

# Be Inspired

WILDFLOWER LODGE | ASSISTED LIVING | a Senior Lifestyle community | LAGRANDE, OR 97850 | 541-663-1200

## JOIN US THIS MONTH FOR *a spring cleaning swap meet*

During the month of March, we will be offering a variety of opportunities to start your spring cleaning! After all, de-cluttering can be so refreshing



and will certainly make our housekeepers' work a little easier. Be sure to check out the calendar to learn more about tips, tricks and when you can take home your own spring cleaning checklist. We will also be hosting the very first Wildflower Swap Meet. The event will be open to residents and the general public. We will discuss Swap Meet etiquette as the big day approaches so that we all know what to expect, but feel free to take a look around your apartment and find a few items you'd like to swap or donate. Happy spring!

### DEMENTIA SUPPORT GROUP *at wildflower*

Diagnosis, research, relief: When you or a loved one are faced with health complications, questions tend to surface faster than answers. We encourage you to share your personal experiences with a caring and experienced team. Our Support Group Meetings are open to everyone. We meet from 12 to 1 p.m., at Wildflower Lodge and a free lunch is provided. RSVP is appreciated. Space is limited.

**MARCH 6:** Driving and Dementia

**MARCH 20:** Seven Tips for Talking to Someone with Dementia

### THIS MONTH'S *silver star*

#### MEET MARIE

Marie was born in Canada and raised in Michigan. She married her husband, Verner, in her early 20's and raised two daughters while working as a hairdresser and medical assistant. By the end of her 20's, she found a life passion while working for Western Airlines as a flight attendant and later became a Marine Flight Attendant at Camp Pendleton. At Wildflower Lodge, Marie is best known for her love of animals, her kind disposition, and the warm, welcoming manner that she shares with all those who she meets.



### 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

- ACTIVITY AREA — AA
- COURTYARD — CY
- DINING ROOM — DR
- EDUCATION ROOM — ER
- FRONT ENTRY — FE
- FRONT OFFICE — FO
- LIBRARY — LB
- LIVING ROOM — LR
- OUT OF COMMUNITY — OC

BIRTHDAYS THIS MONTH

- C.R. C. — 2nd
- CHRIS C. — 5th
- ROSABELL V. — 6th
- WANDA D. — 7th
- MARIE C. — 9th
- CARROLL H. — 9th
- TOBIE W. — 15th
- PAT S. — 26th
- MARGARET M. — 28th

TRANSPORTATION SCHEDULE

TUESDAY & THURSDAY  
8 a.m.  
Scheduled Doctor Day



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



<p>9:00 ● <b>Daily Walk About</b>   CY <b>3</b></p> <p>9:30 ● Yoga Sittercise   AA</p> <p>1:00 ● Sunday Matinee   LR</p> <p>1:00 ● LDS Church   ER</p> <p>2:00 ● Popcorn Bingo   AA</p> <p>3:30 ● Resident-Run Games   AA</p> <p>4:00 ● Mennonite Church   LR</p>	<p>8:15 ● Word Search   DR <b>4</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Stretcherexercise   LR</p> <p>10:30 ● <i>Encompass Home Health: Blood Pressure Clinic</i>   AA</p> <p>1:30 ● <i>Butterfly Bingo</i>   AA</p> <p>3:00 ● <b>Spring Mandala</b>   AA</p>	<p>MARDI GRAS <b>5</b></p> <p>8:15 ● Who, What, When Clue   DR</p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Senior Yoga   AA</p> <p>10:30 ● <i>Food Committee Meeting</i>   AA</p> <p>1:00 ● Blue Mountaineers   LR</p> <p>2:30 ● First Christian Church   LR</p> <p>3:00 ● <b>Spring Cleaning the Flower Pots</b>   CY</p> <p>5:45 ● Bible Study   AA</p>	<p>ASH WEDNESDAY <b>6</b></p> <p>8:15 ● Trivia   DR</p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● <b>Gelatin Bird Feeders</b>   AA</p> <p>12:00 ● <b>Dementia Support Group</b>   ER</p> <p>1:30 ● Community Bingo   AA</p> <p>3:00 ● <i>Resident Council Meeting</i>   AA</p> <p>5:30 ● Movie Night   LR</p>	<p>8:15 ● Word Scramble   DR <b>7</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Strengthenercise   LR</p> <p>10:30 ● <b>DIY Flower Pens</b>   AA</p> <p>1:30 ● <i>March Birthday Party</i>   AA</p> <p>3:00 ● Nail Care   AA</p> <p>6:15 ● Bible Study   AA</p>	<p>8:15 ● Crosswords   DR <b>8</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● <b>DYM: A Picture Has a Thousand Words</b>   ER</p> <p>1:30 ● Shopping at Bi Mart   OC</p> <p>3:30 ● <b>Spring Happy Hour</b>   AA</p> <p>5:30 ● Movie Night   AA</p>	<p>9:00 ● Summerville Church   LR <b>9</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>10:30 ● Spring has Sprung Puzzle &amp; Activity Books   AA</p> <p>1:30 ● Board Games with Staff   AA</p> <p>3:00 ● Nail Care   AA</p>
<p>DAYLIGHT SAVING TIME BEGINS <b>10</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Yoga Sittercise   AA</p> <p>1:00 ● Sunday Matinee   LR</p> <p>1:00 ● LDS Church   ER</p> <p>2:00 ● Popcorn Bingo   AA</p> <p>3:00 ● Lighthouse Church   LR</p> <p>3:30 ● Resident-Run Games   AA</p>	<p>8:15 ● Word Search   DR <b>11</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Stretcherexercise   LR</p> <p>10:30 ● Phase 10   AA</p> <p>1:30 ● <i>Butterfly Bingo</i>   AA</p> <p>3:00 ● <b>Spring Mandala</b>   AA</p>	<p>8:15 ● Who, What, When Clue   DR <b>12</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Senior Yoga   AA</p> <p>10:30 ● Rummy   AA</p> <p>1:00 ● Blue Mountaineers   LR</p> <p>2:30 ● First Christian Church   LR</p> <p>3:00 ● <b>Spring Cleaning Tips &amp; Checklist</b>   AA</p> <p>5:45 ● Bible Study   AA</p>	<p>8:15 ● Trivia   DR <b>13</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● <b>Spring Wreaths</b>   AA</p> <p>1:30 ● Community Bingo   AA</p> <p>3:00 ● <b>Zumba Gold</b>   AA</p> <p>5:30 ● Movie Night   LR</p>	<p>8:15 ● Word Scramble   DR <b>14</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Strengthenercise   LR</p> <p>10:30 ● <b>Mosaic Paper Shamrocks</b>   AA</p> <p>1:30 ● <i>Hymns with Ruth</i>   LR</p> <p>3:00 ● Nail Care   AA</p> <p>6:15 ● Bible Study   AA</p>	<p>8:15 ● Crosswords   DR <b>15</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● The Great Picture Race   AA</p> <p>1:30 ● Shopping at Safeway   OC</p> <p>3:30 ● <b>Spring Happy Hour</b>   AA</p> <p>5:30 ● Movie Night   AA</p>	<p>9:00 ● Summerville Church   LR <b>16</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>10:30 ● Spring has Sprung Puzzle &amp; Activity Books   AA</p> <p>1:30 ● Board Games with Staff   AA</p> <p>3:00 ● Nail Care   AA</p>
<p>ST. PATRICK'S DAY <b>17</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Yoga Sittercise   AA</p> <p>1:00 ● Sunday Matinee   LR</p> <p>1:00 ● LDS Church   ER</p> <p>2:00 ● Popcorn Bingo   AA</p> <p>3:30 ● Resident-Run Games   AA</p>	<p>8:15 ● Word Search   DR <b>18</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Stretcherexercise   LR</p> <p>10:30 ● <i>Encompass Home Health: Blood Pressure Clinic</i>   AA</p> <p>1:30 ● <i>Butterfly Bingo</i>   AA</p> <p>3:00 ● <b>Spring Mandala</b>   AA</p>	<p>8:15 ● Who, What, When Clue   DR <b>19</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Senior Yoga   AA</p> <p>10:30 ● Penny Bango   AA</p> <p>1:00 ● Blue Mountaineers   LR</p> <p>2:30 ● First Christian Church   LR</p> <p>3:00 ● <b>Spring Cleaning the Flower Pots</b>   CY</p> <p>5:45 ● Bible Study   AA</p>	<p>SPRING BEGINS <b>20</b></p> <p>8:15 ● Trivia   DR</p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● <b>Coffee Filter Flowers</b>   AA</p> <p>12:00 ● <b>Dementia Support Group</b>   ER</p> <p>1:30 ● Community Bingo   AA</p> <p>3:00 ● <b>Town Hall Meeting</b>   AA</p> <p>5:30 ● Movie Night   LR</p>	<p>8:15 ● Word Scramble   DR <b>21</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Strengthenercise   LR</p> <p>10:30 ● <b>Felt Flower Bookmarks</b>   AA</p> <p>1:30 ● <b>Spring Cleaning Swap Meet</b>   AA</p> <p>3:00 ● Nail Care   AA</p> <p>6:15 ● Bible Study   AA</p>	<p>8:15 ● Crosswords   DR <b>22</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● Uno Attack   AA</p> <p>1:30 ● Shopping at Walmart   OC</p> <p>3:30 ● <b>Spring Happy Hour</b>   AA</p> <p>5:30 ● Movie Night   AA</p>	<p>9:00 ● Summerville Church   LR <b>23</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>10:30 ● Spring has Sprung Puzzle &amp; Activity Books   AA</p> <p>1:30 ● Board Games with Staff   AA</p> <p>3:00 ● Nail Care   AA</p>
<p>9:00 ● <b>Daily Walk About</b>   CY <b>24</b></p> <p>9:30 ● Yoga Sittercise   AA</p> <p>1:00 ● Sunday Matinee   LR</p> <p>1:00 ● LDS Church   ER</p> <p>2:00 ● Popcorn Bingo   AA</p> <p>3:30 ● Resident-Run Games   AA</p>	<p>8:15 ● Word Search   DR <b>25</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Stretcherexercise   LR</p> <p>10:30 ● Farkle   AA</p> <p>1:30 ● <i>Butterfly Bingo</i>   AA</p> <p>3:00 ● <b>Spring Mandala</b>   AA</p>	<p>8:15 ● Who, What, When Clue   DR <b>26</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Senior Yoga   AA</p> <p>10:30 ● Yahtzee   AA</p> <p>1:00 ● Blue Mountaineers   LR</p> <p>2:30 ● First Christian Church   LR</p> <p>3:00 ● <b>Spring Cleaning Tips &amp; Checklist</b>   AA</p> <p>5:45 ● Bible Study   AA</p>	<p>8:15 ● Trivia   DR <b>27</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● <b>Dyed Daisies</b>   AA</p> <p>1:30 ● Community Bingo   AA</p> <p>3:30 ● <b>Resident Auction</b>   AA</p> <p>5:30 ● Movie Night   LR</p>	<p>8:15 ● Word Scramble   DR <b>28</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Strengthenercise   LR</p> <p>10:30 ● <b>Spring Origami</b>   AA</p> <p>1:30 ● <b>Flower Bottle Painting</b>   AA</p> <p>3:00 ● Nail Care   AA</p> <p>6:15 ● Bible Study   AA</p>	<p>8:15 ● Crosswords   DR <b>29</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>9:30 ● Dancercise   LR</p> <p>10:30 ● Skip-Bo   AA</p> <p>1:30 ● Shopping at Dollar Tree   OC</p> <p>3:30 ● <b>Spring Happy Hour</b>   AA</p> <p>5:30 ● Movie Night   AA</p>	<p>9:00 ● Summerville Church   LR <b>30</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>10:30 ● Spring has Sprung Puzzle &amp; Activity Books   AA</p> <p>1:30 ● Board Games with Staff   AA</p> <p>3:00 ● Nail Care   AA</p>
<p>9:00 ● <b>Daily Walk About</b>   CY <b>31</b></p> <p>9:30 ● Yoga Sittercise   AA</p> <p>1:00 ● Sunday Matinee   LR</p> <p>1:00 ● LDS Church   ER</p> <p>2:00 ● Popcorn Bingo   AA</p> <p>3:30 ● Resident-Run Games   AA</p>						<p>9:00 ● Summerville Church   LR <b>2</b></p> <p>9:00 ● <b>Daily Walk About</b>   CY</p> <p>10:30 ● Spring has Sprung Puzzle &amp; Activity Books   AA</p> <p>1:30 ● Board Games with Staff   AA</p> <p>3:00 ● Nail Care   AA</p>



## EVENT RECAP

# reflection in february

During the month of February, we focused on taking care of our emotional health and well-being. We read inspiring stories, talked about soul food, took extra time to relax and made a point to let go of old hurts at the Burning Bowl Ceremony. We learned that while we aren't the most touchy-feely group, we thoroughly enjoy trying new things, exploring new ideas and improving ourselves and our community. So, maybe at our next Burning Bowl Ceremony we can add marshmallows, chocolate and graham crackers!



Mildred offering a little TLC to staff

IT'S OUR PLEASURE TO SERVE YOU ...

## word from your executive director

A NOTE FROM JENNA

Dear Family and Friends,

As most of you know by now, Anthony isn't here anymore. Change is never easy and someone like Anthony could never truly be replaced (after all, he is the best auctioneer in Union County). I hope that you find comfort in knowing that the leadership role for Wildflower will fall to a familiar face. For the time being, with support from the Wildflower Management team, Floor staff, Regional Team and our Home Office, I will be taking on the responsibility of Executive Director. Please feel free to reach out with any questions. I look forward to building even stronger relationships with each of you as we move forward into this new chapter!

Sincerely,

Jenna Wright  
Assistant Executive Director

## THIS MONTH'S heart hero

HOSPITALITY,  
EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

Congratulations  
(again) CADE!

Cade, a Medications Aid at Wildflower Lodge, was selected for the second time as the March HEART Hero by coworkers, residents, family members and partners in care. HEART Acts for Cade mentioned his willingness to learn new things, his excellent attitude and his consistent attentiveness to our residents. Thank you, Cade, for all you do to make Wildflower Lodge a great place to work and a great place to live! Your hard work has not gone unnoticed. Two months in a row is really something to be proud of!



## MANAGEMENT TEAM

Amie Blackman, *Business Office Manager*  
Jenna Wright, *Director of Sales & Marketing*  
Landi Busey, *Dining Services Director*  
Brian Avila, *Director of Plant Operations*  
Suzanne Skvarch, *Assisted Living Director*  
Kayla Reagan, *Memory Care Director*  
Tish Quintanilla, *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

your life, your style



PET  
FRIENDLY