

March 2019

Grace Gazette

Grace Assisted Living- Caldwell * 518 N 21st Ave Caldwell, Idaho 83605 * (208)455-8181



Happy Birthday!

3/02 Jack Y.

3/07 Ila G.

3/08 Marilyn B.

3/09 Phillip L.

3/14 Ellen K.

3/14 Leona H.

3/16 Sharon F.

3/22 Marvin R.

3/24 Doris T.

3/24 Zola D.

March Entertainment!

Sharon O'Neal 3/7

Bruce Biggs 3/12

Paul Schwantes 3/14

Larry Arni 3/19

Bob & Henry 3/21

Spudman 3/29

Well, it looks like the groundhog was wrong! There seems to be no end in sight for this winter we're having. I know that in the end of winter, after the glamour and excitement of the holidays has passed it is easy to go "stir- crazy" being cooped up inside. Here are some tips and ideas to avoid that seasonal crazy feeling!

- Fight the blues with more social inclusion. Attend gatherings, or even just sit out and talk with fellow residents. Chances are, they're fighting the stir-crazy feelings, too!
- Stimulate your brain! Try a new puzzle, play a new game, read a new book, finally finish that crossword you gave up on! Using your brain can help feel more productive and boost your mood to boot!
- Get moving! Feeling stir-crazy often stems from being cooped up inside. Instead, get up! Come to an exercise class, go for a walk, even small exercises can release hormones to promote happiness. Give it a try!

Nurse's Notes-

"Memory care families, please check with staff when you visit your loved ones to see if there is any mail that needs to be picked up. We always make sure that things such as letters or post cards are delivered, however we do keep bills, letters from businesses or other important mail for the families to take care of. So, please check when you come to visit!"

- Tonya, Memory Care Nurse Manager

LAUGHTER
is the best
MEDICINE



Important Dates!

Daisy Wreath Craft- 3/8

We are bringing back crafts! We are making a daisy wreath for the (hopefully) soon approaching spring! Make sure you sign up in the activity book so there are plenty of supplies for everyone.

Dementia Support Group- 3/18

The Dementia Support Group meets once monthly in the bistro. We discuss the trials and accomplishments of having a loved one diagnosed with this disease. This is a good place to ask questions, make friendships, and have a moment to share with others that understand.

Foot Clinic- 3/19

Stonebridge Foot Clinic charges \$25.00 to soak and clean the feet, trim the toenails, and assure good foot health. Sign up in the activity book or see Katelyn in activities with any questions.

Youth Group Game Day- 3/23

Looking to fill your Saturday afternoon? On Saturday, March 23 there will be a youth group from a local church coming by to play games, do puzzles, and have a few laughs! Stop by after lunch and help them serve our community with a fun afternoon of games.

A Word from Rebecca.

Hello to all of our Residents & Families!

It's hard to believe that March is already here, and spring is just around the corner! As I walk into my third month serving as your Administrator (in training) here in Caldwell, I would like to start off with a GIANT thank you! I am thankful for each one of you and your families for all of the support, patience and encouraging words that has reassured me daily that my decision to come back to our Caldwell community was the best decision I could have ever made. These last few months have been full of growth within our community (as we are 98% full), growth within our staff as we added new faces to help meet your care needs and growth within our management team company-wide. As with any growing pains there will continue to periods of adjustment, inconvenience and sometimes frustration but I want to assure you we here at Grace are committed to continuing to serve and focus on the residents the best we know how. My door is always open please feel free to come say "hi" and visit anytime.

I am excited to continue to share this season of life with the staff, you the residents, and your families. I am honored to serve each of you as part of the Grace family and our community. Your faith in each one of us to deliver quality care does not go unnoticed and we thank you for allowing us to provide that for you.

March looks to be a busy month and I am looking forward to all of the activities, events and celebrations that will be happening within our community. Please take a moment to look them over and get involved. Thank you again from the bottom of my heart for the opportunity to be a part of your lives. Each one of you are special to me and make coming to work each day an absolute joy.

Rebecca Morgan

Do not resent growing old.
Many are denied
the privilege.



Irish Proverb