

Be Inspired

THIS MONTH'S *silver star*

PEGGY WARE

Our Silver Star this month is Peggy Ware! She has been a resident at Ashford Court for three years and was recently elected as our new Resident Council President!

Mrs. Peggy grew up in Rural, Ga., where her father owned a farm. She attended school there and eventually left to go to Georgia's Teacher College. During college, she met her husband and left after two years to get married. She and her husband had eight children. Her husband worked for IBM and they traveled and moved a lot for his job. Right after World War II, they lived in Guam! Once her children went off to college, Peggy began teaching school. She taught children from kindergarten to fifth grade, and also taught gifted children.

Peggy came to live at Ashford Court after her husband passed away and she realized she did not like living alone. She says that it's been a nice adventure living here and she enjoys reaching out, helping others, and forming friendships. She enjoys the activities here with her favorites being trivia and the book club.

We are so lucky to have such a kind, genuine, and charming resident like Peggy. These are just a few reasons why she is our Silver Star this month!



JOIN US THIS MONTH FOR *st. patty's day* *celebration!*

Please come out and celebrate St. Patrick's Day with us! Regardless of your heritage, come and have some fun celebrating in your community. There will be music, dancing, food and beer!



TRAIN YOUR BRAIN *sudoku solution on back*

6					7	8		5
				9			1	
3	4	1					7	
9			2	7				
8		4						7
				5	6			4
	1					9	4	3
	3			8				
7		9	4					8

assisted living

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- BISTRO — B
- CREATIVE ARTS CENTER — CAC
- LOBBY — L
- MAIN DINING ROOM — MDR
- OASIS ROOM — OR
- PALMETTO CAFE — PC
- SECOND FLOOR — 2nd Fl
- THEATER — Th

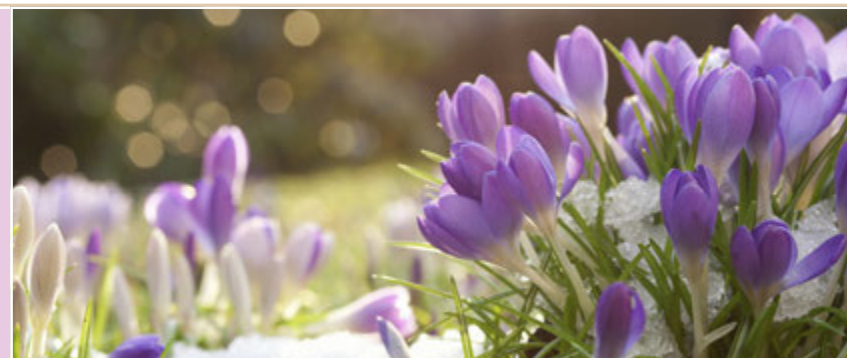
BIRTHDAYS THIS MONTH

- KEN CROCKER — 8th
- JUNE REED — 10th
- NICO BRANFORD — 21st (Employee)
- STUART PEDLOW — 24th (Employee)

TRANSPORTATION SCHEDULE

- TUESDAY
9 a.m.-3 p.m.
Doctor Appointments
- THURSDAY
9 a.m.-3 p.m.
Doctor Appointments
- FRIDAY
9:30 a.m.
Banking Services
- FRIDAY
10 a.m.
Publix/Target

“Springtime is the land awakening.
The March winds are the morning yawn.”
—Lewis Grizzard



<p>9:45 ● Catholic Mass Th 3</p> <p>11:00 ● Church of Eleven 22 Th</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Community Crafts CAC</p> <p>6:00 ● Meet Me at the Movie B</p>	<p>10:00 ● Catholic Communion PC 4</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Exercise with Strive B</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Gardening Club OR</p> <p>3:30 ● Happy Hour OR</p>	<p>MARDI GRAS 5</p> <p>10:00 ● Ida's Morning Exercise B</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Wii Bowling B</p> <p>3:00 ● Resident Council Th</p> <p>6:00 ● Movie Night Th</p> <p>6:00 ● Support Group PC</p>	<p>ASH WEDNESDAY 6</p> <p>10:00 ● Catholic Communion PC</p> <p>10:00 ● Be Kind to Our Bodies Through Exercise B</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Resident Lunch Outing L</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Bunco B</p> <p>3:30 ● Happy Hour OR</p>	<p>10:00 ● Morning Exercise B 7</p> <p>10:00 ● Bible Reflections Th</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:00 ● Bridge Club PC</p> <p>2:15 ● Wii Bowling B</p> <p>2:15 ● Scrabble OR</p> <p>3:00 ● Walking Club L</p> <p>6:00 ● Movie Matinee B</p>	<p>9:30 ● Banking L 8</p> <p>10:00 ● Ida's Morning Exercise B</p> <p>10:00 ● Publix/Target L</p> <p>1:00 ● Bingo OR</p> <p>3:30 ● Happy Hour OR</p> <p>6:00 ● Friday Night at the Movie Th</p>	<p>10:00 ● Morning Exercise B 9</p> <p>10:00 ● Catholic Communion PC</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>3:15 ● Headbandz B</p> <p>6:00 ● Meet Me at the Movie Th</p>
<p>DAYLIGHT SAVING TIME BEGINS 10</p> <p>9:45 ● Catholic Mass Th</p> <p>11:00 ● Neptune Baptist Th</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Community Crafts CAC</p> <p>6:00 ● Meet Me at the Movie B</p>	<p>10:00 ● Catholic Communion PC 11</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Exercise with Strive B</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Gardening Club OR</p> <p>3:30 ● Happy Hour OR</p>	<p>10:00 ● Ida's Morning Exercise B 12</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Wii Bowling B</p> <p>2:15 ● Read to Embrace Residents L</p> <p>3:00 ● Town Hall Th</p> <p>6:00 ● Movie Night Th</p>	<p>10:00 ● Morning Exercise B 13</p> <p>10:00 ● Catholic Communion PC</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Resident Picnic Outing L</p> <p>1:00 ● Bingo OR</p> <p>1:30 ● Roundtable Dining Meeting MDR</p> <p>2:15 ● Bunco B</p> <p>3:30 ● Happy Hour OR</p>	<p>9:00 ● Instrumental Guitar by Larry B 14</p> <p>10:00 ● Morning Exercise B</p> <p>10:00 ● Bible Reflections Th</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:00 ● Bridge Club PC</p> <p>2:15 ● Wii Bowling B</p> <p>2:15 ● Thank You Cards for Local Firefighters and EMS B</p> <p>3:00 ● Walking Club L</p> <p>6:00 ● Movie Matinee B</p>	<p>9:30 ● Banking L 15</p> <p>10:00 ● Ida's Morning Exercise B</p> <p>10:00 ● Publix/Target L</p> <p>1:00 ● Bingo OR</p> <p>3:30 ● Happy Hour OR</p> <p>6:00 ● Friday Night at the Movie Th</p>	<p>10:00 ● Morning Exercise B 16</p> <p>10:00 ● Catholic Communion PC</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Wii Bowling B</p> <p>6:00 ● Meet Me at the Movie Th</p>
<p>ST. PATRICK'S DAY 17</p> <p>9:45 ● Catholic Mass Th</p> <p>11:00 ● St. Andrews Lutheran Th</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● St. Patty's Day Celebration B</p> <p>6:00 ● Meet Me at the Movie B</p>	<p>10:00 ● Catholic Communion PC 18</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Exercise with Strive B</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Gardening Club OR</p> <p>3:30 ● Happy Hour OR</p>	<p>10:00 ● Ida's Morning Exercise B 19</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Wii Bowling B</p> <p>6:00 ● Movie Night Th</p> <p>6:00 ● Support Group PC</p>	<p>SPRING BEGINS 20</p> <p>10:00 ● Morning Exercise B</p> <p>10:00 ● Catholic Communion PC</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Resident Lunch Outing L</p> <p>11:00 ● iPad 101 Basic Skills Class Th</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Bunco B</p> <p>3:30 ● Happy Hour OR</p>	<p>10:00 ● Morning Exercise B 21</p> <p>10:00 ● Bible Reflections Th</p> <p>10:45 ● Brave People in History Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:00 ● Bridge Club PC</p> <p>2:15 ● Wii Bowling B</p> <p>2:30 ● Birthday Celebration OR</p> <p>6:00 ● Movie Matinee B</p>	<p>9:30 ● Banking L 22</p> <p>10:00 ● Ida's Morning Exercise B</p> <p>10:00 ● Publix/Target L</p> <p>1:00 ● Bingo OR</p> <p>3:30 ● Happy Hour/Welcome New Residents B</p> <p>6:00 ● Friday Night at the Movie Th</p>	<p>10:00 ● Morning Exercise B 23</p> <p>10:00 ● Catholic Communion PC</p> <p>10:00 ● Donating Love to Jacksonville Humane Society L</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Balloon Bop B</p> <p>6:00 ● Meet Me at the Movie Th</p>
<p>9:45 ● Catholic Mass Th 24</p> <p>11:00 ● Non-Denominational Service with Chaplain Mary Ellen Th</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Community Crafts CAC</p> <p>2:30 ● Resident Hymn Singalong B</p> <p>6:00 ● Meet Me at the Movie B</p>	<p>10:00 ● Catholic Communion PC 25</p> <p>10:30 ● Book Club PC</p> <p>11:00 ● Exercise with Strive B</p> <p>1:00 ● Bingo OR</p> <p>3:30 ● Happy Hour OR</p>	<p>10:00 ● Ida's Morning Exercise B 26</p> <p>10:00 ● Bake It Up PC</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Wii Bowling B</p> <p>2:15 ● Scrabble OR</p> <p>6:00 ● Movie Night Th</p>	<p>10:00 ● Morning Exercise B 27</p> <p>10:00 ● Catholic Communion PC</p> <p>10:30 ● Book Club PC</p> <p>1:00 ● Bingo OR</p> <p>1:00 ● Museum of Science and History Trip L</p> <p>2:15 ● Bunco B</p> <p>3:30 ● Happy Hour OR</p>	<p>10:00 ● Morning Exercise B 28</p> <p>10:00 ● Bible Reflections Th</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>2:00 ● Bridge Club PC</p> <p>2:15 ● Wii Bowling B</p> <p>6:00 ● Movie Matinee B</p>	<p>9:30 ● Banking L 29</p> <p>10:00 ● Ida's Morning Exercise B</p> <p>10:00 ● Publix/Target L</p> <p>1:00 ● Bingo OR</p> <p>3:30 ● Happy Hour OR</p> <p>6:00 ● Friday Night at the Movie Th</p>	<p>10:00 ● Morning Exercise B 30</p> <p>10:00 ● Catholic Communion PC</p> <p>10:45 ● Trivia OR</p> <p>1:00 ● Bingo OR</p> <p>3:15 ● Headbandz B</p> <p>6:00 ● Meet Me at the Movie Th</p>
<p>9:45 ● Catholic Mass Th 31</p> <p>1:00 ● Bingo OR</p> <p>2:15 ● Community Crafts CAC</p> <p>2:15 ● Wii Bowling B</p> <p>6:00 ● Meet Me at the Movie B</p>						

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

One out of every eight seniors experiences memory loss as they age. Surprisingly, this memory loss affects young seniors the most prominently, with 44.7% of older persons between ages 60-64 reporting memory loss. I am ahead of the curve! At 51 years of age, I cannot seem to remember anything these days. I will share with you some tips if you would like to stave off the effects of memory loss with me:

1. **KEEP LEARNING NEW THINGS!** Watch the activities calendar for a card game you have never played or participate in karaoke and learn a song.
2. **TAKE CARE OF YOURSELF PHYSICALLY.** Simple things like inadequate hydration can have a devastating impact on memory and studies have found that people who eat brain-boosting foods, such as fish, once each week have a massive 60% lower risk of developing dementia as they age. Moreover, who hasn't heard the saying, "move it or lose it"? Take advantage of the new walking club and morning group exercise.
3. **GET SOCIAL.** The expansiveness and quality of your social network and your level of engagement in it can have a direct impact on your brain health. With Ashford Court focusing on sales in 2019, you will have the opportunity to meet new people every week!

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

Our HEART Hero this month is LISA STEELE! She has been a part of Ashford Court for three years. Lisa works very hard every day and wears multiple hats, including transportation, maintenance and housekeeping. She is such a sweet and caring employee and an even stronger woman.

Lisa is the kind of woman who is always there for people when they need a friend. In her words, she's "the kind of person who faces many things alone, but will do anything to make someone smile." She loves her job and the residents, and she has learned and grown so much from them and enjoys listening to their stories. She has three wonderful sons and three beautiful grandbabies. Family is very important to her.

It is easy to see why the residents love Lisa so much — she is an amazing person and employee. We are so lucky to have someone like her at Ashford Court, and that is why she is our HEART Hero!



EVENT RECAP

candlelight dinner

This month, we celebrated Valentine's Day in our community with a Candlelight Dinner! It was a fun and elegant event with cocktails, a delicious dinner and a strolling violinist who serenaded everyone over dinner. Friends, family, residents and staff were all part of this lovely night and came together to spread the love.



MANAGEMENT TEAM

Stacey Shewey, *Executive Director*
Brandi Hall, *Business Office Manager*
Suzanne Simon, *Director of Sales & Marketing*
Joan Heard, *Dining Services Director*
William Buckley, *Director of Plant Operations*
Mimi Baxter, *Memory Care Director*
Brianna Gruen, *Health and Wellness Director*
Stephanie Morgan, *Resident Program Director*

TRAIN YOUR BRAIN *solution*

6	9	2	1	4	7	8	3	5
5	8	7	6	9	3	4	1	2
3	4	1	5	2	8	6	7	9
9	5	6	2	7	4	3	8	1
8	2	4	3	1	9	5	6	7
1	7	3	8	5	6	2	9	4
2	1	8	7	6	5	9	4	3
4	3	5	9	8	1	7	2	6
7	6	9	4	3	2	1	5	8



SENIOR
LIFESTYLE



PET
FRIENDLY

your life, your style