

THE WESTLAKE WHISTLER



Using Nutrition to Look and Feel Your Very Best

Proper nutrition is important for everyone. Without proper nutrition, people may not be able to properly function and perform day-to-day activities.

Most people do not realize that healthy carbs are generally good for you. While you may not need to eat in excess, low-carb diets can actually hinder you. Carbohydrates are needed by the body to produce energy, and they also keep you feeling full longer.

A colorful plate is a healthy plate. Fill at least half of your dinner plate with red, orange, and dark green vegetables, and you are on your way to a well-balanced meal packed with vitamins and other nutrients.

Add a side dish of fruit to your meal whenever possible. Start your day off with easy-to-digest foods. Adding some healthy, dark, leafy greens to a smoothie can make all the difference. If you use plenty of fruits, such as strawberries or bananas, you probably will not even be able to taste the difference.

Be sure to eat a good, healthy breakfast every morning. Your body hasn't had any fuel all night, so it will be ready for a good dose of energy first thing in the morning. Give it a breakfast with plenty of carbohydrates, protein, and healthy fats to keep yourself going all day.



HAPPY BIRTHDAY!

Mar. 9th	Virginia
Mar. 14th	Lorena
Mar. 18th	John
Mar. 25th	Butch

Happy 11 year anniversary Ruth!

WELCOME TO THE GARDEN

Edith and Burt

Garden Square at Westlake
ASSISTED LIVING

March Special Events

- 3/1 Around the World
(Bahamas)
- 3/2 Music with Rex
- 3/3 Worship with Harold
- 3/4 Shamrock cookies
- 3/5 Crossword
- 3/6 Bible Study
with Harold
- 3/7 9-1 Foot Clinic
- 3/8 Activity with
Bobbie Jo
- 3/10 Accordion with Joyce
- 3/11 Activity planning
- 3/12 Let's plant a flower
- 3/13 Life stories
- 3/14 Making Shamrocks
with Kristen
- 3/15 St. Patrick's Day Party
- 3/16 Piano with Jill
- 3/19 Tea for Two (or more)
- 3/22 Lunch at I-Hop
- 3/25 Let's make waffles
- 3/27 Watercolor with Terri
- 3/28 Shopping at Wal-Mart
- 3/29 Happy Hour



Letter from the Administrator

Residents, family and friends,

I would like to say a big Thank you for allowing Garden Square at Westlake to care for your loved ones. Its hard to believe how fast this year is already going by. The first few months of the year we have tried making improvements in many areas such as dining experience, creating moments of joy, and creating a home that you are proud to call yours. There are still areas we are working on and we appreciate your patience.

We encourage feedback and compliments from all Residents. I look forward to what this year brings to Garden Square at Westlake! Please remember we have our family events every month and welcome all family to attend! Thank you for your support for all the GSWL staff.

Sincerely,

Bobbie Jo,
Administrator

Its your lucky day!



Its your lucky day! You're invited to celebrate the Irish Heritage with a delicious traditional Irish Lunch on Friday, March 15th from 11:30 am - 12:30 pm at Garden Square at Westlake. Dublin coddle with soda bread and cabbage is on the menu! Please make sure to RSVP by March 11th so we can accommodate appropriately. We look forward to seeing you! Don't forget your dessert to share with everyone!!!

***This coupon is good for ONE
FREE MEAL at Garden Square!***



*Please
present
coupon
at time
of meal.*



March is Craft Month: Arts & Crafts

Arts and Crafts can be both exciting hobbies as well as money-makers. What's better than to earn some money doing something you love?

There are as many variations of crafts as there are crafters; here are a few to consider:

Candle making: Do you love burning beautiful, scented candles? Lots of people do, and will gladly buy candles for themselves or as gifts. They especially love unique, handcrafted candles. This is one of the easier crafts to learn, and can be both fun and very profitable.

Beading: One of the arts and crafts that spans many cultures is that of beading. Beadworks can either be worn or displayed, and their popularity is continually growing. Beading can be overwhelming when starting out due to numerous techniques and patterns, but can also be very satisfying after time and practice.

Quilting: A craft that also qualifies as an art form, quilting is a method of stitching two layers of cloth with stuffing in between, while forming a decorative design. Quilting can be done by hand or machine. Handmade quilts are very popular

because they are both gorgeous and functional. This is a potentially highly profitable craft.

Soap making: As we become more aware of the harmful effects of chemicals on our bodies, we often seek out organic alternatives. Soap is a great example of this. Make refreshing, homemade soaps, add your own unique fragrances and you might find your soap in high demand.

Flower pressing: Items made from pressed flowers make great gifts, and you can create amazing pieces of art and home décor items. This is one of the easier crafts to learn.

Crocheting: This is a craft that can be both satisfying and profitable. Better still, it can be done almost anywhere. Crochet products are popular and can make you a handsome side income.

Woodworking: This can be a highly profitable hobby, as woodcrafts can be both beautiful and functional. Specializing is advisable due to the overwhelmingly numerous styles and wood types.

Aim to pick a craft that you know you will enjoy, so you'll have more fun while you work on it!

Facts You Might Not Know About St. Patrick's Day

- March 17th, the day of celebration, is the day of Patrick's death.
- St. Patrick, the patron saint of the Irish, was not from Ireland.
- Patrick was a missionary in Ireland during the 4th century.
- The Shamrock, symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate to the pagans the trinity of God.
- Maewyn is the name St. Patrick was born with. His name was changed by the Bishop in a monastery in France, after he escaped his captivity. He was not religious at all when he was a child.
- The first St. Paddy's day parade in America was in 1737, 40 years before the Revolutionary War.
- Irish dishes include corned beef and cabbage, Irish stew, Irish cream pie, Irish soda bread, scones, and Irish cheese bread. All of these would be good culinary choices on St. Patrick's Day!



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MARCH – WORD SEARCH

L	G	B	E	B	R	O	B	O	G	B	I	C	I	G
Q	R	W	K	M	E	E	M	P	B	Z	C	Q	N	U
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AGING
BRAIN
CRAFTS
DR SEUSS
FOOD

GREEN
HEALTH
HYGIENE
MOUTH
NUTRITION

ORAL
PAINT
PI
READ
SHAMROCK