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.

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. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are 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.





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.

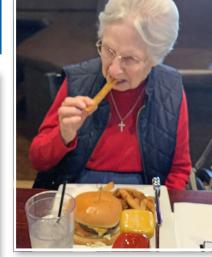
We have many fun events planned this month that will include our Mad Hatter Tea Party on March 19, at 6:15 p.m. We have our Employee Appreciation Happy

Hour on March 6. Outings for March will include Hillside Café and Regal Buffet. 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





Outings

Come and join us for a fun outing!









INDEPENDENT LIVING

MARCH 2020

Locations

AL Parking Lot, ALPL Bistro, B Community Room, CR Dining Room, DR Dog Park, DG Fitness Room, F Flagpole, FP Garden, G Library, LL Lobby, L Outing, O Route 66, R66 Theater, TH

Birthdays

Muriel Amlung, 1st Bill Manire, 4th Joan Fink, 5th Coleen Ryan, 9th (Employee) Ida Ekern, 9th Virginia Jackson, 14th Deanna Guidici, 16th Debra Langley, 17th (Employee) Kaylee Phillips, 19th Rose Hedlund, 26th Tom Doyle, 27th Jordan Luna, 30th (Employee)

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

Thursday, 2:30 p.m. Misc. Errands

Friday, 9:30 a.m. **Express Errands**

Friday, TBA

Field Trips/Outing

SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY**

9:30 Balance Class

w/Legacy, CR

9:30 Exercise w/Jacque

of A.R.T., CR

10:00 Post Office/Bank, O

10:00 Word of the Day, Coffee &

10:30 Blood Pressure Checks

2:00 Sassy Senior \$1 Bingo, CR

Chef Monte, DR

6:45 Movie Night w/a Friend, TH

6:00 Nickel (Card Game), B

w/A.R.T., CR

3:15 Cooking Demo w/

Snack Wednesday Social, L

3

9:30 Chair Zumba

10:00 Shopping at

Walmart, O

10:30 Rosary Service, B

10:00 Catholic Communion, B

Class w/Patty, CR

	SUNDAY		MONDAY
8:30	In Search of the 1	Dr. Seuss	Day
0.50	Lord's Way (KDFID	9:30	•
	Channel 7), R66		of A.R.T., CR
0.00	**	10:00	Coffee & Snacks
9:00	,,	10:00	Monday Social, L Dollar Tree, O
1:15	Chicken Foot, LL	10:30	42 Lesson w/Ben Glass, B
3:00	Resident Choice	10:30	Blood Pressure Checks
	Game		w/A.R.T., CR
6:00	Chicken Foot	2:00 2:30	Pokeno for Prizes, CR Singalong w/Karen, L
6:30	Resident Card	4:00	Dr. Seuss Games and Stories
0.50	Games, B	6:00	Hand & Foot Card Game, B
	•		
DAYLIGH	HT SAVING TIME BEGINS 8	9:30	Exercise w/Jacque
8:30	In Search of the	10.00	of A.R.T., CR
	Lord's Way (KDFID	10:00	Coffee & Snacks Monday Social, L
	Channel 7), R66	10:00	Big Lots, O
9:00	Bible Study, CR	10:00	Hearing Aid Clinic, B
1:15	•	10:30	42 Lesson w/Ben Glass, B
3:00	,	10:30	Blood Pressure Checks
6:00		2:00	w/A.R.T., CR Pokeno for Prizes, CR
		2:30	Singalong w/Karen, L
6:30		4:00	Shamrock Tossing Game, B
	Games, B	6:00	Hand & Foot Card Game, B
8:30	In Search of the 15	9:30	Exercise w/Jacque
0.50	Lord's Way (KDFID		of A.R.T., CR
	Channel 7), R66	10:00	Coffee & Snacks
0.00	**		Monday Social, L
9:00	,,	10:00	Dollar Tree, O
1:15	,	10:30	Blood Pressure
3:00	Resident Choice		Checks w/A.R.T., CR
	Game	2:00	Pokeno for Prizes, CR
6:00	Chicken Foot	2:30	Singalong w/Karen, L
6:30	Resident Card	4:00 6:00	Rowdy Ring Toss
	Games, B	0.00	Hand & Foot Card Game, B
	22		
0.20			pp
8:30	In Search of the	9:30	Exercise w/Jacque of A.R.T., CR
	Lord's Way (KDFID	10:00	Coffee & Snacks
0.00	Channel 7), R66	10.00	Monday Social, L
9:00	Bible Study, CR	10:00	Out to Tom Thumb, O
1:15	Chicken Foot, LL	10:30	Blood Pressure
2:30	Gospel Music w/Andy		Checks w/A.R.T., CR
3:00	Resident Choice Game	10:30	42 Lesson w/Ben Glass, E
6:00		2:00	Pokeno for Prizes, CR
6:30	Resident Card Games, B	2:30	Singalong w/Karen, L
		6:00	Hand & Foot Card Game,
8:30	In Search of the 29	9:30	Exercise w/
	Lord's Way (KDFID		Jacque of A.R.T., CR
	Channel 7), R66	10:00	Coffee & Snacks
9:00	Bible Study, CR		Monday Social, L
7.00	DIDIC DIGGY, CIT		

1:15 Chicken Foot, LL

3:00 Resident Choice

Game

6:00 Chicken Foot

6:30 Resident Card

Games, B

	1:00	Bridge Club, B			
CR	2:30	Art Expression, CR			
en, L nd Stories, B	6:00	Hand & Foot			
Game, B		Card Game, B			
ue 9	9:30	Chair Zumba			
	9.30	Class w/Patty, CR			
	10:00	Shopping at Walma			
	10:00	Catholic Communio			
ic, B	10:30	Rosary Service, B			
Glass, B	1:00	•			
necks	2:30				
	3:15	Shake Your Shamro			
, CR		Social w/Sunshine,			
r en, L g Game, B	6:00	Hand & Foot			
l Game, B		Card Game, B			
que 16	ST. PATR	PATRICK'S DAY			
_	Wear Gr	een Day			
S I	9:30	Chair Zumba Class			
L		w/Patty, CR			
	10:00	Shopping at Walma			
., CR	10:00	Catholic Communion			
es, CR	10:30	•			
Karen, L	1:00	J ,			
SS	2:30	Art Expression, CR			
55	3:30				
	6:00	Hand & Foot Card Ga			
ay 23					
que	9:30	Chair Zumba			
140		Class w/Patty, CR			
	10:00	Shopping at			
L		Walmart, O			
ımb, O	10:00	Catholic Communi			
	10:30	Rosary Service, B			
, CR	1:00	Bridge Club, B			
n Glass, B	2:30	Art Expression, CR			
es, CR	6:00	Hand & Foot			
aren, L		Card Game, B			
rd Game, B					
30	9:30	Chair Zumba			

10:00 Out to Dollar General

2:00 Pokeno for Prizes, CR

Card Game, B

2:30 Singalong w/Karen, L

Checks w/A.R.T., CR

10:30 Blood Pressure

6:00 Hand & Foot

10:00	Snopping at Walmart, O	
10:00	Catholic Communion, B	
10:30	Rosary Service, B	
1:00	Bridge Club, B	
2:30	<i>J</i> ,	
3:15	Shake Your Shamrocks	
	Social w/Sunshine, B	
6:00	Hand & Foot	
	Card Game, B	
ST. PATR	ICK'S DAY 17	
Wear Gr	een Day	
9:30	Chair Zumba Class	
	w/Patty, CR	
10:00	Shopping at Walmart, O	
10:00	Catholic Communion, B	
10:30	Rosary Service, B	
1:00 2:30	Bridge Club, B Art Expression, CR	
3:30	Luck of the Irish Social, B	
6:00	Hand & Foot Card Game, B	
0.00	Tiana a root cara dame, b	
9:30	Chair Zumba 24	
9:30	Class w/Patty, CR	
10:00	Shopping at	
10.00	Walmart, O	
10:00	Catholic Communion, B	
10:30	Rosary Service, B	
1:00	Bridge Club, B	
2:30	Art Expression, CR	
6:00	Hand & Foot	
0.00	Card Game, B	
	Cara Garrie, D	
9:30		
	Class w/Patty, CR	
10:00	Shopping at	
	Walmart, O	

10:30 Rosary Service, B

2:30 Art Expression, CR

4:30 Out to Dinner, O

Card Game, B

1:00 Bridge Club, B

6:00 Hand & Foot

10	9:30	Exercise w/ Jacque of A.R.T., CR	1
	10:00	Post Office/Bank, O	
r t, O , B	10:00	Word of the Day, Coffee & Snack Wednesday Social, L	
	10:30	Blood Pressure Checks w/A.R.T., CR	
CR	2:00	Sassy Senior \$1 Bingo, CR	
cks 3	3:30	St. Patrick's Day: Trivia Social w/Legacy, B	
	6:00	Nickel (Card Game), B	
	6:45	Movie Night w/a Friend, Th	H
17	9:30	Exercise w/Jacque 1 of A.R.T., CR	8
	10:00	Post Office/Bank, O	
	10:00	Word of the Day, Coffee & Snack Wednesday Social, L	
t , O B	10:30	Blood Pressure Checks w/A.R.T., CR	
_	2:00	Sassy Senior \$1 Bingo, CR	
	3:30	Nutrition Health Talk: Vitamins & Minerals, B	
	3:30	Book Club: New York	
al, B		New York, LL	
ne, B	6:00	Nickel (Card Game), B	
0.4	6:45	Movie Night w/a Friend, TH	_
24	9:30	Exercise w/ 2. Jacque of A.R.T., CR	5
	10:00	Post Office/Bank, O	
	10:00	Word of the Day, Coffee 8	
	10.00	Snack Wednesday Social,	
n, B	10:30	Blood Pressure	
,,,,	10.50	Checks w/A.R.T., CR	
	2:00		
	3:30	Giant Crossword Puzzle	
	6:00	Nickel (Card Game), B	
	6:45	Movie Night w/a	
	0.73	Friend, TH	
31	1		

Blood Pressure Checks v/A.R.T., CR cassy Senior \$1 Bingo, CR sutrition Health Talk: fitamins & Minerals, B sook Club: New York lew York, LL slickel (Card Game), B Movie Night w/a Friend, TH	10:15 10:30 12:30 2:30 6:00 6:15	Mexican Train, LL
exercise w/ 25 lacque of A.R.T., CR Post Office/Bank, O Word of the Day, Coffee & Chack Wednesday Social, L Blood Pressure Checks w/A.R.T., CR Gassy Senior \$1 Bingo, CR Giant Crossword Puzzle Nickel (Card Game), B Movie Night w/a Friend, TH	9:30 10:00 10:00 10:15 12:30 2:00 2:30 3:00	Balance Class w/ Legacy, CR Shopping at Walmart Blood Pressure Check w/Legacy, CR Bible Study w/ Pastor Frances, CR Singalong, O Busy Hand Club, R66 Misc. Errands, O Activity Meeting w/Patty, B Mexican Train, LL
		5

& I, L }	10:00 10:00 10:15 12:30 2:30 3:30 6:00	w/Legacy, CR Bible Study w/ Pastor Frances, CR Singalong, O Misc. Errands, O	10:00 10:30 1:00 2:00 3:30 6:00	w/Legacy, CR Bridge Club, B Wonder Word Challenge	10:30 1:00 1:30 2:00 2:30 3:30 6:00 7:00	Coffee & Conversation, L Trivia Pursuit, LL Card Games, B Puppy Chao Snack Mix w/Izzy, B Movies and Popcorn, T Billiards (Pool) Chicken Foot Crazy Card Game, B	
**************************************	9:30 10:00 10:00 10:15 12:30 2:00 2:30 3:00	w/Legacy, CR Shopping at Walmart, O Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR Singalong, O Busy Hand Club, R66 Misc. Errands, O	9:30 10:00 10:30 11:00 1:00 2:00 3:30 6:00	Current Events Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR Out to Regal Buffet, O Bridge Club, B Wonder Word Challenge Sham Rocking Happy Hour, L	9:30 10:30 1:00 1:30 2:30 3:30 6:00 7:00	Coffee & Conversation, L Trivia Pursuit, LL Card Games, B	14
18 -		Blood Pressure Check w/Legacy, CR Bible Study w/ Pastor Frances, CR 42 Lesson w/Ben Glass, B Singalong, O	9:30 10:00 10:30	w/Legacy, CR Bridge Club, B	1:30 2:30 3:30 6:00	Walking Warriors Coffee & Conversation, L Trivia Pursuit, LL Card Games, B Movies and Popcorn, TH Billiards (Pool) Chicken Foot Crazy Card Game, B	
25 e & al, L	10:00 10:00 10:15	Balance Class w/ Legacy, CR Shopping at Walmart, O Blood Pressure Check w/Legacy, CR Bible Study w/ Pastor Frances, CR	10:00 10:30 11:00	Snacks Friday Social, L Live Well Strength w/Legacy, CR	9:30 10:30 1:00 1:30 2:30	Walking Warriors 2 Coffee & Conversation, L Trivia Pursuit, LL Card Games, B Movies and	.8
	1 2.2(1	Singalong ()	1.00	D.::-I	0	1710 7 103 WIIW	

1:00 Bridge Club, B

3:30 Birthday Bash, L

6:00 Hand & Foot

2:00 Wonder Word Challenge

5 Employee Appreciation Day

9:30 Express Errands, O

10:00 Current Events Coffee &

Cereal Day

9:30 Walking Warriors

Popcorn, TH

3:30 Billiards (Pool)

6:00 Chicken Foot

