

We Love Our Staff!



Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate — Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Faster recovery — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.



Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.



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, but do you really know who St. Patrick was and why he is celebrated?

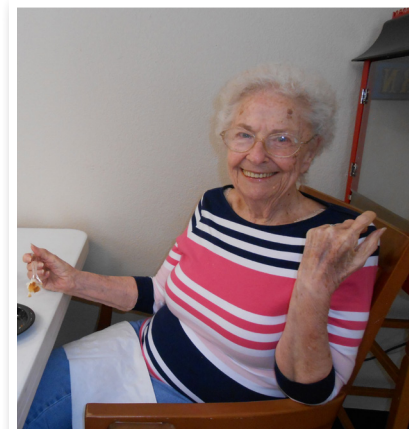
Patrick was born in AD 387 just south of Hadrian's Wall in Britain, which was part of the Roman Empire (that's right, he wasn't Irish!). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland. Many stories are told in connection with St. Patrick. The three-leaf clover was said to be used by the saintly bishop to explain the Trinity to the pagans, which is why it is such a common St. Patrick's Day symbol.

We have many fun events planned this month that will include our "Outlaw Hoedown" on March 6 at 6 p.m. We have our Employee Appreciation Happy Hour on March 2 and St. Patrick's Day Happy Hour in the Lobby on Friday, March 16. Outings for March will include Regal Buffet and Mama's Daughters Diner. Also, please join our daily exercise classes that take place in the our lobby (special thanks to Legacy Rehab and Advanced Rehab Trust).

May your troubles be less and your blessings be more, and nothing but happiness come through your door!

Cheers,

Jessica Hazelton, EXECUTIVE DIRECTOR



ASSISTED LIVING

AL#010063

MARCH 2018

Locations

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

Transportation Schedule

- Monday 10 a.m. Grocery Stores
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Friday TBA
- Field Trips/Outing

“The finest compliment you can pay a man is that his word was as good as gold.”

—Evel Knievel

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|---|
| <p>Birthdays</p> <p>Joe Lane, 10th</p> <p>Carole Wilson, 11th</p> <p>Teresa Herrera, 15th Employee</p> <p>Ruth Ruffins, 18th</p> <p>Virginia Fields, 26th</p> |  | | | <p>8:00 Beauty Salon Is Open ¹</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 What Is the Buzz and Snacks, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>2:00 Card/Dominoes, AR</p> <p>3:00 Singalong, L</p> | <p>Employee Appreciation Day ²</p> <p>9:30 Senior Fitness w/Teresa, AR</p> <p>10:30 Lunch Outing, O</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Employee Appreciation Social Hour, L</p> <p>3:00 Name Your Game!, L</p> | <p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p> |
| <p>7:30 The Truth in Love (TV Channel 7), L ⁴</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>9:30 Exercise With Legacy, AR ⁵</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:30 Art Expression, AR</p> <p>3:00 Adult Coloring Club, AR</p> <p>3:00 Resident Puzzle Day, LL</p> | <p>9:30 Senior Fitness w/Teresa, AR ⁶</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Popcorn/Movie, L</p> <p>1:30 Chess, AR</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>6:00 Outlaw Hoedown (Main Event), L</p> | <p>Beauty Salon Is Open ⁷</p> <p>9:30 Tone Those Bones, AR</p> <p>1:00 Karaoke, L</p> <p>1:00 Volleyball, L</p> <p>1:30 What Does Your Name Mean?, AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:30 Country Store</p> | <p>International Women's Day ⁸</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 What Is the Buzz and Snacks, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>2:00 Bread and Welcome Home New Residents, L</p> <p>2:00 Singalong, L</p> <p>3:00 Singalong, L</p> | <p>9:30 Senior Fitness w/Teresa, AR ⁹</p> <p>10:00 Trivia Club, L</p> <p>10:30 Fancy Nails w/Tiffanie (Lake Village), AR</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Middle Name Pride Social Hour, L</p> <p>3:00 Name Your Game!, L</p> | <p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p> |
| <p>DAYLIGHT SAVING TIME BEGINS ¹¹</p> <p>7:30 The Truth in Love (TV Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>9:30 Exercise With Legacy, AR ¹²</p> <p>10:00 Shopping at Big Lots, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:15 Wonder Word Search, AR</p> <p>1:30 Art Expression, AR</p> <p>3:00 Resident Puzzle Day, LL</p> | <p>9:30 Senior Fitness w/Teresa, AR ¹³</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Popcorn/Movie, L</p> <p>1:30 Bowling, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> | <p>Beauty Salon Is Open ¹⁴</p> <p>9:30 Tone Those Bones, AR</p> <p>10:40 Parachuting</p> <p>1:00 Chicken Foot (Dominoes), AR</p> <p>1:00 Karaoke, L</p> <p>1:00 Spelling Bee, AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Town Hall Meeting, L</p> <p>3:30 Country Store</p> | <p>8:00 Beauty Salon Is Open ¹⁵</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 What Is the Buzz and Snacks, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>2:00 Root Beer Floats, AR</p> <p>3:00 Singalong, L</p> | <p>Wear Green Day ¹⁶</p> <p>9:30 Senior Fitness w/Teresa, AR</p> <p>10:30 Lunch Outing, O</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 St. Patrick's Day Social Hour, L</p> <p>3:00 Name Your Game!, L</p> | <p>ST. PATRICK'S DAY ¹⁷</p> <p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p> |
| <p>7:30 The Truth in Love (TV Channel 7), L ¹⁸</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>National Nurses Day ¹⁹</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Dollar Store</p> <p>10:30 Therapy for the Mind, L</p> <p>1:30 Art Expression, AR</p> <p>3:00 Adult Coloring Club, AR</p> <p>3:00 Resident Puzzle Day, LL</p> | <p>SPRING BEGINS ²⁰</p> <p>9:30 Senior Fitness w/Teresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Popcorn/Movie, L</p> <p>1:30 Men's Polo, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> | <p>Beauty Salon Is Open ²¹</p> <p>9:30 Tone Those Bones, AR</p> <p>10:30 Parachute, L</p> <p>1:00 Karaoke, L</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:30 Country Store</p> | <p>8:00 Beauty Salon Is Open ²²</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 What Is the Buzz and Snacks, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Bread, AR</p> <p>2:00 Reminiscing, L</p> <p>2:00 Shopping at Walmart, O</p> <p>3:00 Singalong, L</p> <p>3:00 Singalong, L</p> | <p>9:30 Senior Fitness w/Teresa, AR ²³</p> <p>10:00 Trivia Club, L</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Spring Fling Social Hour, L</p> <p>3:00 Name Your Game!, L</p> | <p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p> |
| <p>PALM SUNDAY ²⁵</p> <p>7:30 The Truth in Love (TV Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> | <p>Winco, O ²⁶</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:30 Therapy for the Mind, L</p> <p>1:15 Wonder Word Search, AR</p> <p>1:30 Art Expression, AR</p> <p>3:00 Resident Puzzle Day, LL</p> | <p>9:30 Senior Fitness w/Teresa, AR ²⁷</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Popcorn/Movie, L</p> <p>1:30 Sudoku, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> | <p>Beauty Salon Is Open ²⁸</p> <p>9:30 Tone Those Bones, AR</p> <p>10:30 Spelling Bee, AR</p> <p>1:00 Karaoke, L</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:30 Country Store</p> | <p>8:00 Beauty Salon Is Open ²⁹</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 What Is the Buzz and Snacks, L</p> <p>1:00 Snacks/Coffee, L</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Star Kids, L</p> | <p>GOOD FRIDAY ³⁰</p> <p>PASSOVER BEGINS AT SUNSET</p> <p>9:30 Senior Fitness w/Teresa, AR</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Birthday Bash, L</p> <p>3:00 Name Your Game!, L</p> | <p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p> |