



MIRA VIE

AT TINTON FALLS

ASSISTED LIVING | MEMORY CARE

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Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!



Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

April 2025



HAPPY BIRTHDAY, RESIDENTS

Lou	April 4
John P.	April 8
Woody	April 29
Ben	April 30

HAPPY BIRTHDAY, STAFF

Allan (Cook)	April 4
Ameera (Activity Asst.)	April 5
Kingcole (CHHA)	April 21
Abel (CHHA)	April 30



DEPARTMENT HEADS

Craig Sydor	Executive Director
Angela Garofalo	Director, Sales & Marketing
Helen Coulson	Director, Health & Wellness
Carol Kezel	Director, Resident Experience
Darlene Branda	Director, Memory Support
Jeffrey Strubeck	Dir., Restaurant & Hospitality
Olena Bilevych	Director, Business & People
Sarah Blonski	Resident Care Coordinator
Roberto Perez	Director, Plant Operations

To all of our residents celebrating

Easter,

we wish you a joyous holiday.



HAPPY
PASSOVER

WISHING YOU A
JOYOUS FESTIVAL.