

## March is Caffeine Awareness Month

Who doesn't like a nice cup of coffee to start the day or a soda with their lunch? While caffeine can provide an often necessary boost of energy, it's important to remember that it is a stimulant, not a nutrient, and that too much caffeine is unhealthy.

March is National Caffeine Awareness Month and serves as good reminder to always be careful of how much caffeine you are consuming per day. About 400 milligrams of caffeine a day – or about four cups of coffee – is considered safe for most healthy adults, though you should always keep in mind that caffeine content in beverages varies widely and that caffeine affects each of us differently.

According to the 2015–2020 Dietary Guidelines for America, published by the U.S. Department of Health and Human Services, most of the caffeine consumed in the United States comes from coffee, tea and soda. In general, a good rule of thumb is, if you feel jittery or overly restless after drinking a caffeinated beverage, you should stop. Too much caffeine may lead to sleep problems, migraines and other health issues – not to mention coffee breath!

**Source:** <https://islllc.com/national-caffeine-awareness-month/>



### Resident Birthday

Gaye P march 24th

Donna R March 24th

Dick P March 27th

Birthday Social on March 27th  
AT 3:30

## Wentworth at Coventry March 2019

6898 South 2300 East  
Cottonwood Heights, UT 84121



### Today's Trends *Seniors and Pets*

Studies have shown that owning a pet can be physically and mentally beneficial for people of all ages. In the case of senior citizens, just 15 minutes bonding with an animal sets off a chemical chain reaction in the brain, lowering levels of the fight-or-flight hormone, cortisol, and increasing production of the feel-good hormone serotonin.

The result: heart rate, blood pressure and stress levels immediately drop. Over the long term, pet and human interactions can lower cholesterol levels, fight depression and may even help protect against heart disease and stroke.


**Source:** <https://www.aginginplace.org/seniors-and-pets/>

The month of March is Women's History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women's history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. For too long, men had dominated the study while women's contributions had a mention. The movement in Sonoma was such a success that it gained traction nationwide. In 1980, President Jimmy Carter established the first Women's History Week, and then in 1987, Congress declared the entire month of March as Women's History Month.





March 2019  
In The Moment - Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March cont'd</div> <div>31</div> <div>10:00  Communion 10:00  You are My Sunshine Stretch with Barbara 10:30  Color Me Calm 10:45  Nail Spa Day 1:30  LDS Sacrament 2:30  Bingo 3:30  Sunday Social 6:30  Hand Massages</div>	<div></div>	<div>6898 South 2300 East Cottonwood Heights, UT 84121 801-943-3909</div>	<div> Artistic Expression  Community Connections  Continuing Education  Lifestyle &amp; Leisure  Physical Engagement  Spiritual Support</div>	<div>Healthy Snacks &amp; Hydration offered throughout each day!</div>	<div>10:00  Look Good Feel Good 1 10:30  Exercise Inspiration with Garrett 11:00  Bowling Tournament 1:30  Chair Yoga 2:00  Travel Club and Cheese 3:30  Scenic Drive 6:30  Hand Massages</div>	<div>10:00  Saturday Sittercise 2 10:30  Saturday Popcorn Special 11:00  Hand Massgaes 1:30  Read A Long 2:30  Color Me Calm 4:00  James Warr At the Piano 6:30  Hand Massages</div>
<div>10:00  Communion 10:00  You are My Sunshine Stretch with Barbara 10:30  Color Me Calm 10:45  Nail Spa Day 1:30  LDS Sacrament 2:30  Bingo 3:30  Sunday Social 6:30  Hand Massages</div> <div>3</div>	<div>10:00  Sittercise 4 10:30  Music Memories 11:00  Aroma Hand Massges 1:30  Fun With Nate with Brighton 2:30  Floats and Trivia 3:30  Scenic Drive If Weather Permits 6:30  Hand Massages</div>	<div>10:00  Balloon Volleyball 5 10:30  Mardi Gras 11:00  Musical Instrument Fun 1:30  Flower Arrangement 2:30  Bible Study Group 3:30  Travel Crockpot Club 6:30  Hand Massages</div>	<div>10:00  Communion 6 10:30  Stephanie Hearts for Hospice 11:00  Lets Bake It 1:00  Sprite Floats Social 2:00  John Greene Karaoke 3:30  Scenic Drive if Weather Permits 6:30  Hand Massages</div>	<div>10:00  Symbii Exercise w/ Jeff 7 10:30  Show And Tell 11:00  Guinness Book of World Records 1:30  Poetry Reading 2:30  Sing A Long and Smoothies 3:30  Minding Motion 6:30  Hand Massages</div>	<div>10:00  Look Good Feel Good 8 10:00 Outing to MRS, Cavanaugh Chocolate factory 10:30  Exercise Inspiration with Garrett 11:00  Bowling Tournament 1:30  Chair Yoga 2:00  Travel Club and Cheese 3:30  Scenic Drive 6:30  Hand Massages</div>	<div>LDS Conference 9 10:00  Saturday Sittercise 10:30  Saturday Popcorn Special 11:00  Hand Massgaes 1:30  Read A Long 2:30  Color Me Calm 4:00  James Warr At the Piano 6:30  Hand Massages</div>
<div>Daylight Saving Time Begins LDS Conference 10:00  Communion 10:00  You are My Sunshine Stretch with Barbara 10:30  Color Me Calm 10:45  Nail Spa Day 1:30  LDS Sacrament 2:30  Bingo 3:30  Sunday Social 6:30  Hand Massages</div> <div>10</div>	<div>10:00  Sittercise 11 10:30  Music Memories 11:00  Aroma Hand Massges 1:30  Fun With Nate with Brighton 2:30  Floats and Trivia 3:30  Scenic Drive If Weather Permits 6:30  Hand Massages</div>	<div>10:00  Balloon Volleyball 12 10:30  Brain Teasers 11:00  Musical Instrument Fun 1:30  Flower Arrangement 2:30  Sing A Long with Bill 3:30  Travel Crockpot Club 6:30  Hand Massages</div>	<div>10:00  Communion 13 10:30  Stephanie Hearts for Hospice 11:00  Lets Bake It 1:30  Sprite Floats Social 2:30  Ken and Holly Karaoke 3:30  Scenic Drive if Weather Permits 6:30  Hand Massages</div>	<div>10:00  Symbii Exercise w/ Jeff 14 10:30  Show And Tell 11:00  Guinness Book of World Records 1:30  Poetry Reading 2:30  Stephanie Music Therapist 3:30  Hand Massages 6:30  Hand Massages</div>	<div>10:00  Look Good Feel Good 15 10:30  Exercise Inspiration with Garrett 11:00  Bowling Tournament 1:30  Chair Yoga 2:00  Travel Club and Cheese Ireland 3:30  Saint Patricks Day Celebration 6:30  Hand Massages</div>	<div>10:00  Saturday Sittercise 16 10:30  Saturday Popcorn Special 11:00  Hand Massgaes 1:30  Read A Long 2:30  Color Me Calm 4:00  James Warr At the Piano 6:30  Hand Massages</div>
<div>St. Patrick's Day 10:00  Communion 10:00  You are My Sunshine Stretch with Barbara 10:30  Color Me Calm 10:45  Nail Spa Day 1:30  LDS Sacrament 2:30  Bingo 3:30  Sunday Social 6:30  Hand Massages</div> <div>17</div>	<div>10:00  Sittercise 18 10:30  Music Memories 11:00  Aroma Hand Massges 1:30  Fun With Nate with Brighton 2:30  Floats and Trivia 3:30  Scenic Drive If Weather Permits 6:30  Hand Massages</div>	<div>10:00  Balloon Volleyball 19 10:30  Brain Teasers 11:00  Musical Instrument Fun 1:30  Flower Arrangement 2:30  Bible Study Group 3:30  Travel Crockpot Club 6:30  Hand Massages</div>	<div>Spring 20 10:00  Communion 10:30  Stephanie Hearts for Hospice 11:00  Lets Bake It 1:30  Mindful Meditation 2:30  Sprite Floats Social 3:30  Scenic Drive if Weather Permits 6:30  Hand Massages</div>	<div>10:00  Symbii Exercise w/ Jeff 21 10:30  Show And Tell 11:00  Guinness Book of World Records 1:30  Poetry Reading 2:30  Sing A Long and Smoothies 3:30  Minding Motion 6:30  Hand Massages</div>	<div>10:00  Look Good Feel Good 22 10:30  Exercise Inspiration with Garrett 11:00  Bowling Tournament 1:30  Chair Yoga 2:30  Taste and Tell With Dee 3:30  Scenic Drive 6:30  Hand Massages</div>	<div>10:00  Saturday Sittercise 23 10:30  Saturday Popcorn Special 11:00  Hand Massgaes 1:30  Read A Long 2:30  Color Me Calm 4:00  James Warr At the Piano 6:30  Hand Massages</div>
<div>Donna R Birthday Gaye P Birthday 10:00  Communion 10:00  You are My Sunshine Stretch with Barbara 10:30  Color Me Calm 10:45  Nail Spa Day 1:30  LDS Sacrament 2:30  Bingo 3:30  Sunday Social 6:30  Hand Massages</div> <div>24</div>	<div>10:00  Sittercise with Brightstar 25 10:30  This Day In History with Brightstar 11:00  Merrill Smith 1:30  Fun With Nate with Brighton 2:30  Floats and Trivia with Elevation 3:30  Scenic Drive If Weather Permits 6:30  Hand Massages</div>	<div>10:00  Balloon Volleyball 26 10:30  Brain Teasers 11:00  Musical Instrument Fun 1:30  Flower Arrangement 2:30  Bible Study Group 3:30  Birthday Social for Residents 6:30  Hand Massages</div>	<div>Dick P Birthday 27 10:00  Communion 10:30  Stephanie Hearts for Hospice 11:00  Lets Bake It 1:30  Mindful Meditation 1:30  Sprite Floats Social 3:30  Scenic Drive if Weather Permits 6:30  Hand Massages</div>	<div>10:00  Symbii Exercise w/ Jeff 28 10:30  Show And Tell 11:00  Guinness Book of World Records 1:30  Poetry Reading 2:30  Sing A Long and Smoothies 3:30  Hand Massages 6:30  Hand Massages</div>	<div>10:00  Look Good Feel Good 29 10:30  Exercise Inspiration with Garrett 11:00  Bowling Tournament 1:30  Chair Yoga 2:00  Taste and Tell 3:00  Community Cookies With IL for the Homeless 6:30  Hand Massages</div>	<div>10:00  Saturday Sittercise 30 10:30  Saturday Popcorn Special 11:00  Hand Massgaes 1:30  Read A Long 2:30  Color Me Calm 4:00  James Warr At the Piano 6:30  Hand Massages</div>