

The East Troy News

MANOR

MARCH
2025

Skilled Nursing • Respite Care • Rehabilitation Services



Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents

3/17

Eunice

3/19

Gary

We are Hiring!

Please visit East Troy Manor's Career Page to Apply Online!

Come join our Amazing Team!



3271 North Street, East Troy, WI 53120
262.642.3995

Christie Leadley, Administrator
June Lancour, Director of Nursing
Crystal Hart, Activities

 Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

EastTroyManor.org

WE ACCEPT CREDIT CARDS

Facility News

On Thursday Afternoons we gather for "Bible Study". Everyone is Welcome to Join this Amazing Group. Hope to See Ya Soon!

PHOTO HIGHLIGHTS



Activity Highlights

March 5th - 2:00 p.m. -
Mardi Gras Parade
and Trivia

March 4th - 9:30 a.m. -
Memory Tune Program

March 19th - 10:30 a.m. -
Magic Show featuring
Glen Gerard

March 17th - 2:00 p.m. -
Shamrock Shakes

March 18th - 2:00 p.m. -
Resident Council

WISH List – For Activities

Spring is in the Air! We are excited for the Fresh Air! Our Spring Wish this Month is a "Pinball Machine". The Residents would Love to have some Games from the Past! The Residents are enjoying our New Game "Stuck in the Mud".



Special Events

We are having our First Magic Show this Year. We are excited to Welcome, Glen Gerard, to East Troy Manor he will be showing us Fun Tricks and Illusions. The Magic Show is on Wednesday, March 19th at 10:30 a.m. Come Join in the Magic Fun!

Tips for Better Sleep

Healthy sleep habits play a vital role in physical, mental, and emotional well-being. Sleep-related difficulties are common, making it important to practice good sleep habits, such as:

- **Soaking up morning sunlight** to boost melatonin levels, a hormone essential for sleep.
- **Maintaining a consistent sleep schedule** by going to bed and waking up at the same time every day, including weekends.
- **Winding down with a book or a soothing bath.**
- **Creating a sleep-friendly environment**—keep your bedroom quiet, dark, relaxing, and at a comfortable temperature.
- **Removing electronic devices** like TVs, computers, and smartphones from the bedroom.
- **Avoiding large meals, caffeine, and alcohol** before bedtime.
- **Staying active throughout the day**, as regular movement can help you fall asleep more easily at night.

If you experience ongoing sleep difficulties that affect how you feel or function during the day, consult your physician. Keeping a sleep journal for at least ten days can provide helpful insights for your visit. In your sleep journal, track:

- When you go to bed.
- When you fall asleep.
- When you wake up.
- When you get out of bed.
- Any naps taken.

Source: cdc.gov



Lesser-Known Facts about St. Patrick's Day

There have been many legends attributed to St. Patrick throughout the centuries. St. Patrick's Day began as a Holy Day in the Catholic Church, but over the years this religious Catholic saint's day has turned into a more secular celebration of the upcoming spring.

Here are a few lesser-known facts about St. Patrick's Day:

- The original color associated with St. Patrick was blue. Green became popular because of Ireland's nickname, "The Emerald Isle," and the green in the Irish flag and landscape.
- March 17, the day of celebration, is the day of Patrick's death.
- St. Patrick, the patron saint of the Irish, was not from Ireland.
- Patrick was a missionary in Ireland during the 4th century.
- The shamrock, a symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate the Holy Trinity to the Irish.
- Finding a four-leaf clover was considered a sign of great luck in Irish folklore.

Over time it was merged with the use of shamrocks in St. Patrick's Day decor.

- The first St. Paddy's Day parade in America was in 1737, 40 years before the Revolutionary War.
- Since the early 60s, the city of Chicago has dyed the Chicago River green to celebrate. The dye is a vegetable-based coloring that lasts for about five hours.
- New York City hosts the largest St. Patrick's Day parade in the world.
- Until the 1970s, Irish laws mandated that pubs be closed on St. Patrick's Day, since it was a religious holiday. The law was later repealed to promote tourism.
- Astronauts have celebrated St. Patrick's Day on the ISS with specially prepared meals and green-tinted water.

So on March 17, wear something green, enjoy a green mocktail while you share these interesting facts with friends, and have fun "being Irish" for the day!



It's not Valentine's Day, but it's time to show our Administrators some love!

Long-Term Care Administrators are the soul of our senior care communities, leading with dedication and compassion while creating warm, caring and safe homes for seniors.

This March, join us in celebrating them. Share a smile, a kind word of encouragement or a simple "thank you" and let's make their day.