

The Daily Record

Finding A Cure For Cabin Fever

Seniors fight off winter doldrums in March.

Residents at Rolling Ridge in Newton Grove, a DePaul Senior Living Community, have been fighting off the winter doldrums with a fun-filled March. Everyone was Irish for St. Patrick's Day, ringing in the holiday with a fun holiday-themed photo shoot, rainbow floats and corned beef and cabbage.

With the spring weather comes

a familiar sight — resident Jesse Sutton pedaling around the grounds on his three-wheel tricycle. He enjoys getting outside and riding his bike at his own leisure while other residents sit on the porch enjoying the rocking chairs and various flowers and plants in Rolling Ridge's gardens, said Activities Director Tiffany Johnson.

Resident Jean Carol Jones has been staving off cabin fever by keeping her hands busy knitting blankets and completing puzzles which are on display throughout the community. There are current-

ly eight of Jean Carol's 1,000-plus piece puzzles on display at Rolling Ridge. Ms. Jones also creates homemade blankets, gifting them to whoever donated the yarn to her.

"She works diligently on her projects each day, only stopping for daily activities," said Ms. Johnson. "It usually takes her about a week to complete each craft."

While April showers help bring colorful May flowers, there's been plenty of pretty colors to choose from all winter long as residents have enjoyed pampering with weekly manicures.

"The residents consider this extra special and somewhat like a treat for them as they enjoy just having special attention and one-on-one time with us," said Ms. Johnson.

DePaul is a progressive not-for-profit organization founded in 1958. It provides services including assisted living programs for seniors; residential, rehabilitation and support services to persons with mental illness in recovery; addiction prevention and support programs, vocational programs and affordable housing.



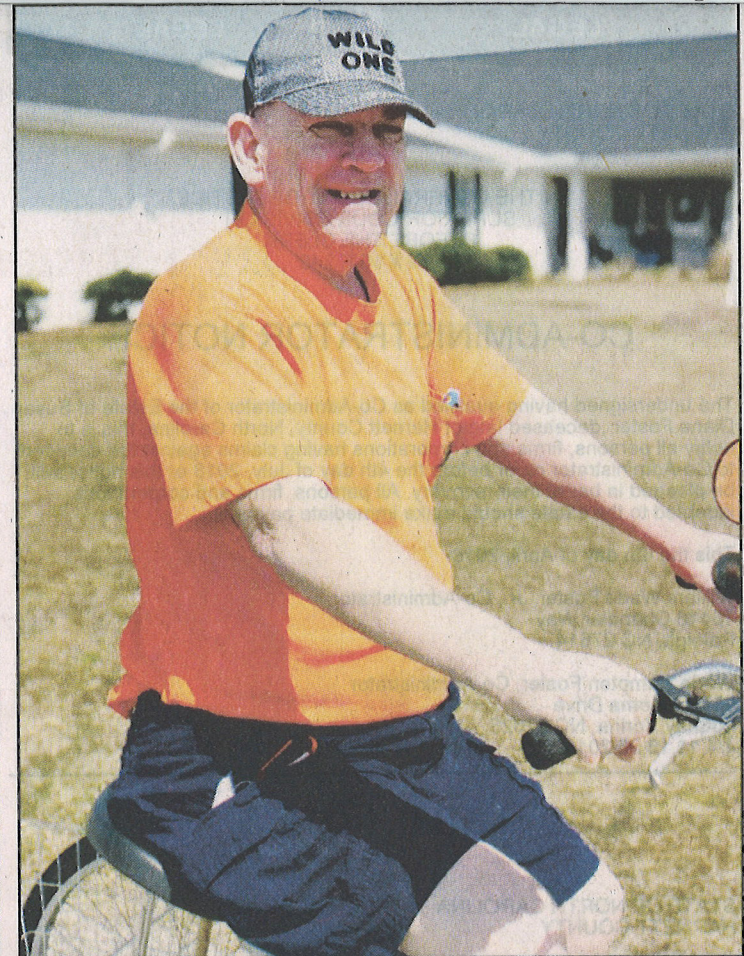
Pictured here with their Irish eyes smiling are Rolling Ridge residents Willa Booth and Sherline Bass.



Rolling Ridge resident Jean Carol Jones has been staving off cabin fever by keeping her hands busy knitting blankets and completing puzzles, which are on display throughout the community.



Rolling Ridge Activities Director Tiffany Johnson paints resident Jean Carol Jones' nails.



Contributed Photos

Jesse Sutton enjoys getting outside and riding his bike at Rolling Ridge in Newton Grove.