

# Grace Gazette

Grace Independent & Assisted Living \* 518 N 21<sup>st</sup> Ave, Caldwell, ID 83605\* (208)455-8181



## **Celebrating March**

**Irish American Heritage  
Month**

**Women's History Month**

**International Black Women  
in Jazz and the Arts Month**

**World Compliment Day**  
*March 1*

**International Women's Day**  
*March 8*

**Welllderly Week**  
*March 16–22*

**St. Patrick's Day**  
*March 17*

**Tuskegee Airmen Day**  
*March 22*

## **Welcome Spring!**

Hello, and welcome to springtime! We have made it through another wild and crazy Idaho winter here at Grace Caldwell, and spring is just around the corner. The first day of spring arrives on March 19<sup>th</sup> and what a wonderful spring it will be!

This month we will be celebrating St. Patrick's Day on the 17<sup>th</sup> with our friends, The Old Time Fiddlers. And speaking of fiddles, we will be going on a special trip this month to the Junior Jammer Jamboree! The Jamboree will feature the Idaho Junior Jammers, Hoedowners, National & World Champion Fiddler Katrina Nicolayeff, Lanie & Makaela Shippy, The Smith Family, and the Brooks Family. Tickets will be available at the door Seniors are \$10. Be sure to sign-up for this as it is popular and bus seating is limited.

Another special activity this month will be wine tasting. Several residents have requested to go wine tasting in our local wine region. Even if you aren't interested in the wine, feel free to join us for an outing with friends! Please sign up!

We are so glad to have you as part of our Grace Caldwell family! Happy March everyone!

**An optimist is the human personification  
of spring. ~ Susan J. Bissonette**



## Updates & Important Info

### Correct Mailing Addresses

The majority of the mail that is coming to our residents does not include the room number with the address. Please be sure to provide your room number when you are giving out your address. If you receive mail that does not include your room number, please contact the sender and give your room number to them. Doing this will ensure that mail is delivered accurately and quickly. Thanks!

### The Benefits of Coloring

If you thought that coloring was just for kids, it's time to think again! Coloring can be both enjoyable and relaxing for adults, and it has some notable benefits — especially for seniors. Coloring has been shown to improve mood, relieve stress, reduce agitation, promote socialization and reminiscing, provide an outlet for self-expression, help to maintain motor function, improve dexterity (grip control), improve hand-eye coordination, promote mindfulness (full attention & concentration required), and provides a sense of accomplishment. We provide adult coloring sheets and colored pencils that are available at any time in the drawer labeled "Coloring Supplies." On Saturdays we have "Coloring and Conversation" scheduled at 2:45pm for us to enjoy coloring together!

### Movie Suggestions!

We are really trying to up our game for movies showing in the Grace Theatre, but we need your help! Please request movies in the Activities Sign-Up Book in the front office! Marinda loves the challenge of finding movies that you can enjoy. Suggestions also make it easier to let our residents know well ahead of time what films will be playing. Of course, we are a diverse group who have different opinions of what kind of movies we should show and what is appropriate. If you would like to reserve the theatre for a special movie, please let us know. We will not show any movies rated R. Also, the room darkness and screen brightness have been adjusted to make viewing easier. Thanks!

### February Birthdays

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even challenging situation.

### Resident Birthdays

3/5 Delena C.	3/15 Doris C.
3/7 Ila G.	3/16 Sharon F.
3/14 Ellen K.	3/24 Zola D.
3/14 Leona H.	3/27 Eileen

### Staff Birthdays

3/5 Romeo R.  
3/18 Melissa P.  
3/21 Aurelia D.  
3/30 Mandy S.

### Community Service Group

You may have noticed that a community service group has been added to the calendar. In this group we will be sharing the joy and satisfaction of serving others in need. During our first meeting we will discuss projects that our residents would like to be involved in, then we will work together and independently on our service projects.

### Bingo Night at Caldwell Senior Center

This month we will be trying a new activity: bingo at the Senior Center! Even if you aren't one of our regular bingo players, please consider joining us! We will be going on Tuesday, March 31 at 5:00pm. There will be a flyer posted next to the calendar with details. Come, have fun, and win big with us!

