

Bev Anderson—Social Services Director

Whether you believe it or not, spring is here. But even if the weather is less than desirable on some days, we can hurry its arrival by putting our mind and actions in spring activities.

Spring is a time of change. After several long months of cold weather and short days, the sunshine and warmth of spring bring many welcome changes. When the weather warms up, we can trade in our winter coats and boots for tank tops and sandals. The trees put on new clothes, too, as the sunshine and rising temperatures coax the leaves and flowers out of hibernation.

Here is a list of things to do.

Defrost and clean the grill. It has been a long winter, so it is time to get the racks inside your grill clean. The best way is using a wire brush and even some easy off oven cleaner. Also, soak and scrub your cooking equipment. Once everything is clean, time to make grilled hamburgers.

Get yourself a pedicure and wear open-toe shoes.

Take a hike on a trail or just go for a walk. It may be a little chilly, but the cool air will feel good.

Ride with the top down. Nothing brings the air of spring to your face like the wind. If you don't own a convertible, rent or borrow one!

Welcome the birds back. Nothing says spring like the chirping of the birds. Buy a new birdhouse and seed and watch how fast your house will become the most popular with the birds in the neighborhood.

Wear vibrant colors. Spring is all about color...green, yellow, and pink. So its time to make your wardrobe reflect the changing season and spice it up with color.

Start your garden. Nature also needs a little nudge. When you can see dirt...not snow...it is time to start working the soil. Start clearing, hauling, and tilling. Many plants start germinating when the ground gets around 55 degrees during the day.

Spring cleaning. Open the windows and let the fresh air come in! If your schedule is really busy, try to clean, organize and dispose of things you don't need one room at a time.

Enjoy the tulips that are blooming. There is no other plant that makes us feel like spring is here like tulips.

Go to the park for kite-flying.

Volunteer. Contribute to your community or church by contributing your time & talents. If you would like to volunteer at the facility please give us a call

Be grateful. Count your blessings. See your glass as half-full.

Be optimistic. This practice positively impacts your mind, body & spirit.

Smile! Even if at first you don't feel it from within. It's believed that curling the corners of your mouth upward may improve your mood. Regardless, presenting a smile to those with whom you come in contact throughout your day is sure to promote goodwill, and you may just see a smile reflected back at you.

Happy Spring, Bev Anderson, Social Services Director