

# Be Inspired

SETTLER'S PARK | a Senior Lifestyle community | BAKER CITY, OR 97814 | 541-523-0200

## THIS MONTH'S silver star

### ROGER DAVIS

Roger has turned out to be a wonderful addition to our Memory Care Unit. He always has a smile on his face and has a personality to match it. He gets along well with everyone and loves to go on outings with us.

He was born in Sacramento but grew up in Roseburg. He really likes the Eastern Oregon area. He's got a wonderful wife and two kids (a boy and a girl). He couldn't quite remember how many grandkids, but that's OK.

Some of his favorites are potatoes and gravy, Christmas and summer! I agree Roger, winters are a drag! We are going to keep him busy running around the country this summer. It keeps us all too tired to get into much trouble.



## JOIN US THIS MONTH FOR casino day

One of our most popular yearly events is sneaking up on us again and even though it's hard to believe it is March already, we are ready to get our game on and do a little gambling.

Make sure you invite all your lucky friends in for some light-hearted competition and wonderful prizes. We'll have our "store" set up again and round out the afternoon with our famous auction.

This is your chance to be a millionaire if your luck holds out but don't try to take your Settler's Park bucks anywhere but here. Our funny money's only good for one day!

We'll have our usual horse race game, 21 tables, roulette and Texas hold em'. Come on down and join the fun March 13, at 1:30 p.m.



## 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

## THE DISH *from deb*

This month is all about luck (which I don't really believe in) and a bit of the Irish.

We'll start the month out with a trip on March 8 to Walmart in Ontario and have lunch at Mackey's Irish Pub. Then we'll get our green on and have fun at our annual Casino Day on the (lucky) 13th. We might take a sip of Irish Whiskey on March 14 for Happy Hour and then try our luck at Wildhorse on March 22. We're rounding out the month with Around The World: Ireland on March 28. The weather's warming up, so be sure to let your friends know we are done hibernating and it's time to come in and party with us!

BE INSPIRED

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

LOCATIONS

- ACTIVITY AREA — *Act*
- COURTYARD — *CY*
- FIREPLACE ROOM — *FP*
- FRONT PARKING LOT — *Front*
- LEGACY COURT — *LC*
- OFF-SITE — *OS*
- PRIVATE DINING ROOM — *DR*
- SPA ROOM — *Spa*

BIRTHDAYS THIS MONTH

- BETTY MCCLINTON — 7th
- CONNIE KANE — 12th
- BARBARA SHERMAN — 15th
- KEVIN DINUSON — 22nd
- JOANE MARTELL — 27th

TRANSPORTATION SCHEDULE

- TUESDAY  
*Mornings*  
*Doctor Appointments*
- TUESDAY  
*1:30 p.m.*  
*Shopping*
- THURSDAY  
*All Day*  
*Doctor Appointments*
- FRIDAY  
*All Day*  
*Where the Wind Blows Us!*

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



<p>6:00 ● <b>Dress Up Week: Red March 3-9</b> 3</p> <p>9:00 ● Walk About</p> <p>9:30 ● Penny Ante Poker</p> <p>10:30 ● Left, Right, Center</p> <p>1:30 ● Bango</p> <p>3:00 ● Church Service</p> <p>6:00 ● Resident-Run Activities</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>Bible Bits with Bev</b>   FP 4</p> <p>1:00 ● Afternoon Games on Memory Care</p> <p>2:30 ● <b>Root Beer Floats on Memory Care</b></p> <p>2:45 ● <b>Music with Joann, Elaine &amp; Doc</b></p> <p>3:00 ● Walk It Off!</p> <p>5:15 ● <b>Fingernail Care for Everyone</b>   Act</p>	<p>MARDI GRAS 5</p> <p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>IN2L ... Computer</b>   Act</p> <p>11:30 ● <b>Bluegrass Music</b></p> <p>1:30 ● <b>Shopping</b></p> <p>3:30 ● <b>Coloring &amp; Puzzles</b></p> <p>4:00 ● <b>Avon Beauty!</b></p> <p>6:00 ● <b>Tuesday TV Time</b></p>	<p>ASH WEDNESDAY 6</p> <p>9:30 ● Chair Exercises   Act</p> <p>9:30 ● <b>YMCA Leads Exercise Today</b></p> <p>10:30 ● <b>Coffee Time with Friends</b></p> <p>1:30 ● <b>Public Bingo</b></p> <p>3:30 ● <b>Encompass Blood Pressure Clinic</b></p> <p>5:30 ● <b>Fireside Chats</b>   FP</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>One-On-One Visits</b></p> <p>10:30 ● <b>Coloring</b></p> <p>1:00 ● <b>Crafts</b></p> <p>1:00 ● <b>Scrapbooking with Karen</b></p> <p>1:30 ● <b>Kitchen Club with Corey</b></p> <p>2:00 ● <b>Delicious Delights with Deb</b></p> <p>6:00 ● <b>Movie Night</b>   FP</p>	<p>9:00 ● <b>Ceramics with Abbey</b> 1</p> <p>9:30 ● <b>Chair Exercises</b>   Act</p> <p>10:30 ● <b>Coloring Fun</b></p> <p>1:30 ● <b>Resident Council Meeting</b></p> <p>3:00 ● <b>Mystery Outing</b></p> <p>4:00 ● <b>Resident-Run Activities</b></p> <p>6:00 ● <b>Friday Night at the Movies</b></p>	<p>9:00 ● <b>Walk About</b> 2</p> <p>9:30 ● <b>Twenty-One</b></p> <p>10:30 ● <b>Bunco</b></p> <p>1:30 ● <b>Bango</b></p> <p>2:30 ● <b>Bingo</b></p> <p>6:00 ● <b>Resident-Run Activities</b></p>
<p>DAYLIGHT SAVING TIME BEGINS 10</p> <p>6:00 ● <b>Dress Up Week: Green March 10-16</b></p> <p>9:00 ● Walk About</p> <p>9:30 ● Penny Ante Poker</p> <p>10:30 ● Left, Right, Center</p> <p>1:30 ● Bango</p> <p>3:00 ● Church Service</p> <p>6:00 ● Resident-Run Activities</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>Bible Bits with Bev</b>   FP 11</p> <p>1:00 ● Afternoon Games on Memory Care</p> <p>2:30 ● <b>Root Beer Floats on Memory Care</b></p> <p>2:45 ● <b>Music with Joann, Elaine &amp; Doc</b></p> <p>3:00 ● Walk It Off!</p> <p>5:15 ● <b>Fingernail Care for Everyone</b>   Act</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>IN2L ... Computer</b>   Act 12</p> <p>1:30 ● <b>Shopping</b></p> <p>3:30 ● <b>Coloring &amp; Puzzles</b></p> <p>6:00 ● <b>Tuesday TV Time</b></p>	<p>9:30 ● Chair Exercises   Act</p> <p>9:30 ● <b>YMCA Leads Exercise Today</b> 13</p> <p>10:15 ● <b>Bookmobile</b></p> <p>10:30 ● <b>Coffee Time with Friends</b></p> <p>12:00 ● <b>Birthdays with Gray's West &amp; Company</b></p> <p>1:30 ● <b>Casino Day: No Public Bingo</b></p> <p>3:30 ● <b>IN2L Fun</b></p> <p>5:30 ● <b>Fireside Chats</b>   FP</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>One-On-One Visits</b> 14</p> <p>10:30 ● <b>Coloring</b></p> <p>1:00 ● <b>Crafts</b></p> <p>2:00 ● <b>Delicious Delights with Deb</b></p> <p>3:00 ● <b>Birthday Bash for January, February and March</b></p> <p>5:30 ● <b>Happy Hour</b></p> <p>6:00 ● <b>Movie Night</b>   FP</p>	<p>9:00 ● <b>Walmart in Ontario</b> 8</p> <p>9:30 ● <b>Chair Exercises</b>   Act</p> <p>10:30 ● <b>Coloring Fun</b></p> <p>11:30 ● <b>Lunch at Mackey's Irish Pub</b></p> <p>4:00 ● <b>Resident-Run Activities</b></p> <p>6:00 ● <b>Friday Night at the Movies</b></p>	<p>9:00 ● <b>Walk About</b> 9</p> <p>9:30 ● <b>Twenty-One</b></p> <p>10:30 ● <b>Bunco</b></p> <p>1:30 ● <b>Bango</b></p> <p>2:30 ● <b>Bingo</b></p> <p>6:00 ● <b>Resident-Run Activities</b></p>
<p>ST. PATRICK'S DAY 17</p> <p>6:00 ● <b>Dress Up Week: Blue March 17-23</b></p> <p>9:00 ● Walk About</p> <p>9:30 ● Penny Ante Poker</p> <p>10:30 ● Left, Right, Center</p> <p>1:30 ● Bango</p> <p>2:00 ● <b>St. Paddy's Day Party</b></p> <p>3:00 ● Church Service</p> <p>6:00 ● Resident-Run Activities</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>Bible Bits with Bev</b>   FP 18</p> <p>1:00 ● Afternoon Games on Memory Care</p> <p>2:30 ● <b>Root Beer Floats on Memory Care</b></p> <p>2:45 ● <b>Music with Joann, Elaine &amp; Doc</b></p> <p>3:00 ● Walk It Off!</p> <p>5:15 ● <b>Fingernail Care for Everyone</b>   Act</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>IN2L ... Computer</b>   Act 19</p> <p>1:30 ● <b>Shopping</b></p> <p>3:30 ● <b>Coloring &amp; Puzzles</b></p> <p>4:00 ● <b>Avon Beauty!</b></p> <p>6:00 ● <b>Tuesday TV Time</b></p>	<p>SPRING BEGINS 20</p> <p>9:30 ● Chair Exercises   Act</p> <p>9:30 ● <b>YMCA Leads Exercise Today</b></p> <p>10:30 ● <b>Coffee Time with Friends</b></p> <p>12:30 ● <b>Rock &amp; Gem Show With The Mc Clarins</b></p> <p>1:30 ● <b>Public Bingo</b></p> <p>3:30 ● <b>Encompass: In-Service</b></p> <p>5:30 ● <b>Fireside Chats</b>   FP</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>One-On-One Visits</b> 21</p> <p>10:30 ● <b>Coloring</b></p> <p>1:00 ● <b>Crafts</b></p> <p>1:00 ● <b>Scrapbooking with Karen</b></p> <p>2:00 ● <b>Delicious Delights with Deb</b></p> <p>6:00 ● <b>Movie Night</b>   FP</p>	<p>8:00 ● <b>Wildhorse: Breakfast on Bus</b> 22</p> <p>9:30 ● <b>Chair Exercises</b>   Act</p> <p>10:30 ● <b>Coloring Fun</b></p> <p>4:00 ● <b>Resident-Run Activities</b></p> <p>6:00 ● <b>Friday Night at the Movies</b></p>	<p>9:00 ● <b>Walk About</b> 23</p> <p>9:30 ● <b>Twenty-One</b></p> <p>10:30 ● <b>Bunco</b></p> <p>1:30 ● <b>Bango</b></p> <p>2:30 ● <b>Bingo</b></p> <p>6:00 ● <b>Resident-Run Activities</b></p>
<p>6:00 ● <b>Dress Up Week: Yellow March 24-30</b> 24</p> <p>9:00 ● Walk About</p> <p>9:30 ● Penny Ante Poker</p> <p>10:30 ● Left, Right, Center</p> <p>1:30 ● Bango</p> <p>3:00 ● Church Service</p> <p>6:00 ● Resident-Run Activities</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>Bible Bits with Bev</b>   FP 25</p> <p>1:00 ● Afternoon Games on Memory Care</p> <p>2:30 ● <b>Root Beer Floats on Memory Care</b></p> <p>2:45 ● <b>Music with Joann, Elaine &amp; Doc</b></p> <p>3:00 ● Walk It Off!</p> <p>5:15 ● <b>Fingernail Care for Everyone</b>   Act</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>IN2L ... Computer</b>   Act 26</p> <p>11:30 ● <b>Senior Center Lunch Free</b></p> <p>1:00 ● <b>Bingo at Senior Center: \$1 Per Card</b></p> <p>1:30 ● <b>Shopping Moved to Wednesday Morning</b></p> <p>3:30 ● <b>Coloring &amp; Puzzles</b></p> <p>6:00 ● <b>Poker Night with Jim</b></p> <p>6:00 ● <b>Tuesday TV Time</b></p>	<p>9:00 ● <b>Shopping</b> 27</p> <p>9:30 ● <b>Chair Exercises</b>   Act</p> <p>9:30 ● <b>YMCA Leads Exercise Today</b></p> <p>10:15 ● <b>Bookmobile</b></p> <p>10:30 ● <b>Coffee Time with Friends</b></p> <p>1:30 ● <b>Public Bingo</b></p> <p>3:30 ● <b>IN2L Fun</b></p> <p>5:30 ● <b>Fireside Chats</b>   FP</p>	<p>9:30 ● Chair Exercises   Act</p> <p>10:30 ● <b>One-On-One Visits</b> 28</p> <p>10:30 ● <b>Coloring</b></p> <p>1:00 ● <b>Crafts</b></p> <p>1:00 ● <b>Scrapbooking with Karen</b></p> <p>2:00 ● <b>Delicious Delights with Deb</b></p> <p>5:30 ● <b>Around the World: Ireland</b></p>	<p>9:30 ● <b>Chair Exercises</b>   Act 29</p> <p>10:30 ● <b>Coloring Fun</b></p> <p>1:30 ● <b>Scenic Drive</b></p> <p>4:00 ● <b>Resident-Run Activities</b></p> <p>6:00 ● <b>Friday Night at the Movies</b></p>	<p>9:00 ● <b>Walk About</b> 30</p> <p>9:30 ● <b>Twenty-One</b></p> <p>10:30 ● <b>Bunco</b></p> <p>1:30 ● <b>Bango</b></p> <p>2:30 ● <b>Bingo</b></p> <p>6:00 ● <b>Resident-Run Activities</b></p>
<p>9:00 ● <b>Walk About</b> 31</p> <p>9:30 ● <b>Penny Ante Poker</b></p> <p>10:30 ● Left, Right, Center</p> <p>1:30 ● Bango</p> <p>3:00 ● Church Service</p> <p>6:00 ● Resident-Run Activities</p>						

## EVENT RECAP

# scenic drives

With the weather warming up, we took some great drives in February. One of our favorites is always to view the elk. We made it out to both feeding stations and saw hundreds of elk. We also saw some deer, turkeys, cows, horses and a couple dogs and donkeys. Deb took us out to see her baby goats, too. We made it up to Sumpter and out Keating way. We seem to run out of different places to go, but still things are always changing and there's always something new to see along the way.

If you have a special spot you'd like to see or somewhere you would like to visit this summer, please stop by my Office and let me know. It's going to be a short summer, so we want to make the most of it while we can. — Deb



## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

We welcomed ROBIN CHESTERMAN to the Settler's Park Management team on Dec. 10, 2018. Robin's position is RN Oversight and she will be replacing Aletha when she retires in April. She came to us from Encompass Home Health, so she might seem like a familiar face.

Robin has been married for 35 years, has five children and seven grandchildren. Her family and friends are what's most important to her. She loves movies, camping and playing with all the kids.

Robin is very passionate about the care she provides and will be around to answer any questions you might have or calm your concerns. If you haven't had a chance to visit with her yet, stop in and say hello.



IT'S OUR  
PLEASURE TO  
SERVE YOU ...

## word from your executive director

GET YOUR GREEN ON (OR RED,  
BLUE, OR YELLOW)

We'll be doing our rainbow dress up again in March, so dust off your wardrobe and join in on the fun. We encourage all employees and residents to dress for the occasion all month. March 3-9 is wear red. March 10-16 is wear green (the color of money of course). March 17-23 is wear blue and March 24-30 is wear yellow. This is just a little way to celebrate the coming of spring, something I know we have all been looking forward to for quite some time! And don't forget to spring your clocks forward on March 10.



## 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

your life, your style



PET  
FRIENDLY