



**The Nottingham**  
A Loretto Community

# Independent Living Weekly Telegraph

Calendar of Events | Birthdays | Special Events | Upcoming Attractions



**April 20 - April 26, 2026**

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***Art Expression  
in the Glens  
Community Room!  
Enjoy the art cart  
at your leisure***

***Stocked with different  
paper, paints, paint brushes  
& coloring supplies.***

***(Mondays only: Staff will supply  
water on the cart for  
watercolor painting).***



**To Learn More Join Us**  
**Thursday, April 23<sup>rd</sup>, 2026**  
**in the TV Room at 11:00 AM**

**Presented by Michelle Klick from Upstate Hospital**

### Learning more about *C. diff*

*C. difficile* (*C. diff*) is a contagious bacteria (germ) that infects the colon (large intestine). It is the leading cause of healthcare-related infections worldwide. Symptoms of *C. diff* infection may be mild to severe and include watery diarrhea, abdominal pain and cramping, fever, nausea, and dehydration. There is currently no vaccine available to prevent *C. diff* infection.

### *C. diff* and infectious diarrhea

People can get diarrhea from a variety of causes, both infectious and non-infectious. Infectious diarrhea is more likely to involve fever, vomiting, and bloody stools and typically develops more rapidly.

Infectious diarrhea is caused by viruses, parasites, or bacteria (such as *C. diff*). People with infectious diarrhea caused by *C. diff* are contagious and can spread the illness to others. When someone gets *C. diff* during or shortly after a stay in the hospital or other healthcare facility, it is considered healthcare-related infectious diarrhea.

### *C. diff* risk factors

*C. diff* can affect anyone, but certain factors increase your risk:



**Recent antibiotic use:** Antibiotics are a leading cause of *C. diff* infection, accounting for nearly half of all cases. Harmless bacteria normally live in our intestines and limit the growth of bacteria like *C. diff*. Taking antibiotics can kill the “good” bacteria that help prevent *C. diff* infections.<sup>1</sup>



**Hospitalization or frequent visits to healthcare facilities:** *C. diff* is common in hospitals, nursing homes, and other healthcare facilities and can spread through contact with infected patients, bathrooms, telephones, remote controls, and other surfaces.



**Age:** People over the age of 65 are 10 times more likely to get a *C. diff* infection compared to younger adults.<sup>1</sup>



**Being immunocompromised:** Medical conditions or treatments that weaken your immune system – like cancer, HIV, organ transplant, or inflammatory bowel disease – can increase your risk of infection.

***C. diff* is a leading cause of healthcare-related infections worldwide.**

Find out if you're at risk.












## MONDAY, APRIL 20, 2026

Buffalo Pharmacy office hours: 10 a.m. -12 p.m. in the Resident Store.  
Medication and Sharps disposal are available with pharmacist during this time.

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Chair Yoga with Tiffany in the T.V. Room
1:00 p.m.		Poker in the Memories Lounge. Free to play, no gambling. <i>This is a resident-run activity.</i>
1:30 p.m.		Better Bones and Balance with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
1:30 p.m. – 3:00 p.m.		<b>Watercolor painting in the Glens Community Room</b> <i>Enjoy this unstructured time to stop by and create something. All supplies will be provided on the art cart.</i>
2:15 p.m.		Advanced Mahjong in the B-Wing 2 <sup>nd</sup> Floor Elevator Lobby. <i>This is a resident-run activity.</i>
2:15 p.m.		Passport Walk with Tiffany & Jami: <u>All About Poland!</u> <i>Walk the halls with us as we learn about the 16 regions of Poland. Bring your passport! Meet in the IL Front lobby.</i>
3:00 p.m.		Growing Connections with Kara Gemmell, Director of Independent Living, in the T.V. Room. <i>This month's activity: My Life Poem.</i>
4:30 p.m.		<b>Weed the People documentary</b> in the T.V. Room. <i>Cannabis has been off-limits to doctors and researchers in the US for the past 80 years, but recently scientists have discovered its anti-cancer properties. Armed with only these laboratory studies, desperate parents obtain cannabis oil from underground sources to save their children from childhood cancers. Take an unflinching look at the underground world of herbal medicine. Runtime: 1 hr 30 minutes.</i>

**TUESDAY, APRIL 21, 2026**

**Please note: The T.V. Room will be closed for staff conference days today and tomorrow.**

10:15 a.m.		Mindful Movement Class with Emily, O.T. <b>in the Clubhouse</b> Seated exercise video on Channel 1340 & YouTube
10:45 a.m.		Play Rummikub in the Memories Lounge. <i>This is a resident-run activity</i>
11:00 a.m.		General Trivia challenge with Jami <b>in the Clubhouse</b>
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Service in the Interfaith Chapel <i>with service by Jo Von Rue and music by Nancy Pease</i>
1:30 p.m.		Seated Exercise Video on the Nottingham Channel 1340.
1:30 p.m.		Play Ladderball with Jami <b>in the Clubhouse</b>
2:30 p.m.		Mahjong for beginners in the A-Wing 2nd Floor Elevator Lobby. <i>New players welcome! This is a resident-run activity</i>
2:30 p.m.		Pitch Card Game in the Memories Lounge <i>This is a resident-run activity.</i>
3:30 p.m.		Coloring with Jami <b>in the Clubhouse</b> <i>Bring your own project or color a page provided!</i>
7:15 p.m.		Musical Performance <b>in the Clubhouse/Fireplace Lounge</b> <i>With a performance by Donna Colton and Sam Patterelli. Gritty, buttery, and soul-piercing have all been used to describe the vocals of Donna Colton. Solo showcases at the legendary Bitter End and Spiral Club in New York City and at the Bluebird Cafe in Nashville led to live performances for national TV and radio shows. In 2009 she became one of the few women to be inducted into the Syracuse Area Music Awards Hall of Fame.</i>

**WEDNESDAY, APRIL 22, 2026**

**Please note: The T.V. Room will be closed for staff conference days today and tomorrow.**

8:45 a.m. – 9:30 a.m.		Drop-in tech help with Jami in the Clubhouse. <i>No appointment necessary.</i>
9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
9:30 a.m.		Read together in the Clubhouse <i>Join as we continue Harry Potter and the Sorcerer's Stone</i>
10:30 a.m.		Walking Exercise with Tiffany: Outside weather permitting or indoor walk. <b>Meet in the Clubhouse</b> Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Chair Yoga with Tiffany <b>in the Clubhouse</b>
1:30 p.m.		Interest meeting for residents to join The Nottingham Environmental Society <b>in the Clubhouse</b> <i>Join staff on Earth Day to discuss ideas and steps we can take to reduce our environmental impacts as a community</i>
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
3:00 p.m. – 4:30 p.m.		Happy Hour in the Clubhouse <i>with a musical performance by Merlyn Fuller</i>






The Bottles & Cans committee is looking for any interested new members! Please contact Resident Service Manager Gwen if you are interested.

**THURSDAY, APRIL 23, 2026**






**Check out the Glens Community Room Art Cart to do an independent art project! All supplies provided.**

10:00 a.m.		Sacrament of Reconciliation (Confessions) in the Interfaith Chapel
10:30 a.m.		In person exercise in the T.V. Room Standing exercise video on Channel 1340 & YouTube
11:00 a.m.		<b>Upstate Health &amp; Wellness presentation</b> in the T.V. Room <i>Learn about CDiff: Risks and Treatments by Michelle Klick, Clinical Operations Lead at Upstate</i>
11:00 a.m.		Catholic Mass in the D-Wing Chapel
1:00 p.m.		Poker in the Memories Lounge. Free to play, no gambling. <i>This is a resident-run activity.</i>
1:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room. <i>This is a resident-run activity.</i>
1:30 p.m.		Standing exercise video on Channel 1340 & YouTube
1:30 p.m. – 3:00 p.m.		Open Swim/Lap Swim in the Pool
2:30 p.m.		Jamesville-DeWitt Library visit in the T.V. Room <i>with books to loan &amp; support in using tablets/digital content.</i>
3:30 p.m.		Book Club Meeting in the T.V. Room <i>Join Sara Jo Brandt, Coordinator for Community Engagement &amp; Outreach at The Community Library of DeWitt &amp; Jamesville, to discuss this month's book.</i>

**FRIDAY, APRIL 24, 2026**

9:15 a.m. - 9:45 a.m.		Aquatics Exercise with Tiffany in the Pool <i>Pool opens at 9:00 a.m.</i>
9:45 a.m. - 10:30 a.m.		Open Swim in the pool
10:30 a.m.		In person Exercise Class with Tiffany in the T.V. Room Exercise video with Tiffany on Channel 1340 & YouTube
11:00 a.m.		Walking Group with Tiffany & Jami <i>Meet in the Clubhouse for a light stretch followed by an outdoor walk (weather permitting) or indoor walk.</i>
11:10 a.m.		Weekly Wrap-Up in the T.V. Room <i>A current events discussion group. Bring news articles to share. This is a resident-run activity</i>
1:00 p.m. – 4:00 p.m.		Tech Help with SU Student Volunteers. <i>Use the sign-up sheet in the mailroom to reserve a spot.</i>
1:30 p.m.		<b>NO</b> Bible Study today
1:30 p.m.		Exercise video with Tiffany on Channel 1340 & YouTube
1:30 p.m.		Wii Bowling in the T.V. Room
2:00 p.m.		Knit-Wits in the Memories Lounge <i>New members always welcome! This is a resident-run activity.</i>
1:00 p.m. – 3:00 p.m.		<b>Earth Day Campus Clean up</b> <i>Meet in the IL Front Lobby to participate. Rakes, bags, gloves and grabbers will be provided, and refreshments following in the Clubhouse.</i>
1:15 p.m.		Therapeutic Drumming with Jimbo <b>in the ALR TV Room.</b> <i>IL residents may attend independently.</i>
7:00 p.m.		BINGO in the T.V. Room. <i>Cost to play: \$1 + \$1 per board</i> <i>This is a resident-run activity</i>

## SATURDAY, APRIL 25, 2026

10:30 a.m.		Exercises for Falls Prevention on Channel 1340 & YouTube
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room <i>This is a resident-run activity.</i>
1:30 p.m.		Exercises for Falls Prevention on Channel 1340 & YouTube
2:00 p.m.		Looking for players! Beginners Chess with Alan in the Bistro. <i>This is a resident-run activity.</i>
2:30 p.m.		Weekend Movie in the T.V. Room: <i>The Lorax</i> . A 12-year-old boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. <i>Runtime: 1 hr 26 min</i>

## SUNDAY, APRIL 26, 2026

10:30 a.m.		Seated stretching on Channel 1340 & YouTube
11:00 a.m.		Catholic Mass in the Interfaith Chapel with Syracuse Diocese Priests
1:30 p.m.		Seated stretching on Channel 1340 & YouTube
1:30 p.m.		Mahjong in the A-Wing 2 <sup>nd</sup> Floor Elevator Lobby. All are welcome! <i>This is a resident-run activity.</i>
2:00 p.m.		Scrabble in the Conference Room. All are welcome! <i>This is a resident-run activity.</i>
2:30 p.m.		Weekend Movie Rerun in the T.V. Room: <i>The Lorax</i> .
2:30 p.m.		Pinochle in the Memories Lounge <i>This is a resident-run activity.</i>