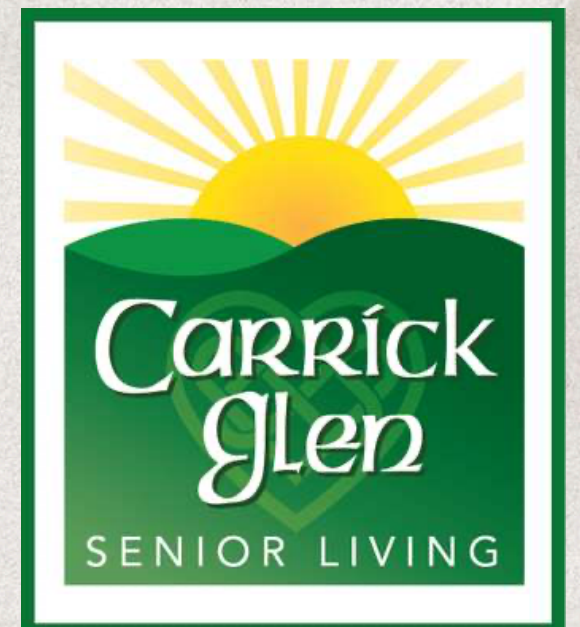


# EXTRA!! EXTRA!!

## APRIL AT CARRICK GLEN!



APRIL



April has arrived, and with it comes a season of renewal, warmth, and fresh beginnings. As the days grow brighter and the flowers begin to bloom, we are reminded of the beauty found in simple moments—sunshine on the porch, laughter shared with friends, and the joy of being together.

At Carrick Glen, this season invites us to slow down, step outside, and embrace all the goodness spring has to offer. From meaningful connections to joyful activities, we are looking forward to a month filled with light, growth, and community.

We are so grateful to walk through this season with each of you.



**FOLLOW US ON FACEBOOK!**



**NEW  
RESIDENTS!**

**APRIL 2026**

**BIRTHDAYS!**

**WELCOME!  
NEW RESIDENTS!**

**Sandra Thorson  
The Gray's**

**APRIL  
BIRTHDAYS!**

**4/1- Louise McEldowney**

**4/6 - Lois McCormick**

**4/9 - Rex Moorer**

**4/17- Nell Highers**

**4/18- Peggy Presley**

**4/23- Beth Cottrell**

**4/24- Max (Director of  
Maintenance)**

**4/25 - Kari Byrne (Executive  
Director)**

**4/30- Charlotte Thomas**



**ANNOUNCEMENTS!**

**APRIL 2026**

**SPECIAL DATES!**

**APRIL**

**ANNOUNCEMENTS!**

**APRIL**

**SPECIAL DATES!**

Please contact the front desk to place any maintenance request tickets, IT request or pest control.

When visiting the community make sure you sign in and out at the round table at the front door or in memory care.

If a resident is leaving, they must also check in and out for the day.

- 4/7- Senior Choir**
- 4/7- Heart and soul music**
- 4/8- Chef's corner Residents only**
- 4/9- VOTING FOR PRIMARY COUNTY ELECTION**
- 4/11- Podiatrist 8:30am MC**
- 4/11- Podiatrist 10:00am AL**
- 4/13- Ukulele performance MC**
- 4/14- Gabe Lamong Steel Drums**
- 4/15- Worship Service 11am**
- 4/17- Talk's with Evan from EmpowerME**
- 4/21- Billy Buchanen Music**
- 4/24- Jessica June Music**
- 4/28- Ross Moore Music**



# EXTRA!! EXTRA!! EXTRA!!

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## FROM THE PORCH WITH KARI!

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### KARI BYRNE, EXECUTIVE DIRECTOR



Have you noticed the change in the air? The days are growing longer, flowers are beginning to bloom, and there's a fresh energy that invites us all to step outside and enjoy the beauty of the season.

Here at Carrick Glen, April is a wonderful time to embrace the outdoors. Whether it's a leisurely stroll down Carrick Court, relaxing on the front patio in a rocking chair with a good book, or enjoying the sunshine on the activities patio with friends, these simple moments can have a meaningful impact on our overall well-being.

For many, this season also includes celebrating Easter—a time for reflection, gratitude, and remembering what Christ has done for us. It's a season of new beginnings, cherished traditions, and an opportunity to appreciate where we are and the people we share life with.

As spring settles in, April can also bring increased rainfall and a higher risk of severe weather here in Tennessee.

Please take a moment to review our Severe Weather Protocol, which is included later in this newsletter.

We look forward to a month filled with laughter, connection, and the joys of spring. Thank you for being such an important part of our community—let's make April a beautiful month together.

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PH:(615) 758-0953



Kari@carrickglensrliving.com



Carrickglensrliving.com

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# APRIL 2026

## FROM THE NURSE'S DESK



Spring is here, bringing warmer days, blooming flowers, and a fresh sense of joy throughout our community. April is a beautiful reminder of new beginnings, and we are so grateful to share this season with each of you.

Our nursing team is honored to care for you every day. Whether it's helping you start your morning, making sure you feel your best, or simply sharing a smile, you are the heart of everything we do.

As we move through this month, we encourage everyone to enjoy the sunshine, participate in activities, and spend time with friends and family.

Small moments bring the greatest happiness.

We are thankful for each and every one of you—you are truly a blessing to us.

With care and appreciation,  
Your Nursing Team

## JIVIN' WITH JILL



Were not fooling this April our community is on track to reach 100% occupancy by the end of the month! While April 1st may bring a few playful surprises, the excitement here is very real as more residents choose to call our community home. Thank you for helping us grow such a vibrant, welcoming place to live. Here's to a full house and a wonderful spring ahead.

# APRIL 2026

## JOYFUL LIVING AT CARRICK GLEN!



Spring is here, and we are so excited for all that April has in store!

This month, we're leaning into the joy of the season—getting outside when we can, enjoying hands-on activities, and creating moments that bring connection and laughter to our days. From cooking classes and games to porch hangs and meaningful gatherings, our goal is always the same: to make each day feel full, engaging, and joyful for our residents. Thank you to our families for your continued support, encouragement, and presence—it truly makes a difference in everything we do. We can't wait to share this beautiful season with you!



## EMPOWER ME!



April marks the start of National Stress Awareness month, a perfect time to focus on simple and healthy habits to help us feel calmer and more in control. One of the most powerful tools for managing stress is something we all can easily add into our daily routines: exercise. As we age, life can bring new stressors. While we can't eliminate stress completely, we can change how our bodies respond to it. Exercise helps release natural "feel-good" chemicals in the body called endorphins. Endorphins help to improve mood, lower anxiety, promote better sleep, reduce muscle tension and boost overall energy. Exercise also helps lower levels of the stress hormone, cortisol, to help your body return to a calmer state. Exercise doesn't need to be intense to feel these benefits. Try going around the halls daily, do some light seated exercises in your room or with a friend, and take advantage of Carrick Glen's morning exercise program and weekend chair yoga classes. If you start slow and build gradually, this April you can celebrate that movement is medicine. Your well being is important – it's never too late to start a new healthy habit.

# APRIL 2026

## CHEF'S CORNER!



As we move into a new season, our dining team is excited to continue creating meals that are both comforting and enjoyable for our residents.

We deeply value feedback from both residents and families, as it helps us continue to grow and improve. To better serve you and your loved ones, we invite you to participate in our Dining Feedback Survey.

Your input plays an important role in shaping menus, preferences, and overall dining experiences here at Carrick Glen.

If you have not yet completed a survey, we encourage you to do so—we truly appreciate your time and insight!

## FROM THE WORKBENCH!



As we step into spring, our maintenance team has been hard at work ensuring our community is safe, comfortable, and ready for the season ahead. From refreshing outdoor spaces to completing routine upkeep, their dedication helps keep Carrick Glen feeling like home.

With warmer weather approaching, we will continue focusing on outdoor areas so residents can enjoy more time in the sunshine.

As always, if you notice anything that needs attention, please don't hesitate to let us know—we are here for you!

**RESIDENTS- PLEASE JOIN US FOR CHEF'S CORNER  
APRIL 8TH AT 11AM IN THE ACTIVITIES ROOM!**

