

Be Inspired

SEASONS | a Senior Lifestyle community | CINCINNATI, OH 45236 | 513-984-9400

THIS MONTH'S *silver stars*

BERNIE AND MARY
KAY BERIGAN



From their Irish roots, throughout an abundant life, deep-seated in faith and family (and football), the Berigans arrived, via Iowa and Nebraska, at The Seasons in April, 2015.

Both from Omaha, Neb., Bernie graduated from Creighton Prep, a Jesuit High School, and Mary Kay Rinn (also Irish), from St. Mary's High School. (In an excerpt from the 1947 Creighton Prep Athletic Hall of Fame, Bernie is described as "one of the most versatile and admired athletes in school history.") He went on to graduate from Marquette University with a football scholarship, serving as offensive captain of the football team his senior year. Mary Kay attended Duchesne College, meriting a position as legal stenographer for a prominent law firm prior to their marriage in 1951.

Bernie accepted a teaching/coaching position in Hastings, Neb. and Mary Kay first learned to drive a car! In 1953, the family, now with two children, moved back to Omaha and Bernie joined his dad and brothers at Berigan Bros. Livestock Company. In 1970, they left Omaha for Sioux City, Iowa and Iowa Beef Processors (later merged with Tyson Foods), where Bernie served on the President's Management Staff. By then, their family included 12 beautiful children — six boys and six girls. Today, their oldest son lives in Cincinnati and the rest are scattered from Virginia to California. All 12 children achieved credentials in higher education and excelled in sports. Today, Bernie and Mary Kay are the proud grandparents of 29 and 19 great-grandchildren.

In 1964, Bernie founded and was owner/coach for the Omaha Mustangs professional football team. This was a labor of love for all involved. Coaches and players had full-time jobs, yet moonlighted with hopes of reaching the NFL. Their practices were held at Boys' Town in Omaha. NFL scouts showed great interest. Sadly, lack of adequate funding eventually ended the dream of becoming an NFL franchise, yet left all participants enriched by the experience.

Bernie has self-published two beautiful books about and for their family. Rich in family history and profuse with love and family photos, one passage must be shared. It is the dedication of the volume, entitled My Family:

- This book is dedicated to my loving wife, Mary Kay, whose very presence made each house we lived in a special home.
- And to our 12 children who have grown to make (us) proud that we are their parents.
- All of the pictures in this book are a display of family togetherness and bring forth the love and happiness our family has experienced.
- We all can look back and remember with smiles and laughter mixed with some sadness, and on occasion some tears, the good old days.

Mom was always there for us and for that we are blessed many times over.

JOIN US THIS MONTH FOR

march madness: not basketball!

If you have some green in your closet, this is the month to get it out because you'll have several opportunities to wear it during our celebration of St. Patrick's Day. Together we'll celebrate our six dimensions of wellness:



- **MOVE** — You'll be busy searching for the hidden pots of gold on St. Patrick's Day. Find a pot of gold and bring it to Jill for a prize.
- **GROW** — Learn about all things Irish with Jill.
- **CONNECT** — Join us when the Erickson School of Irish Dance performs in the Atrium.
- **FEEL** — How about a little Irish coffee before the Irish dancers perform?
- **CONTRIBUTE** — What's in your pot of gold? Fill out a shamrock about what has been "golden" in your life.

TRAIN YOUR BRAIN *sudoku solution on back*

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

BE INSPIRED

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

LOCATIONS

- ATRIUM — ATR
- AUDITORIUM — ADT
- BE FIT STUDIO — FS
- BILLIARDS ROOM — BR
- CHAPEL — CPL
- CONFERENCE ROOM — CR
- CREATIVE STUDIO — CS
- DINING ROOM — DR
- LIBRARY — LB
- POOL LAWN — PL
- SOCIAL HOUR AREA — SHA
- TERRACE LOUNGE — TL
- THEATER ROOM — TR

TRANSPORTATION SCHEDULE

- TUESDAY 9 AND 11 A.M.
Madeira Kroger and CVS
- TUESDAY 2:30 P.M.
Banks in Madeira & Kenwood
- TUESDAY LEAVE AT 1 P.M., PICKUP FROM MALL AT 2 AND 3 P.M.
Kenwood Towne Centre
- WEDNESDAY MAR 7 AT 10 A.M.
Walmart
- WEDNESDAY MAR 14 AT 10 A.M.
Dillonvale Shopping Center
- WEDNESDAY MAR 21 AT 10 A.M.
Kohl's, JCPenney, Michaels
- WEDNESDAY MAR 28 AT 10 A.M.
Target and Meijer
- FRIDAY 9:30 A.M.
Montgomery Kroger
- SATURDAY 12:45 AND 1:45 P.M.
Madeira Kroger and CVS
- SUNDAY 12:45 AND 1:45 P.M.
Kenwood Towne Centre

CHANGING SEASON STYLING SALON

TUESDAY - SATURDAY
8:30 a.m. - 5 p.m., 791-0222

www.SeniorLifestyle.com
Activities are subject to change

BIRTHDAYS THIS MONTH

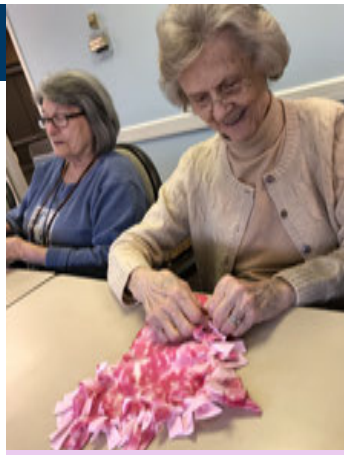
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|--------------------------|---------------------------|
| RUTH PLEATMAN — 1st | BARBARA BYRD — 20th |
| JEAN GIBBONS — 2nd | FRAN VICTOR — 22nd |
| SHIRLEY BAEHNER — 3rd | BILL WAGNER — 24th |
| EILEEN BREITENBACH — 3rd | EILEEN LEVY — 25th |
| JOE HATHAWAY — 7th | MARY BEYERSDORFER — 26th |
| GARRY BATES — 11th | JOE BREITENBACH — 26th |
| MAURINE COPELAND — 13th | MARILYN ALGHUSSEIN — 30th |
| PAT DAVIS — 17th | |



<p>10:30 ● Catholic Service at the Courtyard ADT 4</p> <p>11:00 ● Girl Scout Cookie Booth Until 1 p.m. ATR</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>2:00 ● Movie Matinee</p> <p>2:30 ● Protestant Service at the Courtyard</p> <p>4:30 ● Cincinnati Boy Choir Performance ATR</p> <p>7:00 ● Seasons Cinema</p>	<p>9:45 ● Tai Chi Flow Class ADT 5</p> <p>11:00 ● Protestant Service CPL</p> <p>1:00 ● Fiber Arts with Cara CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Music with Mark Rasmussen ATR</p>	<p>9:30 ● Blood Pressure Clinic SHA 6</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>11:00 ● Catholic Mass at the Courtyard</p> <p>1:00 ● Shopping at Rookwood & Whole Foods</p> <p>2:00 ● Bingo! CS</p> <p>2:45 ● Outing to Share Cheese Bar</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 7</p> <p>10:00 ● News and Views CS</p> <p>12:00 ● Volunteer at Matthew 25 Ministries</p> <p>1:00 ● Mind Games ATR</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>2:00 ● Women's Bible Study Open House CS</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 8</p> <p>11:00 ● Catholic Communion CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>12:00 ● Lunch & Learn Remarkable Civil War Women ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Music With Vince Phelan ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 9</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>10:00 ● March Birthday Brunch TL</p> <p>12:00 ● Outing to Cincinnati Brush and Painters Exhibit</p> <p>4:15 ● Sabbath Eve Service Led by Rabbi Elaina CPL</p> <p>7:00 ● Seasons Cinema</p> <p>7:00 ● Polished Brass Quintet Performance ATR</p>	<p>10:00 ● Low Impact Exercise Class ADT 10</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>11:00 ● Create & Learn with Jenny CS</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>10:30 ● Catholic Service at the Courtyard</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:00 ● Pops Concert Ticket Holders Only</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>2:00 ● Movie Matinee</p> <p>3:30 ● Protestant Service at the Courtyard</p> <p>6:00 ● Bone Voyage Band ATR</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Chair Dancing with Kate ADT 12</p> <p>10:00 ● Alfred Hitchcock Movie Marathon Until 9 p.m. TR</p> <p>11:00 ● Protestant Service CPL</p> <p>1:45 ● Writing Group Everyone Welcome CR</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Diane Shields Julius Caesar ADT</p>	<p>9:30 ● Blood Pressure Clinic SHA 13</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>2:00 ● Bingo! CS</p> <p>3:00 ● Resident Association Meeting ADT</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 14</p> <p>10:00 ● News and Views CS</p> <p>1:00 ● Mind Games ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>2:00 ● Taft Museum Tiffany Glass Exhibit</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 15</p> <p>11:00 ● Catholic Communion CPL</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>1:00 ● All Things Irish SHA</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● The Sociables ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 16</p> <p>9:30 ● Cincinnati Ballet Ticket Holders Only</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>2:00 ● Irish Coffee Bar ATR</p> <p>2:30 ● Erickson School of Irish Dance Performers ATR</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>ST. PATRICK'S DAY 17</p> <p>● LOOK FOR THE POTS OF GOLD & GET A PRIZE FROM JILL</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>
<p>10:30 ● Catholic Service at the Courtyard 18</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>6:00 ● Wild Honey Band, Pizza and Beer DR</p> <p>7:00 ● Seasons Cinema</p>	<p>9:45 ● Tai Chi Flow Class ADT 19</p> <p>11:00 ● Protestant Service CPL</p> <p>1:00 ● Easter Craft with Jill CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Roaring '20s Quartet ATR</p>	<p>SPRING BEGINS 20</p> <p>9:30 ● Blood Pressure Clinic SHA</p> <p>9:30 ● Seasons Slammers At Reading</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>1:30 ● Book Group CR</p> <p>2:00 ● Bingo! CS</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 21</p> <p>10:00 ● News & Views CS</p> <p>1:00 ● Mind Games ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>5:00 ● Dinner at Matt the Miller's Tavern</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 22</p> <p>11:00 ● Catholic Communion CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>4:00 ● Music with Mike Pendell ATR</p> <p>7:00 ● Music with Bob Pollack & Jack Rowekamp ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 23</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>11:00 ● Greeting Card Class with Blaise CS</p> <p>4:15 ● Sabbath Eve Service Led by Edie Yakutis CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class ADT 24</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>
<p>PALM SUNDAY 25</p> <p>10:30 ● Catholic Service at the Courtyard</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>2:00 ● College Conservatory of Music Performance ATR</p> <p>5:30 ● Chicago at the Aronoff Ticket Holders Only</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Chair Dancing with Kate ADT 26</p> <p>10:45 ● Ladies' Lunch at Tahona</p> <p>11:00 ● Protestant Service CPL</p> <p>1:45 ● Writing Group Everyone Welcome CR</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Travel Talk with Brian Jorg ADT</p>	<p>8:30 ● Romeo: Retired Old Men Eating Out, Le Peep</p> <p>9:00 ● Hill Audiology Hearing Aid Checks SHA</p> <p>9:30 ● Blood Pressure Clinic SHA</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>1:00 ● Seder with Rockwern Academy Students ADT</p> <p>1:00 ● Shopping at Trader Joe's</p> <p>2:00 ● Bingo with Prizes CS</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● The Highlandaires Baseball Theme ATR</p>	<p>10:00 ● Low Impact Exercise ADT 28</p> <p>10:00 ● News & Views CS</p> <p>1:00 ● Mind Games ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 29</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>3:30 ● Reds Opening Day Party ADT</p> <p>7:00 ● Seasons Cinema TR</p>	<p>GOOD FRIDAY 30</p> <p>PASSOVER starts at sunset</p> <p>9:30 ● Shopping at Montgomery Kroger</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>2:00 ● Baseball Movie ADT</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class ADT 31</p> <p>10:00 ● Easter Egg Hunt ATR</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>

EVENT RECAP

volleyball, creativity and fondue



Making Valentine pillows



Seasons Slammers gathered for their Awards Ceremony.



Chocolate fondue parties for Valentine's Day

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION, RESPECT, TEAMWORK

MARY JAMES is following in the James Family tradition of being a Server in our Dining Room. Her older brother, Clayton, worked in the Dining Room before leaving for college and her older brother, Adam, has been a Server in our Dining Room for five years. Mary says that she's sure younger brother Ryan will keep up the tradition when he's old enough.



Mary is a sophomore at Indian Hill High School. Academics keep her busy and her favorite subjects are math and engineering (she's the only girl in her engineering class). She served as class president her freshmen year, plays on the tennis and softball team, and is a member of the Girl Up Club, Partners Club for students with special needs and American Red Cross Club.

Her favorite thing about working at Seasons is being with the residents and making new friends with the other Servers.

MANAGEMENT TEAM

- Nick Carson, *Executive Director*
- Jill James, *Director of Resident Programs*
- Tricia Feitlinger, *Director of Resident Services*
- Staci Fluehr, *Business Office Manager*
- Liz Bangel-Stehlin, *Director of Sales & Marketing*
- Dennis Glosser, *Dining Services Director*
- Tina Smiley, *Director of Housekeeping*
- Shaun Kidd, *Director of Maintenance*

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

NOTE FROM NICK

I'd like to extend a heartfelt thank you to our Resident Association Officers for their service to our Seasons community. They have done an outstanding job during their term of office and helped make positive changes to our community. Your time commitment to everyone at Seasons is appreciated.

TRAIN
YOUR
BRAIN
solution

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



PET FRIENDLY



SENIOR LIFESTYLE

your *life*, your *style*