



ADMINISTRATOR'S LETTER

Dear Residents and Families,

I would like to thank you all for returning the Customer Satisfaction Survey. Your opinion is very important to us. The team at Tanglewood is working very hard to make sure

that Tanglewood Trace is a great community and our residents are happy here. In this coming year we are planning to remodel the receptionist area and Multi-Purpose Room. Free WiFi is now available in Assisted

Living and Independent Center. Recently our Caregivers changed their uniform colors from pink to royal blue. Our staff is very thankful to the residents who recognized them with wow bucks for a job well done.

Thank you for giving us the opportunity to serve you.

Sincerely,

Barbara Gawel

ADMINISTRATOR

Nutrition Tips!

- Choose whole grain over white breads. Not only are they better for your health, they taste better and are more filling, meaning that you eat less.
- Make sure to eat the proper amount of fruits and vegetables each day. Try eating these healthy foods in a different ways, so you end up eating more of them.
- Many people enjoy having cereal for breakfast. Look for one that has at least seven grams of fiber per serving, and is low in sugar and sodium.





Happy Birthday

We'll be celebrating with our friends who have March birthdays on Thursday, March 8th. Join us in the MP room @ 3:15 pm for cake, ice-cream, and singing. Birthdays for the month are:

Evelyn G.	March 07
Estella H.	March 15
Barbara T.	March 17
Dorothy M.	March 18
Iona M.	March 18
Lois G.	March 21
Wayne A.	March 23
Richard R.	March 26
Richard W.	March 31
John W.	March 31



Family Night

We would like to invite everyone to our St. Patrick's Day Themed Family Night on Thursday March 15th. We will serve appetizers & refreshments starting @ 5:00 pm, with a Irish Band to follow @ 6:00. No reservations will be taken, this is a first come first serve basis.

Employee OF THE Month

OUR FEBRUARY EMPLOYEE OF THE MONTH IS WHITNEY LECHTANSKI.



Whitney as we all know has worked here for 12 years. She is never late, never misses work, always shows up with a infectious smile and a good attitude. She is loyal and dedicated to Tanglewood Trace. Despite having special needs, Whitney strives to do well in her job every single day. She is a great example to us all. We are honored to have such a wonderful, dedicated employee.

Congratulations Whitney, keep up the great work!!!

March is National Nutrition Month: Incorporate Nutrition Into Your Life

Great nutrition is an essential part of making better lifestyle choices. If your food is not nutritionally balanced, your body may feel sluggish. Eating well is easier than ever if you follow these simple tips.

Monitor your red meat intake. Red meat is packed with saturated fat that can clog arteries. Eating red meat once in a while is fine, but in general, it's safer to not make it a common part of your diet.

Seniors have different nutritional needs, especially regarding daily caloric intake levels. Seniors who are over the age of 50 generally should consume 1,600 calories per day if they are not physically active. Active seniors over the age of 50 should increase this amount for a daily total of 2,000 calories.

Thoroughly wash your fruits and vegetables, and eat them with the skin on whenever possible.

Washing them will help reduce shipping and preservative residue.



Fruits and vegetable skin is where a lot of the fiber and nutrients are located, so be sure to wash them, instead of peeling them.

Have snacks prepared ahead of time. Prepared snacks such as a Ziploc of carrot sticks or mixed nuts helps avoid empty calorie snacks and keep your nutrition in check.

Eat more oats! A significant volume of scientific research has demonstrated that oats contain large amounts of soluble fiber. Soluble fiber can lower our cholesterol and triglyceride levels.

And remember, always be sure to consult your physician before starting a new nutrition program, so they can work with you to build you a program that is easy to maintain.



“Moving On”

March 21st, 2018

4:00pm – 5:00pm

An Educational Seminar Tailored to Seniors and Their Families When to Transition to Community Living.

Light Refreshments Will Be Served.

ANNUAL SPRING CRAFT FAIR

Our Annual Spring Craft Fair will take place on **Saturday, April, 21st**. More information coming soon!

Fun Times at Tanglewood



Music for the Month

MARCH 8

Harpist Anna Hagen
@ 6:30 pm

MARCH 12

Granger Christian School
Skit @ 1:30 pm

MARCH 13

The Swing Sisters
@ 3:15 pm

MARCH 15

Family Night Entertainment;
Irish Band @ 6:00 pm

MARCH 21

Bryan Edington @ 6:30 pm

MARCH 22

Cocktail Hour w/
The Piano Man @ 3:15

Women's History Month

March is Women's History Month, which began as International Women's Day and then Women's History Week.

Women's History Week was first celebrated in 1978 in Sonoma County, California, which was designed around March 8 (International Women's Day). In February 1980, President Jimmy Carter issued a presidential proclamation declaring the week of March 8, 1980, as National Women's History Week. By 1986, 14 states had declared March as Women's History Month.

In 1987, Congress designated the month of March as Women's History Month. Since then, every U.S. president has issued annual proclamations designating the month of March as Women's History Month.



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MARCH – WORD SEARCH

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ADMINISTRATOR
CLEAN
DOCTORS
FRUITS
GREEN

HISTORY
IRISH
LEPRECHAUN
NUTRITION
OSCARS

PULMONARY
SHAMROCK
SPRING
VEGETABLES
WOMEN