



March 2020

124 Liberty Court • Dixon, IL 61021 • (815) 285-2000

Meet Your Management Team

- Community Director- Melissa Jones
- Community Relations Coordinator- Kelly Shroyer
- Health Care Coordinator- Stephanie Herwig
- Life Enrichment- Amanda Richardson
- Maintenance Coordinator- Rick Shroyer
- Culinary Coordinator- Dorothy Spratt
- Lead CNA- Dawn Hooper

**Office Hours Monday-Friday
8am-4:30pm**

Prepare For Spring Weather

The arrival of spring this month means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly. Also be sure to wear secure footwear and to grab an umbrella before leaving on outings.



Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.



Spring has finally sprung!



Beauty Shop open Tuesdays.



Trivia Whiz

Bowled Over by Cereal

Invented as a health food in the 1800s, cereal is now so popular, National Cereal Day is celebrated each year on March 7.

About 2.7 billion boxes of cereal are sold in the U.S. every year.

Cheerios were called Cheerioats when they debuted in 1941. The name changed four years later.

Kellogg's Corn Flakes was the first cereal to offer a prize, a picture book, in the early 1900s.

The first athlete to appear on a Wheaties box was baseball great Lou Gehrig in 1934.

Grape-Nuts were included in some U.S. military rations during World War II.

The marshmallows in Lucky Charms have a name; they're called marbits.



Painting can reduce stress, aid in relaxation, anxiety and depression. It gives us a feeling of control and improves cognition.





Wit & Wisdom

"Great art picks up where nature ends."
—Marc Chagall

"In the mind of every artist there is a masterpiece."
—Kai Greene

"Art evokes the mystery without which the world would not exist."
—René Magritte

"Sometimes with art, it is important just to look."
—Marina Abramovic

"When I think of art I think of beauty. Beauty is the mystery of life."
—Agnes Martin

"If art doesn't make us better, then what on earth is it for?"
—Alice Walker

"The artist is not a different kind of person, but every person is a different kind of artist."
—Eric Gill



Our Dare to Dream program is designed to engage our seniors that live at Liberty Court and find out that if they had the opportunity to participate in an activity one more time what would they choose? Mabel was a high school cheerleader and wanted to experience that again! Wow, Mabel is still cheering at 100.



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rent Is Due	1	2	3	4	Rent Is Late	6 MOD Dorothy
	8 	9	10	11	12 Happy Birthday Beverly H.	13 MOD Melissa
	15	16 Happy St. Patrick's Day	17	18	19 	20 MOD Stephanie
	22 Spring Break Begins	23	24	25	26	27 MOD Kelly
29	30 See Activities Calendar for Full List of Monthly Activities	31				

March

"This Month In History"

MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.