



Episcopal Church Home

Community Connections - April 2026

A Shift You Can Feel

If you've spent any time around ECH lately, you can feel the change that comes with April. The blustery winds of March give way to the more gentle April breezes. The trees are flowering and beginning to leaf out. The gardens are becoming more colorful. More residents are enjoying time on the porches and patios. There's a few more conversations lingering on the walking paths, and a renewed sense of energy as the days grow longer.

With more sunlight, Spring often means more energy and a boosted mood. "Spring fever" isn't entirely a myth because increased sunlight can mean increased serotonin and dopamine, which can mean a renewed sense of motivation and desire to be active. As we move into the month ahead, you'll see a full calendar of opportunities to get involved. Try something new, or simply enjoy time with neighbors and friends. Whether it's a favorite routine or something different, there's plenty of ways to be part of what's happening across campus.

These activities are often supported by staff from across campus. From dining services and housekeeping to front desk support and transportation, it takes a wide range of people and services working together to make programming happen and daily life comfortable. Much of the work may be behind the scenes, but they play a meaningful role in how our community experiences each day.

We know you'll find something that draws you in this month, and that you'll continue to enjoy the many small moments that make this community feel like home.



Birthdays of the Month

Neighborhood Birthdays

Elizabeth Day 4/12

Roy Watson 4/19

Margaret Gibson 4/21



Dudley Square Birthdays

Martha Tafel 4/1

Mary Sauer 4/5

George Nevitt 4/7

Beatrice Combs 4/8

Margaret Robben 4/18

Robin Garr 4/22

Gordon Ragan 4/22

Madeleine Arnold 4/29

Susan Miller 4/29

Patricia Olthuis 4/29