.573.9284
sstrain@orchardretirement.com

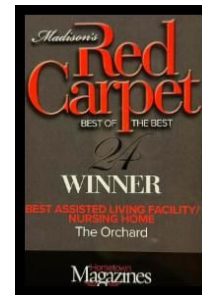


Visit our Website

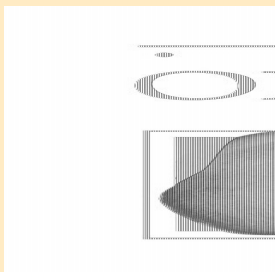
Virtual Tour
Memory Care



Red Carpet Winner 2024
Madison's Best of The Best
Hometown Madison Magazine
**Best Assisted Living Facility/
Nursing Home**



Winner of 2023
Best of Ridgeland Award
Continuing Care
Retirement Community



**Mississippi's premier CCRC,
continuing care
retirement community,
offering peace of mind
through every phase of retirement.**