



April 2025 Newsletter

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"April showers bring May flowers" is a timeless reminder of the repeated rainfall that comes in April which prepares the soil and ensure a successful growing season in May. Besides the rain Spring is a beautiful time of year here in Connecticut as trees and flowers begin to bloom, the bees begin to buzz, and it seems like little creatures everywhere are waking up from a long winters nap. Take advantage of the sunny days by walking the neighborhood or sitting outdoors and enjoying nature. The fresh spring air along with the sun's vitamin D will make you feel great. There are many reasons to celebrate April and here are a few reasons that come to mind:

- April 1st** **April Fools' Day**
- April 2nd** **National Peanut Butter and Jelly Day**
- April 12th** **National Grilled Cheese Sandwiches Day**
- April 20th** **Easter Sunday**
- April 26th** **National Pretzel Day**

April is a perfect time to set goals to improve our overall wellness. Here are a few things we can do today to improve our physical and mental health. You can start small by walking, eating healthier and or by decluttering and organizing your home. It's been said our home is our oasis and if we don't feel calm and relaxed in our home than it can be harmful to our health. Look around your home for items you no longer use and can donate. Look in your closet and pull out the clothes you have not worn in over a year. Chances are you will NEVER where them again. Donating your unwanted items to an organization that helps people less fortunate is an amazing opportunity to bless others. ***On behalf of our staff and commissioners, we wish you a very Happy Easter Holiday.***

Carrot Cake Truffles

1 box of carrot cake mix (plus ingredients required on the box)

- 8 oz cream cheese softened
- 1 cup powdered sugar
- 1 teaspoon vanilla extract
- 2 cups of white chocolate chips
- Orange and green sprinkles (for decoration)



Bake the carrot cake according to the package instructions. Allow it to cool completely. Crumble the cooled cake into a large bowl. Add softened cream cheese, powdered sugar, and vanilla extract. Mix until combined and smooth. Roll the mixture into 1-inch balls and place them on a baking sheet lined with parchment paper. Refrigerate for about 30 minutes. Melt the white chocolate chips in a microwave-safe bowl in 30-second intervals, stirring until smooth. Dip each truffle into the melted chocolate, allowing excess to drip off. Place back on the parchment paper and decorate with orange and green sprinkles. Let them set in the refrigerator before serving.

Resident Reminders

- **April 1st thru Sept. 30th Renter's Rebate with Elderly Services. Please call for an appointment 203-287-2691. Thursday at Hamden Village 9-12pm. Friday at Mount Carmel 9-12pm. By appointment only.**
- **April 14th Pest Control Congregate & Mount Carmel, beginning at 9am.**
- **April 18th Good Friday, HHA office and Community Rooms are closed.**
- **April 21st Pest Control at Hamden Village beginning at 9am.**
- **April 28th Pest control at Morse St and Centerville beginning at 9am.**
- **April 2,9,16,23,29 Sittercise Hamden Village Community room 10-10:45am.**
- **June 11th HHA's Annual picnic, more information to follow.**