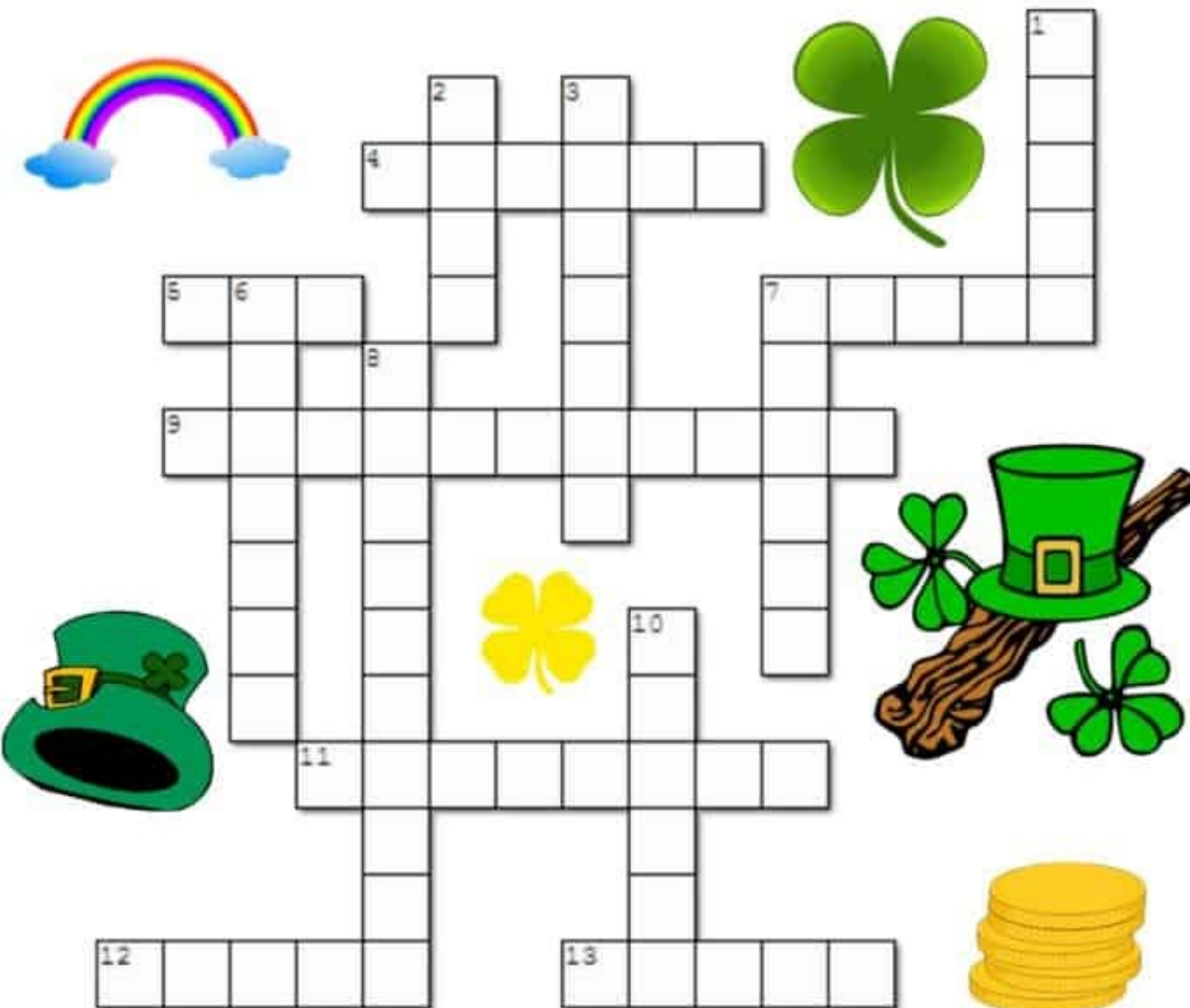


ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

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Regency Village at Bend

127 SE Wilson Ave., Bend, OR 97702
541-317-3544
8:30 am ~ 5:30 pm



Regency Village at Bend
A Retirement and
Assisted Living Community
A REGENCY PACIFIC COMMUNITY

March
2024

THE MANAGEMENT TEAM

Senior Executive Director..... Luke Wilkenfeldt
Office Manager..... Becky DeLashmutt
Wellness Director..... Nancy Rullis R.N.
Resident Care Coordinator..... Liana-Li Lum Ho
Dining Service Director..... Josh Webb
Activities Director..... Angi Grubbs
Community Relations Director..... Karen Walker
Maintenance Director..... Roger Beach

2023-2024 RESIDENT COUNCIL OFFICERS

Don Kelly..... President
Gary Blair..... Vice President
Shirley Stieber..... Secretary

January Employee of the Month Andy W.

Andy has great personal skills and is willing to learn new skills. He works well with others and is alert to what goes on in his own area as well as in other departments and is willing to assist where needed. He has the respect of the residents and family members. He is an asset to the team.

February Employee of the Month Adrian L.

Adrian is a great asset to Regency. He is cheerful, courteous, and thoughtful. His food represents him. He always has a kind word and a smile.



Residents

Billie Jo H.	3/07
Frank W.	3/16
Bob H.	3/20

Staff

Erin M.	3/01
Miranda S.	3/12
Kyle S.	3/22



Follow us



on Facebook:

Regency Village at Bend

Hallway Putt-Putt Golf Time!



“How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday you will have been all of these.”

George Washington Carver

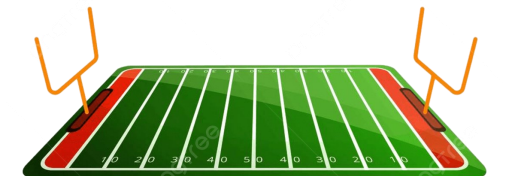


A very special delivery from a sweet group of local homeschooled children!

Lunch Out: Olive Garden



Happy
Valentine's
Day



Mardi Gras Celebration



Central Oregon Symphony 'Young Artist Competition Winners' Performance



SUDOKU

Easter

Puzzle #1

	8	9	3	1		2	4	6
		5	4	2	6			9
	2			8	9	1	3	
6	5	3	9			4		2
1					3	7	9	
9		8	1	4	2			3
		4	8					1
8	9			3			5	4
	3	1	5	6	4		8	

Puzzle #2

		4		1	3		8	9
8	9			4		1	2	
2	3	1	8		9	4	5	
		9	4	6	2	5	3	
			3		1	9		8
	1	5		9	8	6	4	
	7		6	3			1	
	4	2	9			3		5
6			1	2	4	8		

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Health Notes

The Importance of Sleep

At every age, sleep is an essential function that allows your body and mind to recharge. Experts recommend a regular sleeping pattern of 7.5 to 9 hours per night. Despite the many benefits of sleep, getting a good night's sleep with age becomes difficult, as many older adults find it difficult to get to sleep, or stay asleep.

Getting a good night's sleep can improve both overall health and quality of life. Some benefits of regular sleep include:

- Increased alertness during waking hours
- Enhanced memory and attention span
- Reduced medication usage
- Reduced symptoms of depression
- Improved cardiovascular health
- Reduced stress and anxiety
- Regulated appetite
- Reduced risk of falling
- A happier, more engaged lifestyle

There are a number of ways you can minimize sleep disruptions:

- Promoting an active and regular daily routine that includes both physical and social activities
- Ensuring the bedroom is quiet, dark and cool (removing or restricting audible or visual distractions)
- Encouraging a balanced nutritional intake (including protein-rich foods, such as white meat, dairy or nuts/seeds)
- Optimizing melatonin levels by getting adequate sunlight and switching off all non-backlit screens one hour before bed
- Sticking to a regular sleep schedule, waking and going to bed at the same times each day
- Limiting use of stimulants (caffeine, sugar or alcohol)
- Trying a soothing pre-bedtime routine, such as reading or listening to music



SundayMondayTuesdayWednesdayThursdayFridaySaturday

<div>Activities subject to change. Check the daily activity flier for changes.</div>		<div>Blue: Activities (staff led) Black: Activities (residents led) Red: Special happenings Purple: Meetings to attend Green: Shuttlebus Trips</div>			<div>1</div> <div>Birthday - Erin M.</div> <div>9:15 Bible Study w/Dart (2)</div> <div>10:30 Walk w/Friends (1)</div> <div>12:30 Bunco w/Joy (3)</div> <div>2:30 Game Time (3)</div> <div>5:30 Music w/Abel (3)</div>	<div>2</div> <div>10:30 Walk w/Friends (1)</div> <div>1:00 Dice w/Abel (3)</div> <div>2:00 Color w/friends (3)</div> <div>3:00 Watercolor w/Abel (3)</div> <div>5:30 Pool (2)</div>
	<div>3</div> <div>9:00 Exercise (3)</div> <div>11:00 lunch Out: The Phoenix (\$\$)</div> <div>2:30 Arts & Crafts Time (3)</div> <div>5:30 Game Time (3)</div>	<div>4</div> <div>8:15 Exercise (3)</div> <div>9:45 Errands</div> <div>10:00 Coffee/Tea Chat (3)</div> <div>11:00 Lunch Out: Pinky G's Pizzeria</div> <div>1:00 Quarter Bingo (3)</div> <div>2:30 Trader Joe's</div>	<div>5</div> <div>10:00 Activities Calendar Meeting (1)</div> <div>1:00 Exercise (3)</div> <div>3:00 Story Time: (3)</div> <div>Island of the Blue Dolphins</div> <div>5:30 Music w/Abel (3)</div>	<div>6</div> <div>8:15 Exercise (3)</div> <div>9:45 Bi-Mart</div> <div>10:00 Indie Visits (1)</div> <div>10:15 Room Visits-Angi</div> <div>12:30 Communion w/Diana (2)</div> <div>1:00 Hobby Lobby</div> <div>3:00 Meet & Greet (3)</div>	<div>7</div> <div>Birthday - Billie Jo H.</div> <div>10:00 Exercise (3)</div> <div>1:00 Short Story Time</div> <div>3:00 Prize Bingo (3)</div> <div>5:30 Fun with Puzzles (3)</div>	<div>8</div> <div>9:15 Bible Study w/Dart (2)</div> <div>10:30 Walk w/Friends (1)</div> <div>12:30 Bunco w/Joy (3)</div> <div>2:30 Game Time (3)</div> <div>5:30 Music w/Abel (3)</div>
<div>10</div> <div>9:00 Exercise (3)</div> <div>11:00 Lunch out: Wendy's (\$)</div> <div>1:00 Cascade Winds Symphonic Band</div> <div>5:30 Game Time (3)</div> <div>**Daylight Savings**</div>	<div>11</div> <div>8:15 Exercise (3)</div> <div>9:45 Grocery Outlet</div> <div>10:00 Coffee/Tea Chat (3)</div> <div>12:30 Pool w/Matt (2)</div> <div>1:00 Quarter Bingo (3)</div> <div>2:30 Kohl's</div>	<div>12</div> <div>Birthday - Miranda S.</div> <div>10:00 Pool (3)</div> <div>1:00 Exercise (3)</div> <div>2:00 Basic Sign Language (3)</div> <div>3:00 Story Time: (3)</div> <div>Island of the Blue Dolphins</div> <div>5:30 Music w/Abel (3)</div>	<div>13</div> <div>8:15 Exercise (3)</div> <div>9:45 Walmart</div> <div>10:00 Indie Visits (1)</div> <div>10:15 Room Visits-Angi</div> <div>12:30 Communion w/Diana (2)</div> <div>1:00 Deschutes Public Library</div>	<div>14</div> <div>10:00 Exercise (3)</div> <div>1:00 Hallway Putt-Putt Golf</div> <div>3:00 Prize Bingo (3)</div> <div>5:30 Fun with Puzzles (3)</div>	<div>15</div> <div>9:15 Bible Study w/Dart (2)</div> <div>10:30 Walk w/Friends (1)</div> <div>12:30 Bunco w/Joy (3)</div> <div>2:30 Game Time (3)</div> <div>5:30 Music w/Abel (3)</div>	<div>16</div> <div>Birthday - Frank W.</div> <div>10:30 Walk w/Friends (1)</div> <div>1:00 Dice w/Abel (3)</div> <div>2:00 Color w/friends (3)</div> <div>3:00 Watercolor w/Abel (3)</div> <div>5:30 Pool (2)</div>
<div>17</div> <div></div> <div>9:00 Exercise (3)</div> <div>10:00 Color w/Friends</div> <div>12:30 Flickin' Chicken Soup</div> <div>2:00 St. Patrick's Day Celebration (2)</div> <div>5:30 Game Time (3)</div>	<div>18</div> <div>8:15 Exercise (3)</div> <div>9:45 Dollar Tree/Winco</div> <div>10:00 Coffee/Tea Chat (3)</div> <div>12:30 Pool w/Matt (2)</div> <div>1:00 Quarter Bingo (3)</div> <div>2:30 Bowling: Lava Lanes</div>	<div>19</div> <div>10:00 Basketball (3)</div> <div>1:00 Exercise (3)</div> <div>2:00 Culinary Meeting (1)</div> <div>3:00 Story Time: (3)</div> <div>Island of the Blue Dolphins</div> <div>5:30 Music w/Abel (3)</div>	<div>20</div> <div>Birthday - Bob H.</div> <div>8:15 Exercise (3)</div> <div>9:45 Errands</div> <div>10:00 Indie Visits (1)</div> <div>10:15 Room Visits-Angi</div> <div>11:30 Lunch Out (TBA)</div> <div>12:30 Communion w/Diana (2)</div> <div>2:00 Residents' Council (1)</div> <div>3:00 Public Art Drive</div>	<div>21</div> <div>10:00 Exercise (3)</div> <div>1:00 Prize Bingo (3)</div> <div>3:00 Jazz Music by Curtis MacDonald</div> <div>5:30 Fun with Puzzles (3)</div>	<div>22</div> <div>Birthday - Kyle S.</div> <div>9:15 Bible Study w/Dart (2)</div> <div>10:30 Walk w/Friends (1)</div> <div>12:30 Bunco w/Joy (3)</div> <div>2:30 Game Time (3)</div>	<div>23</div> <div>10:30 Walk w/Friends (1)</div> <div>1:00 Dice w/Abel (3)</div> <div>2:00 Color w/friends (3)</div> <div>3:00 Watercolor w/Abel (3)</div> <div>5:30 Pool (2)</div>
<div>24</div> <div>9:00 Exercise (3)</div> <div>11:00 Kentucky Fried Chicken (\$)</div> <div>1:30 Arts & Crafts</div> <div>2:30 Garden Club (3)</div> <div>5:30 Game Time (3)</div>	<div>25</div> <div>8:15 Exercise (3)</div> <div>9:45 Fred Meyer</div> <div>10:00 Coffee/Tea Chat (3)</div> <div>12:30 Pool w/Matt (2)</div> <div>1:00 Quarter Bingo (3)</div> <div>2:30 Thrift Shops</div>	<div>26</div> <div>10:00 (TBA)</div> <div>1:00 Exercise (3)</div> <div>2:00 Basic Sign Language (3)</div> <div>3:00 Story Time: (3)</div> <div>Island of the Blue Dolphins</div> <div>5:30 Residents Sing-Along (1)</div>	<div>27</div> <div>8:15 Exercise (3)</div> <div>9:45 (TBA)</div> <div>10:00 Indie Visits (1)</div> <div>10:15 Room Visits-Angi</div> <div>12:30 Communion w/Diana (2)</div> <div>1:00 Residents' Council</div> <div>Follow up w/Luke (1)</div> <div>2:00 Dying Easter Eggs</div>	<div>28</div> <div>10:00 Exercise (3)</div> <div>1:30 Memorials & Memories</div> <div>3:00 Prize Bingo (3)</div> <div>5:30 Fun with Puzzles (3)</div>	<div>29</div> <div>9:15 Bible Study w/Dart (2)</div> <div>10:30 Walk w/Friends (1)</div> <div>12:30 Bunco w/Joy (3)</div> <div>2:30 Game Time (3)</div> <div>5:30 Music w/Abel (3)</div>	<div>30</div> <div>See March 23</div> <div></div> <div>Easter Sunday Celebration (TBA)</div> <div>31</div>