

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.

TIPS FOR *conquering* *crosswords*

If you've ever had a crossword get you down and out, grab a pencil and take note of these strategies that can help you become a puzzle master:

GET A GOOD START — Solve the fill-in-the-blank clues first. They are typically easier, and getting those words in the grid will give you a mental boost. Next, focus on filling in the entries for three-, four- and five-letter words, which tend to be familiar answers used in many puzzles.

PENCIL IN ENDINGS — If a trying clue indicates the answer is a plural word or phrase, go ahead and fill in the "S" on the grid. If a clue signals a word in past tense, pencil in the letters "ED." While not always correct, this strategy may help you solve or verify connecting words.

USE RESOURCES — Consult a good dictionary, almanac or other reference if you're stuck. And don't forget to ask friends and family!

MANAGEMENT TEAM

Carrie Morton, *Executive Director*

Laura Bobbitt, *Business Office Manager*

Tasha Danner, *Director of Sales & Marketing*

Teather Lemay, *Dining Services Director*

David Ogg, *Director of Plant Operations*

REMEMBERING *the alamo*

James Bowie, William Travis and Davy Crockett are the names that likely come to mind at the mention of the phrase "Remember the Alamo." The Texas site where these heroic men and many more fought for independence is one of the most well-known landmarks in America.

Built as a mission in 1718 in San Antonio, the Alamo later became a military fort for Spanish and then Mexican troops. They named it El Alamo, meaning "cottonwood," after the surrounding trees.

As more U.S. citizens settled in Texas, the desire for independence from Mexico grew stronger, and war broke out in 1835. Texan forces took control of San Antonio, but their leader, Gen. Sam Houston, instructed Col. Bowie to abandon the Alamo fort. However, Bowie and his men decided to defend the site.

Led by Gen. Antonio Lopez de Santa Anna, Mexican soldiers began a siege of the Alamo on Feb. 23, 1836. Though severely outnumbered, the Texans held the fort for 13 days until their defeat on March 6. Their sacrifice was not forgotten, as Houston's men used the battle cry "Remember the Alamo!" weeks later in their victory at the Battle of San Jacinto, gaining Texas' independence.

The Alamo is now a National Historic Landmark, drawing over 2.5 million visitors every year.



SENIOR
LIFESTYLE
your life, your style



assisted living

BE INSPIRED

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

LOCATIONS

- ACTIVITIES ROOM — AR
- COURTYARD — CY
- DINING ROOM — DR
- LIBRARY — LB
- PRIVATE DINING — PD
- TELEVISION ROOM — TV

**SENIOR LIFESTYLE
MISSION**


“To become the trusted leader in senior living services by creating great places to work and great places to live.”

SENIOR LIFESTYLE

EMBRACE *life.*
 EMBRACE *moments.*
 EMBRACE *connection.*

**SENIOR LIFESTYLE
VALUES**

*Hospitality,
 Excellence,
 Appreciation,
 Respect,
 & Teamwork*

<p>“The man who treasures his friends is usually solid gold himself.” —Marjorie Holmes</p>				<p>1</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>2</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>3</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>
<p>4</p> <p>9:00 ● Daily Chronicle 10:30 ● Bingo DR 7:30 ● Nutrition Train</p>	<p>5</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>6</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>7</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>8</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>9</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>10</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>9:00 ● Daily Chronicle 10:30 ● Bingo DR 7:30 ● Nutrition Train</p>	<p>12</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>13</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>14</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>15</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>16</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>
<p>18</p> <p>9:00 ● Daily Chronicle 10:30 ● Bingo DR 7:30 ● Nutrition Train</p>	<p>19</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>SPRING BEGINS 20</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>21</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>22</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>23</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>24</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>
<p>PRESIDENTS DAY 25</p> <p>9:00 ● Daily Chronicle 10:30 ● Bingo DR 7:30 ● Nutrition Train</p>	<p>26</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>27</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>28</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>29</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>GOOD FRIDAY 30 PASSOVER starts at sunset</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 10:30 ● Bingo DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>	<p>31</p> <p>9:00 ● Daily Chronicle 9:15 ● Morning Movement DR 4:30 ● Book Club LB 6:00 ● Artistic Expressions AR 7:30 ● Nutrition Train</p>