

A Letter from
our Director

Once a king had a great highway built for the members of his kingdom. After it was completed, but before it was opened to the public, the king decided to have a contest. He invited as many as desired to participate. Their challenge was to see who could travel the highway the best. On the day of the contest the people came. Some of them had fine chariots, some had fine clothing, fine hairdos, or great food. Some young men came in their track clothes and ran along the highway. People traveled the highway all day, but each one, when he arrived at the end, complained to the king that there was a large pile of rocks and debris left on the road at one spot and this got in their way and hindered their travel. At the end of the day, a lone traveler crossed the finish line warily and walked over to the king. He was tired and dirty, but he addressed the king with great respect and handed him a bag of gold. He explained, "I stopped along the way to clear a pile of rocks and debris that was blocking the road. This bag of gold was under it all. I want you to return it to its rightful owner." The king replied, "You are the rightful owner." The traveler replied, "Oh no, this is not mine. I've never known such money." "Oh yes," said the king, "you've earned this gold, for you won my contest. He who travels the road best is he who makes the road smoother for those who will follow."



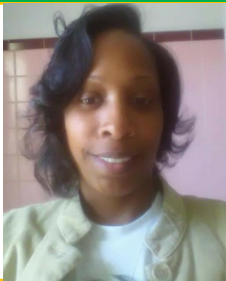
Please welcome our newest residents to the community!
Floyd Rideout #224
Manny Pastor #308

Forever Fit: A letter from our fitness expert, Chris



Better Bones

With age comes changes to the make up of our bodies and while we do our best to stay healthy and strong our ultimate success often begins at our very core, our bones. Nearly 54 million Americans suffer from osteoporosis or low bone mass making highly susceptible to breaks and fractures. In fact nearly 1 in 2 women and 1 in 4 men over the age of 50 will break a bone as a result of this chronic condition. Regular exercise however can act as a buffer slowing the onset of osteoporosis while increasing bone density and improving overall bone health. While all exercises have their benefits there are two categories essential to combating osteoporosis: weight-bearing and muscle strengthening. Weight-bearing exercises simply require us to remain upright using our bodies as the resistance to work against gravity, walking for instance. Muscle strengthening exercises however are slightly different. They require us to use an additional force such as weights, exercise bands or machines (or even our body weight) to generate a force that works against gravity. Both options allow us to maintain our strength, improve our coordination and mobility and limit the potential risk of falls and fractures. So this March as winter slowly transitions to spring trying moving more and sitting less, the extra activity will be good for the mind, body and bones.



Congratulations to our March Employee of the Month, Stephanie Bell
Stephanie is an excellent Caregiver/ Medtech, and is also one of our Peer Mentors. She is a very hard worker and we thank you for all you do, Stephanie!

March Happenings

Happy March!! This month we have a lot to celebrate. St. Patrick's Day, Pi Day, Passover, Good Friday, Easter Brunch, Opening Day for our Detroit Tigers, and the beginning of Spring! Let's hope this month will bring more sunshine and warmer weather. Please be on the lookout for an invitation to our annual Easter Brunch.



March is National Nutrition Month. The first National Nutrition Week campaign was launched in 1973 with a presidential proclamation, TV and radio public service announcements, news releases, and bumper stickers, all featuring the theme "Invest in Yourself—Buy Nutrition." From the beginning, National Nutrition Week was enthusiastically embraced by American Dietetic Association (ADA) members as an opportunity to promote the profession as well as to serve as a vehicle for delivering nutrition education messages to the public. In response to the popularity of National Nutrition Week and the public's growing interest in nutrition and health, the House of Delegates called for an expansion of National Nutrition Week to National Nutrition Month beginning in 1980. This month let's all work together to push ourselves to be a little more health conscious and experience all the benefits good nutrition has for us.

March is also National March Into Literacy Month. To help celebrate this, we have a couple of different groups of kids coming in to read to our Residents. Reading out loud will be great experience for these children, and will be very enjoyable for us! Take a look at the back page for some highlighted activities we have going on for you to join. Hope everyone has a great month!



March Birthdays

Residents:

3/11	Patricia Mayer
3/15	Jackie Winn
3/19	Manny Pastor
3/27	Lorraine Konarske
3/28	Doris Allen
3/30	Lois White

Associates:

3/13	Velma Miller
3/26	Brenda Boyd



AT YOUR SERVICE

Executive Director:
Lance Helton
Business Office Manager:
Michele Hamm
Resident Care Manager:
Tuong Do, RN
Life Enrichment Manager:
Amanda Schwark, CTRS
Housekeeping Manager:
Kathleen Whitehead
Environmental Services Manager:
Darrell Shively
Culinary Services Manager:
Dan Auberle
Marketing Managers:
Lisa Sadowski
Jeremy Kopaniasz

Do you have any old DVDs or VHS tapes lying around you don't want anymore? If so, please keep the activity department in mind! We would love to take them off your hands and be able to expand our movie collection for our Residents. Thank you!

SAVE THE DATE:
We will be attending two different Tigers games this year. We have one coming up in May, and the other game will be in September. More information on those dates to come. Go Tigers!



Save the Date!
March 2018

1st	3:00pm	Music with Christine!
2nd	3:00pm	Happy Hour
4th	2:30pm	Cookies and Reading with Girl Scouts
4th	6:00pm	Scott on the Piano!
5th	10:30am	Art with Debbie
5th	3:30pm	Chair Yoga with Joyce
6th	11:30am	Lunch Bunch: Five Guys
8th	1:30pm	Canvas Painting with Amanda
9th	10:00am	Meijer Outing
9th	3:00pm	Happy Hour
11th	2:30pm	Spiritual Music Sing-a-long
12th	9:30am	Healing Mass Service
13th	12:45pm	Massage Therapy with Audrey
13th	2:00pm	Achatz Pie Company Outing
14th	10:00am	Bible Church Service with Pastor Ray
14th	3:00pm	Coffee and Pie for Pi Day!
15th	10:15am	Brain Trivia with Kathy Housey
15th	1:00pm	Crochet and Knitting Club with Melanie
15th	6:00pm	The Gaels Irish Music Entertainment
16th	10:00am	Royal Oak Library Outing
16th	3:00pm	St. Patrick's Day Happy Hour Celebration!
16th	3:30pm	Irish Music with Tom Reid
19th	3:30pm	Chair Yoga with Joyce
20th	11:30am	Lunch Bunch: White Castle Carryout
20th	2:30pm	March Birthday Bash!
20th	3:00pm	Balancing Earth Entertainment
22nd	1:30pm	Residents' Council
22nd	6:30pm	Reading and Snacks with Woodside Bible Group
23rd	10:00am	Target Outing
23rd	3:00pm	Happy Hour!
25th	11:00am	Easter Brunch
27th	11:00am	Lunch Bunch: The Avenue
29th	10:30am	Crochet and Knitting Club with Melanie
29th	1:10pm	Tigers Opening Day Party!
31st	3:00pm	Darryl on the Piano!



The long cold winter is melting away
 A single red bird was spotted today
 Through the mist the sun is peeking
 Squirrels are about and acorn-seeking
 New life has come to fields and woods
 Kids venture out in sweatshirts with hoods
 In just a few weeks the river will flow
 Blossoms on trees will be starting to show
 There's still a chill in the springtime air
 Winter is gone but the memory is still there
 Summer is waiting a few months beyond
 To warm the air and meadow and pond
 A gopher peers out from the holes that he makes
 Springtime is when the whole world awakes



Assisted Living Care
 3450 W.13 Mile Rd.
 Royal Oak, MI, 48073
 248-549-6400

