

Ativo Newsletter

Upcoming Events

Advanced Care Planning
March. 2nd 2:00-4:00pm

Caregiver Support Group
March. 23rd, 2:00-3:00pm

Vaccine Clinic
March. 11th, 2:00-4:00pm

Tai Chi Class
March. 16th, 2:00-4:00pm

St. Patrick's Day Happy Hour
March. 17th, 4:00

Cooking Demonstration
March. 17th, 4:00

RSPV for all events are highly requested;
Please email rsvp@ativoyuma.com
or call (928) 750-3292

Regular Events

Early Risers Club everyday
Friday Night Feature
SingFit 3-5 times weekly
Technology classes & support
every Tuesday
Daily Chronicles everyday
Sewing Group twice a week
Choir Group every Monday
Ativo in Action resident
volunteer group biweekly
Thirsty Thursday Happy Hour

To those joining our beautiful
community this month,

Welcome home
Jean Sproul

Welcome team members:
David Tamayo
Maintenance Director

Genelyn Tuliao
Activity Director

Monthly Health Tip

In honor of National Nutrition month, here are steps towards making informed food choices and developing sound eating habits.

Firstly, eat breakfast, food is fuel and its a great way to start an active day. Also watch portion sizes and make half your plate fruits and vegetables. Fix healthy snacks and be active. Get to know food labels and follow food safety guidelines. Especially in our desert heat, drink lots of water throughout your day. Reduce added sugars in your diet. Explore new foods & flavors and even experiment with plant-based meals. Another good tip is to slow down at mealtime and enjoy your food. Lastly, consult a Registered Dietician Nutritionist





Happy Birthday to:

- Bernice M.** - 1st
- Paul S.** - 4th
- Erna D.** - 6th
- Cook Maria** - 7th
- Richard W.** - 19th
- Elaine G.** - 20th
- MC Coordinator **Kody** - 30th

We wish you all the joy and happiness on your special day!

Mar. 13th -

Pisces are friendly and selfless. They are always willing to help..

Jan. 20th - Feb. 18th

Aquarians are shy & quiet. They are deep thinkers who love helping others.

March Babies

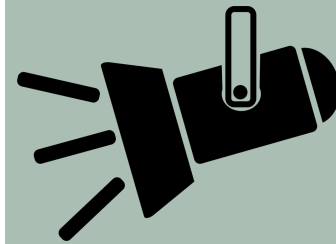
Zodiac Signs: Pisces
Birthstone: Amethyst
Flower: Primrose

Resident Spotlight

RICHARD WARE

For the month of March our resident spotlight shines upon Mr. Richard Ware. Mr. Ware was in the Army reserves while in high school and then in the Air Force reserves after graduating. He also served as a Kansas City Cop and is an active member of the Shriners Society. A highlight of his life has been traveling with his wife Maryjane and their children all over the United States. Richard never has a bad thing to say about anyone and always sports a smile that is positively contagious! Thank you for letting us get to know you Richard and for being our star this month!

March



Letter from the Administrator

Hello Residents, Families and Friends!

What a beautiful time of year! Spring is in the air, flowers blooming and great weather abound. Please be sure to take advantage of the outdoors and utilize our great patio space to visit with your neighbors or soak up some sun. Please continue to provide feedback to us, either through direct communication; the suggestion box; etc. Thank you for your continued support.

Deborah Ludington

Employee of the Month

MARIA MASCARENAS

Our very first employee of the month is our wonderful cook Maria! Maria is a wonderful example of a great employee. She can easily brighten your day with her amazing attitude. Not only do we appreciate you here at work, our residents appreciate you here in their home. Congratulations Maria! You deserve it!



DID YOU KNOW?

In 1939 Ernest Vincent Wright published a 50,000-word novel, *Gadsby*, and doesn't use the letter 'e' even once. This is even more impressive considering the letter 'e' is the most commonly used letter in the English language!



Featured Recipe: Rich and Mo's Potato Salad

INSPIRED BY CHEF MONIQUE AND HER HUSBAND RICHARD

March in Arizona means summer is right around the corner! While the weather is cool enough still to enjoy some outdoor parties and picnics, here is a recipe for a party staple. Rich and Mo's Potato Salad, inspired by Chef Monique and her husband Richard.

You will need:

- 5 lbs red potato
- 1 cup black olives sliced
- 1.5 cups pickles chopped
- 6 stalks of celery chopped
- 1 bunch green onion chopped
- 3 cups mayo
- 2 tbsl mustard
- Salt and pepper to taste
- Dill weed to taste

Directions:

1. Dice potato's into 1 inch cubes
2. Start with cold water then cook until fork tender
3. Mix with all ingredients and refrigerate for 2 hours
4. Once its chilled check to see if more mayo is needed, if so add
5. Serve and enjoy! Makes a great side to BBQ



In Memoriam

To the family and friends of our
late resident,

Maryjane Ware

May you be comforted by the
knowledge that your loved one
is at peace.



Terra-Cotta Salon



Our Beautician Jackie is
available by
appointment only
(928) 919-0229
Tues. - Fri. 9:00 - 5:00
and on occasion
Saturdays 10:00 - 4:00





LEADERSHIP TEAM

Administrator
Deborah Ludington



Director of Health Services
EJ Thompson



Memory Care Coordinator
Kody Grode



Business Office Manager
Janet Leon



Dining Services Director
Monique Valencia



Maintenance Director
David Tamayo



Sales/Marketing Director
Katherine O'Donald



Activities Director
Genelyn Tuliao



WE ARE OPEN FOR TOURS!

Open to the public to learn more about Yuma's newest assisted living and memory care.

March is Women's History Month!



10565 S Commercial Centre Loop
Yuma, AZ 85367
Main 928-615-3823
ativoyuma.com

Who is Sandra Day O'Connor?



In July 1981, Arizona resident, Sandra O'Connor became 'The First' female appointed justice in the more-than-190-year history of the U.S. Supreme Court.

Sandra O'Connor is not only a pride of Arizona but also an icon for all! She paved the way for all women in her time and for the many generations to come!

She grew up in a family-owned ranch in Duncan, AZ. She strived with her studies and graduated with flying colors in Stanford University. She was elected to two terms in the Arizona state senate.

In 1981, Ronald Reagan nominated her to the U.S. Supreme Court. She received unanimous Senate approval and made history as the first woman justice to serve on the nation's highest court. Arizona State University named its law school after the distinguished justice in 2006 and President Obama honored her with the Presidential Medal of Freedom in 2009. She lives in Phoenix, Arizona.

For 24 years, O'Connor was a pioneering force on the Supreme Court. She'll long be remembered for acting as a sturdy guiding hand in the court's decisions during those years .

"Yes, I will bring the understanding of a woman to the Court, but I doubt that alone will affect my decisions."
-O'Connor

Continuous Improvement

Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions, and compliments.

There are feedback forms available inside the mail room. We are happy to receive feedback at anytime and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.