



APRIL 2026

NEWSLETTER



NATIONAL STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month—a time to reflect on the importance of mental and emotional well-being, especially for our senior community. As we age, life changes such as health challenges, loss of loved ones, and daily responsibilities can increase stress levels. That’s why having a safe, supportive environment is so important. Our Adult Day Program provides seniors with a welcoming space to decompress, relax, and engage in meaningful activities that promote peace of mind and overall wellness. Through social interaction, enrichment programs, and compassionate care, we help reduce stress and improve quality of life—giving seniors the opportunity to enjoy each day with comfort, connection, and joy.



**ASK ABOUT OUR
HOME HEALTH SERVICES!**

DID YOU KNOW?

Did you know? Many seniors report higher levels of happiness and emotional well-being as they age, thanks to stronger relationships, life experience, and a greater appreciation for the little things in life.





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MARCH RECAP: ST PATRICKS DAY ACTIVITIES

March was full of energy, joy, and a whole lot of green at Clean Hands Pure Hearts Adult Day Center! In celebration of St. Patrick's Day, our participants enjoyed a variety of themed activities designed to bring smiles, creativity, and connection.

From festive arts and crafts to interactive games and group activities, our seniors stayed engaged while embracing the spirit of the season. The center was filled with laughter, vibrant decorations, and meaningful moments that encouraged socialization and mental stimulation.

We take pride in creating experiences that not only celebrate holidays but also promote enrichment, community, and overall well-being. March was a wonderful reminder of how important it is to keep our seniors active, connected, and having fun every day.

BIRTHDAYS

ELIZABETH RIVERA
APRIL 8

MARVIN MCPHERSON
APRIL 29



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UPCOMING EVENTS/ANNOUNCEMENTS

ACCEPTING CLIENTS FOR HOME CARE!

We're accepting clients for our Home Health Care component of Clean Hands Pure Hearts! Know someone that needs in home quality care? Give us a call and we can take care of the rest!



FIELD TRIPS FOR THE MONTH !

April 4th- Community Easter Egg Hunt

April 21st- Virginia Aquarium & Marine Science Center

ASK ABOUT OUR TRANSPORTATION AND ENROLLMENT!

We're accepting new members for our day center! Give us a call today at 757-819-6774 if you have or know a senior that can benefit from our Adult Day Center Program! We provide transportation! Call us for more info!



SENIOR PROM!

We're taking our seniors back to their senior prom! Come dressed to impress and dance the night away. Tickets go on sale April 1st. Scan the code to purchase!



THANK YOU FOR STAYING INFORMED

Thank you for taking the time to review our newsletter. Ongoing communication will continue through monthly letters.

Phone:

757-819-6774

Website

www.cleanhandspureheartslc.com