

Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

Stay hydrated — Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet — Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure — High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise — Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications — When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar — Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.



Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons.

These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.



Dear Residents, Families and Friends,

Top O' the Mornin' to ya! We are getting in the swing of a whole month of Irish fun! Every March 17, thousands of people march in Irish pride parades, eat green clover-shaped cookies and quaff frosty mugs of green beer in celebration of St. Patrick's Day.

Patrick was born in AD 387 just south of Hadrian's Wall in Britain, which was part of the Roman Empire (that's right, he wasn't Irish). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland.

We have many fun events planned this month that will include our Mad Hatter Tea Party on March 10, at 6 p.m. We have our Employee Appreciation Social Hour on March 6. Outings for March will include Hillside Café and Chili's. Also, please join our daily exercise classes that take place in the Community Room (special thanks to Legacy Rehab and Advanced Rehab Trust).

Cheers,

Erin Montgomery,
Executive Director



Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals, also found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.



ASSISTED LIVING
AL#010063

MARCH 2020

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays

- James Long, 7th
- Bridgette Riles, 9th (Employee)
- Carole Wilson, 11th
- Virginia Fields, 26th

Transportation Schedule

- Monday, 10 a.m.**
Grocery Stores
- Tuesday, 10 a.m.**
Walmart
- Wednesday, 10 a.m.**
Post Office/Bank
- Thursday, 10 a.m.**
Walmart
- Friday, TBA**
Field Trips/Outing

"Great art picks up where nature ends."

—Marc Chagall

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|---|--|---|---|--|--|
| <p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>Dr. Seuss Day</p> <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 "The Prize Is Right" and Snack Social, L</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Word of the Day, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Adult Coloring Club, AR</p> | <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>10:45 Guess Who?</p> <p>1:30 Movie & Snack, L</p> <p>2:30 Puzzle Mania, AR</p> <p>3:30 Trivia, L</p> | <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/ the Yellow Rose Hospice, L</p> <p>10:30 Puzzle Mania, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:30 White Board Game of Choice, L</p> | <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:15 1:1 Session w/Sarah</p> <p>1:30 Memories and Music, L</p> <p>2:30 Art Expression, AR</p> <p>4:00 Giant Crossword Puzzle, L</p> | <p>Employee Appreciation Day</p> <p>9:30 Senior Fitness, AR</p> <p>11:00 Out to Hillside Cafe, O</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Employee Appreciation Day Social Hour</p> <p>4:00 Name Your Game!, AR</p> | <p>Cereal Day</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Roll the Dice, L</p> | |
| <p>DAYLIGHT SAVING TIME BEGINS 8</p> <p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 "The Prize Is Right" and Snack Social, L</p> <p>10:00 Shopping at Big Lots, O</p> <p>10:30 Word of the Day, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Wonder Word Search, AR</p> | <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>9:45 Blood Pressure Clinic w/ the Yellow Rose Hospice, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>1:30 Popcorn/Movie, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:30 St. Patrick's Day Trivia Social w/Legacy, L</p> <p>6:00 Mad Hatter Tea Party (Main Event), L</p> | <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/ the Yellow Rose Hospice, L</p> <p>10:30 Chicken Foot, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:15 Town Hall Meeting, L</p> | <p>Popcorn Lovers' Day</p> <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:15 1:1 Session w/Sarah</p> <p>12:45 General Store, L</p> <p>2:30 Art Expression, AR</p> <p>3:30 Popcorn and Trivia Game, L</p> | <p>Wear Green Shirt Day</p> <p>9:30 Senior Fitness, AR</p> <p>10:15 Coffee and Checkers, L</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Sham Rocking Social Hour, L</p> <p>4:00 Name Your Game!, AR</p> | <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Giant Crossword Puzzle, L</p> | |
| <p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 "The Prize Is Right" and Snack Social, L</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Word of the Day, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Adult Coloring Club, AR</p> | <p>ST. PATRICK'S DAY</p> <p>Wear Green Day</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>10:45 Guess Who?</p> <p>1:30 Movie & Snack, L</p> <p>2:30 Puzzle Mania, AR</p> <p>3:00 Luck of the Irish Social, L</p> | <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/the Yellow Rose Hospice, L</p> <p>10:30 Puzzle Mania, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:30 White Board Game of Choice, L</p> <p>3:30 Nutrition Health Talk: Vitamins & Minerals, B</p> | <p>FIRST DAY OF SPRING</p> <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:15 1:1 Session w/Sarah</p> <p>1:30 Memories and Music, L</p> <p>2:30 Art Expression, AR</p> <p>4:00 Giant Crossword Puzzle, L</p> | <p>First Day of Spring</p> <p>9:30 Senior Fitness, AR</p> <p>11:00 Out to Chili's, O</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Spring Has Sprung Social Hour, L</p> <p>4:00 Name Your Game!, AR</p> | <p>Memory Day</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Roll the Dice, L</p> <p>3:30 Memory Game, L</p> | |
| <p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 "The Prize Is Right" and Snack Social, L</p> <p>10:00 Out to Tom Thumb, O</p> <p>10:30 Word of the Day, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Wonder Word Search, AR</p> | <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>10:45 Roll the Dice, L</p> <p>1:30 Popcorn/Movie, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:30 Trivia, L</p> | <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/ the Yellow Rose Hospice, L</p> <p>10:30 Puzzle Mania, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> | <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:15 1:1 Session w/Sarah</p> <p>12:45 General Store, L</p> <p>2:30 Art Expression, AR</p> <p>3:00 Activity Meeting w/Sarah, L</p> | <p>9:30 Senior Fitness, AR</p> <p>10:15 Coffee and Checkers, L</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Birthday Bash, L</p> <p>4:00 Name Your Game!, AR</p> | <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Giant Crossword Puzzle, L</p> | |
| <p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 "The Prize Is Right" and Snack Social, L</p> <p>10:00 Out to Dollar General, O</p> <p>10:30 Word of the Day, L</p> <p>2:00 Sassy Senior Bingo w/the Yellow Rose, AR</p> | <p>National Crayon Day</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>3:30 Trivia, L</p> | | | | | |