

## MARCH 2023 NEWSLETTER



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### March Birthdays

1 Marilyn Hasapopoulos  
6 Mary Harland  
13 Janice Fullerton  
13 Les Behne  
16 Ellie Cornett  
25 Delbert Witt  
29 Pat Ziesmer

### Calendar Highlights

Wednesday 1st—Resident Council  
Thursday 2nd—Music w/Jeff  
Wednesday 8th—Music w/Gary  
Friday 17th—St. Patrick's Day  
Monday 20th—Plus One Band

### March is National Kidney Month!

Are you aware of how important kidney function is to your body?

Chronic kidney disease (CKD) means your kidneys are damaged and can't filter blood the way they should. The disease is called "chronic" because the damage to your kidneys happens slowly over a long period of time. This damage can cause wastes to build up in your body. CKD. The kidneys' main job is to filter extra water and wastes out of your blood to make urine. To keep your body working properly, the kidneys balance the salts and minerals—such as calcium, phosphorus, sodium, and potassium—that circulate in the blood. Your kidneys also make hormones that help control blood pressure, make red blood cells, and keep your bones strong.

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes, heart disease, and high blood pressure. Also:

- Make healthy food choices
- Stay physically active
- Maintain a healthy weight
- Don't smoke, and limit alcohol intake
- Get plenty of sleep

*Country Meadow Place's goal is to work with staff and residents' families to make meaningful dreams come true for each of our Residents. If you have any suggestions for your loved one, please talk to one of our staff members. No dream is too big! !*

**DARE TO**  
**Dream**

## COUNTRY MEADOW MOMENTS

We love it when the 1st graders from Newman Catholic come to visit!



## MEET OUR STAFF

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