



March is Nutrition Month

Five Tips for Seniors and Nutrition

1. Simplify your life. - The later years are a great time to clarify what's truly important. It's ok to let go of possessions, tasks, and even relationships that no longer bring you joy and meaning. If you have the means, hire help! Get a trainer to help you move safely and regularly, a meal service to ensure your nutrition needs are being met, or a local youth to take care of minor house repairs and chores you no longer want to do. This allows you to spend more time on the things you enjoy, hopefully with the people you *really* love spending time with.
2. Join a community. - Social interactions and good relationships give us purpose, joy, and connection. Connection with others is also linked to better physiological health. Find like-minded people to connect with regularly, be it with classmates from a course you take, family, or just your neighbors down the street or down the hall. And don't be afraid to connect with the younger generation! If you're not a grandparent by blood, you might be able to volunteer as one!
3. Embrace change. - Change is a constant. Rather than resist it, learn to embrace it. Support whatever changes arise with compassion, openness, and resilience. Many people find that developing a spiritual practice is nurturing during times of intense change. This practice can be anything that supports you and brings you peace, whether it's a daily walk in nature, regular time with a loved one to talk out hopes and fears, or a mindfulness practice like meditation or deep breathing.
4. Emphasize joy and meaning. - Do stuff you like! Find ways to incorporate pleasure into your daily life. Choose foods that you love and can savor. Get a massage or enjoy a special spa treatment. Read books that spark your curiosity and fill your heart with joy. Do something you've never tried but you've always wanted to do. Appreciate the beauty around you, whether it's the light in a child's face or the bright colors of your flower garden.
5. Give back - One of the best ways to feel good is to give to others. As an older individual, you have a lifetime of perspective and wisdom that you can share with others. Donate to charity, volunteer, or teach others something you've learned in your life. This could mean helping tutor adults in math at your local community center, or teaching a younger family member how to make the famous family pierogi recipe. Think of the legacy you want to share, and give it generously.

As We Age Good Nutrition Is More Important Than Ever

Older age brings with it special nutrition concerns and requirements. In older age, *energy* needs decrease but *nutrition* needs increase. In general, because of the physical and lifestyle changes that tend to go along with aging, the need for overall calories is decreased.

However, the need for nutrition, in the form of nutrient-dense, well-absorbed foods and targeted supplementation, is more important than ever.

Water - Dehydration risk is higher among older adults. This may be due to side effects from prescription medications, or a reduced sense of thirst (more pronounced in those with Alzheimer's disease or those who have suffered a stroke).

Dehydration:

- Worsens constipation;
- Increases risk of bladder infection and kidney injury;
- Thickens mucus in lungs, aggravating asthma or lung conditions; and reduces mental performance and increases fatigue.

Older adults should consume 2-3 liters of liquids per day in the form of water (ideally), herbal teas, broths, or liquid based foods like smoothies and soups.

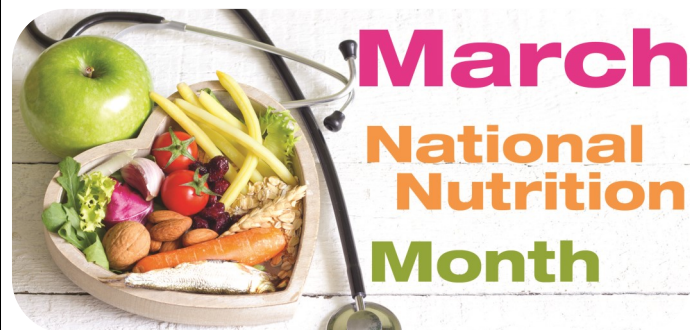


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BIRTHDAYS... WELCOME... INFORMATION...



Happy, Happy Birthday

Angela	3/5	Myrna	3/13
Maynard	3/5	Evelyn	3/15
Leo	3/6	Eugene	3/24
Marylee	3/8	Cheri	3/26

The Resident's Birthday Party is the last Wednesday of every month, in the Dining Room. Entertainment w/ Larry sponsored by Compassion Care, Birthday Cake sponsored by CareMore.

Meet Your New Neighbor

Noralee	137
Judy	243
Nadine	265
Ann	345
Al	346
Sally	348



TRIPS, TOURS AND SHOPPING

Mondays, Wednesdays & Fridays are Doctor Appointment Days
Tuesdays & Thursdays Trips, Tours and Shopping



Day	Date	Time	Location of Activity
Tuesday	5	9:00 - 11:30	Wal-Mart
		2:15 - 4:15	The 99 Cent Store
Thursday	7	9:00 - 11:30	The Dollar Store
		2:15 - 4:15	Hobby Lobby, Target, Ross, WinCo or Smith's
Tuesday	12	9:00 - 11:30	Wal-Mart
Thursday	14	9:00 - 11:30	Trip to the Bank and/or DMV
		2:15 - 4:15	Aliante Casino
Tuesday	19	9:00 - 11:30	Wal-Mart
		2:15 - 4:15	Kohl's, Tuesday Morning, Home Goods or Mimi's Cafe
Thursday	21	9:00 - 11:30	The Dollar Store
		2:15- 4:15	Hobby Lobby, Target, Ross, WinCo or Smith's
Tuesday	26	9:00 - 11:30	Wal-Mart
		2:15 - 4:15	Shopping at Burlington
Thursday	28	9:00 - 11:30	Krispy Kreme Donuts and Deseret Industries Thrift Store
		2:15- 4:15	Aliante Casino

ST. PADDY'S PASTIMES DEBUNKED

They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.



WHAT IS THE ORIGIN OF FAT TUESDAY / MARDI GRAS?

Mardi Gras, which is French for "Fat Tuesday," is the last day of a season called "Carnival." The Carnival season is characterized by merrymaking, feasting, and dancing. Mardi Gras is the culmination of festivities and features parades, masquerades, and, unfortunately, often drunkenness and shameless debauchery. Carnival is typically celebrated in Catholic countries of southern Europe and Latin America.

The excess of Carnival may not seem to have much in common with the austerity of Lent, but the two seasons are inseparable. The day after Fat Tuesday is Ash Wednesday; therefore, the end of Carnival is followed immediately by the beginning of Lent. Lent is a time of fasting and penance in preparation for Easter. Carnival, then, can rightly be seen as the indulgence before the fast. It is one last "binge" before having to give something up for 40 days.

What does the Bible say about all this? There is nothing in the Bible that in any way suggests that early Christians observed either Lent or Carnival. And, of course, there is no biblical support for the kind of fleshly indulgence generally practiced on Fat Tuesday. The Bible expressly forbids drunkenness, carousing, and sexual fornication. Romans 13:13-14 says, "Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."

In general, Mardi Gras revelers engage in a binge of sinning before a time of consecration to God. The celebration of Mardi Gras fosters the notion that you can do whatever you want on Fat Tuesday, as long as you show up in church on Ash Wednesday. It's the bender before the benediction, and it's utterly unscriptural.



WHAT'S HAPPENING IN YOUR COMMUNITY

Go **RED**
for
Woman's
Heart
Health
Luncheon
2/1/19



GET TO KNOW YOUR NEIGHBOR

Mary was born in Lewisham (S. London) UK to Alexandria Hollands and Charles Sidney Basham. Her father was a taxi driver in London. Mary was one of seven children, one brother Charles "Charlie" and six sisters, Alexandria "Queenie", Peggy, Dorrem, Constance "Connie", Evelyn, and Daphne.

Mary's family was very close. She says that her parents always held hands when together. Christmastime was especially wonderful for Mary and her family, she says it was always held at her grandmother's home with many aunts, uncles and cousins. They would share stories, sing songs, play games and enjoy delicious food.

At age of 12 Mary attended Churchtown School Academy. Her best friend was Kay Mangan Giermakoswicki. As teenagers Kay and Mary worked together at the Empire Leicester Square Theater. They kept in touch for many years but eventually lost touch of each other.

Mary met her husband, Henry in Catford UK in the Church. Henry was a handsome man with blonde hair, very tall and broad. Henry was a merchant marine. Mary was a bookkeeper for United Artist Bookkeeper near Piccadilly Circus London. Her husband made a decision to move to Florida, Mary wasn't happy at first because she loved her job, but realized it would be an adventure. Her family had big party for them before she left for the United States. Once Mary arrived in the US she got acclimated to her new environment and made lots of new friends.

Just prior to moving to Silver Sky at Deer Springs, Mary lived in Florida. Her daughter Rebecca arranged for her to move to Las Vegas, to be closer to her. Mary came to visit Silver Sky at Deer Springs and she liked the community. Mary says her new home is a really nice place.

To pass the time Mary likes to knit and watch English movies. Her favorite song is "They'll always be an England".



RELIGIOUS SERVICES

Sundays	7:30 AM	Catholic Mass Channel 6 KVCW (TH)
Fridays	11:00 AM	Catholic Services w/Deacon Frank (MR) Rosary to follow service
Fridays	2:00 PM	Gratitude and Encouragement w/ Volunteer residents Myrna (TH)

MARDI GRAS PARTY



You are
invited to a
Mardi Gras Party
Tuesday,
March 5, 2019

At 11:30
In the
Dining Room



WHO'S WHO AT YOUR COMMUNITY

Robert Colbert R.N., R.F.A. - Vice President Assisted Living
Nicole Graham M.H.A., R.F.A. - Executive Director
Valerie Hall R.N. - Director of Wellness
Joe Leininger - Food Service Director
Dawn Lewis - Director of Community Engagement
Erin Leroux R.N. - Assistant Administrator
Salvador Martinez-Valle - Sr. Lead Maintenance Tech
Barbara Phillips - Activity Coordinator
Roselee Coleman - Dining Services Coordinator
Shadé Momodu & Carmelita Means - Receptionists
Nancy Voag - Transportation

Office Hours:
Monday - Sunday 8:00AM - 6:00PM
If you have any questions,
Please call or come by,
6741 N. Decatur Blvd. Bldg. 3
Las Vegas, NV. 89131
(702) 462-7700

a good friend is like a

**FOUR LEAF
CLOVER**



hard to find and

LUCKY

to have



**Resident Council
Is the Last Monday of the
month at 2:00PM (MR)**



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