





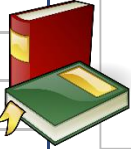



# Laurels Monthly Activity Calendar - March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Peanut Butter Lovers Day 3PM Chair Yoga clubhouse 9:30AM Coffee Chats	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Happy Birthday Joan Miller!	<b>6</b>
<b>7</b>	<b>8</b> 3PM Chair Yoga clubhouse	<b>9</b>	<b>10</b> 1PM Meatball Day Meatball Subs Delivered 	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Daylight Savings Time 	<b>15</b> 3PM Potato Chip Day Chair Yoga clubhouse 	<b>16</b> 2PM St Patrick's Day Happy Hour Delivery 	<b>17</b> St. Patrick's Day!	<b>18</b>	<b>19</b> Happy Birthday Ken Spankle!	<b>20</b> First Day of Spring 
<b>21</b>	<b>22</b> 3PM Chair Yoga clubhouse	<b>23</b> Happy Birthday Maxine Galbraith!	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> Palm Sunday	<b>29</b> 3PM Chair Yoga clubhouse	<b>30</b> 9:30AM Waffle Day Monthly Breakfast Social 	<b>31</b>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>Working with Brenda Hamilton from B's Blooms on a Spring craft seminar, details to follow. Book Club details to follow.</p> </div> <div style="text-align: center;">  <p>Safety Inspection of Smoke Alarms/Furnance Filters this month.</p> </div> </div>		

\*Calendar subject to change\*





**GIVE YOUR ENGINE THE RIGHT FUEL**  
*GOOD NUTRITION CAN BE A CHALLENGE FOR SENIORS*

Cars run better with the right fuel in their tank. So do seniors. Eating the right foods fuel them with the protein, vitamins, minerals, fiber and water necessary for better health. However, getting the ideal octane to keep their engine humming may not be easy. With age, people typically slow down and burn less calories. Their appetite also diminishes. Yet they still must take in the necessary nutrients to maintain good health. And how many nutrients is ideal? The Recommended Daily Allowance (RDA's) categories for seniors are listed for men and for women. There are differences. And many experts feel that the nutritional needs of people in their 50's and 60's differ from those 70 and older. In addition, everyone seems to have an opinion...and a book. It's easy to get confused (or give up). That's why seniors should work with a doctor or nutritionist they trust to develop a personal nutrition program for their specific situation. And they should not wait until they feel bad to do it.

**Benefits of Good Nutrition:**

Eating is one of the joys of life. It provides both social and personal benefits. Isn't it great to savor your favorite recipe (cooked to perfection) while in the company of family and friends? For seniors, the advantages of nutritious meals go beyond taste and companionship.

Here's a list of other benefits that affect their daily lives:

- Raises the energy level.
- Protects against illness.
- Helps the body deal with existing illness.
- Quickens recovery.
- Keeps medical costs down.
- Keeps independence up.

**Causes of Poor Nutrition:**

There are numerous reasons why seniors may have difficulty maintaining a good nutritional regimen. Here is a list of some contributing factors:

- Loss of appetite.
- Chewing issues & swallowing problems.
- Decrease in the sense of taste & smell.
- Lack of knowledge.
- Loneliness.
- Depression.
- Illness & side effects of medications.
- Less mobility.
- Difficult to shop and/or cook.
- Limited income or frugal spending habits.



*welcome*

**WELCOME NEW RESIDENTS LOIS & BOB RIDLEY TO COTTAGE HOME #60**

Lois & Bob Ridley recently moved to the Laurels on 2/19/21. The Ridley's have previously lived in the Emlenton area for over 35 years. Bob is retired from U S Steel and also worked at Delta Contracting, Kroger's Bakery & Agway. Lois was a student-teacher at Longview & Northside West in Brookville and was a teacher/librarian at AC Valley School District. The couple is very happy to join the Laurels community and cannot wait to meet everyone. Please take a minute to say hello.

