



Answer Key

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

RAINBOW
LUCKY
IRELAND

— INSIDE —

From the Director's Desk

Meet Your Department

Heads

Podiatry Plus

Resident Council

Appointment Reminder

Legacy Comics

Like Us on Facebook!

Fun Facts

Monthly Activity Calendar

A Few Friendly

Reminders

Birthdays

Recipe of the Month

Puzzle Station

Puzzle Station Answers

MARCH 2020

THE LEGACY LEDGER

"Where thou art- that- is home"
-- Emily Dickinson



Legacy Estates
of Monmouth

1200 W. Broadway
Monmouth, IL 61462

(309) 734-0909

www.PetersenHealthCare.net



FROM THE DIRECTOR'S DESK



At February's Resident Council meeting one of the topics covered was the dining room so I thought a recap in the news letter would be good.

Salad bar: The salad bar is available at noon and supper. Jello, apple sauce, cottage cheese and toss salad will always be available on the salad bar. The items on the salad bar are served in the small bowls except for a toss salad which is served in the larger bowl. Anything from the salad bar cannot go back to your apartment. If you need applesauce to take your pills with the nurse has this available just let her know.

Al-a-cart: The al-a-cart menu has breakfast items listed on the left side of the menu and lunch and dinner on the right. Breakfast items will only be available at breakfast with the exception of cold cereal.

If you order something from the soup & salad or the dinner category you can also order one side item. Potato chips and tater tots will be added to the side items. When ordering al-a-cart the vegetable that is being served with the special is also available if you would like. This doesn't include the "starch" item i.e. sweet potato, mashed potato, etc.

Seconds are available after everyone has been served as long as there are items available. Please remember if you are ordering from the al-a-cart menu it may take a little longer to get your meal. Al-a-cart items are made to order. Also the entire table must be served at the same time.

Small portions: If you want small portions let the staff know when taking your order.

Food to rooms: If you have part of your meal left on your plate and want to take it back to your apartment you may do so. Please bring your own container to the dining room. One reason I don't like food to go back to apartments is some do not store the food properly.

Room trays: Room trays are available when you are ill. Let the nurse know so she can evaluate you for a room (sick) tray. If you would like to come down and get your meal and take it back to your apartment you may do so. Room trays include the main entrée, salad bar, desert and drink.

Milk is available at meal times only; this isn't an item that Legacy supplies other than at meals. There is a variety of snack items, coffee and juice available in the café' at all times.

As always if you have any questions please let me know.

If you've seen yesterday and you love today, you won't be afraid of tomorrow

-Linda Patton, Director at Legacy Estates

MEET YOUR DEPARTMENT HEADS

Linda Patton
Director

Karen Cook, LPN
Wellness Director

Sharon Cummins
Business Office Manager

Diane Vaughan
Active Lifestyles Coordinator

Willie Young
Maintenance Director

Joan Bennett
Dietary Manager



PODIATRY PLUS



No Clinic for March.
We will resume in
April.

Tips to Bite into a Healthy Lifestyle

1. Set Yourself Up For Success

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day—rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices.

2. Moderation Is Key

Key to any healthy diet is moderation. But what is moderation? In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. Despite what fad diets would have you believe, we all need a balance of protein, fat, fiber, carbohydrates, vitamins, and minerals to sustain a healthy body.

3. Put Protein In Perspective

Protein gives us the energy to get up and go—and keep going. While too much protein can be harmful to people with kidney disease, the latest research suggests that most of us need more high-quality protein, especially as we age.

4. Eat Plenty of Colorful Fruits & Vegetables

Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to double the amount we currently eat.

5. Watch Your Salt Intake

Sodium is another ingredient that is frequently added to food to improve taste, even though your body needs less than one gram of sodium a day (about half a teaspoon of table salt). Eating too much salt can cause high blood pressure and lead to an increased risk of stroke, heart disease, kidney disease, memory loss, and erectile dysfunction. It may also worsen symptoms of bipolar disorder.

LEGACY COMICS



A Few Friendly Reminders

- Beauty Shop is open Tuesday & Wednesday from 9:00am to 2:00pm. Stop in and see Roberta to schedule an appointment.
- There is no assigned seating in the Dining Room.
- When on outings, please be mindful of the time to return to the bus.
- Please inspect all cords for kinking, fraying and/or bending.

**Resident Council will be held
Mar. 12th in the Activity Room.**

Please join Resident Council and take part in improving your community!

Appointment Reminder:

Please allow the front desk to schedule any appointments that you will need transportation for to ensure that the van is available at the time scheduled. Failure to do so may result in re-scheduled appointments or alternate transportation.



Apple Pie Bites

- Ingredients**
- 1 Granny Smith apple, cored, peeled and sliced
 - 1 (8-ounce) can crescent rolls
 - ¼ cup packed light brown sugar
 - 1 teaspoon apple pie spice
 - 3 tablespoons butter, melted
 - 1/3 cup chopped pecans (optional)

- Directions**
1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
 2. In a small bowl, combine brown sugar and apple pie spice. Set aside.
 3. Melt butter and toss apple slices in butter, set aside.
 4. Arrange crescent roll triangles on baking sheet. Evenly distribute brown sugar mixture onto each triangle.
 5. Sprinkle each triangle evenly with the chopped pecans.
 6. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.
 7. Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.
 8. Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.

TENANTS

- ALICE PASCHAL, 03/01
- EVALEEN CARRICO, 03/13
- LEOTA GROVER, 03/19
- EDNA LEFLER, 03/21
- ESTER THOMAS, 03/23

STAFF

- MARIEL HALE, 03/02
- KARI JOHNSON, 03/02
- RAVEN ROBINSON, 03/05
- YVONNE VANSKIKE, 03/08
- DEB TALLEY, 03/10
- JULIE NICKOLS, 03/30



Make a wish, blow out the candles & have a wonderful birthday!

WELCOME NEW TENANTS!

- JACK AND LOUISE DUTTON
- PAT HALL
- LARRY LANCE
- & ESTER THOMAS

WELCOME NEW EMPLOYEES!

- Krista Haske, Receptionist/Cook
- Amber Mercado, Cook
- Kaitlyn Mccann, Dietary Aide
- Tomas Malone, Housekeeping/Dietary Aide
- Hannah Ennis, CNA
- Raven Malone, CNA
- Katelyn Finley, CNA

Please join us in welcoming them to the Legacy family!

FOLLOW & LIKE US ON FACEBOOK!
Join Our Online Community & Get Exclusive News and Updates!
www.facebook.com/legacystatesofmonmouth



Puzzle Station

K	P	C	S	X	S	Z	Q	D	Q	Y	N	J	O	O
W	C	B	N	K	V	P	Y	N	J	R	B	F	I	I
F	X	I	C	A	I	Z	R	J	L	Y	I	Y	G	S
J	E	O	R	H	N	F	M	I	T	H	R	T	Z	U
S	L	Z	F	T	S	S	L	L	N	F	D	Y	B	R
C	H	P	X	C	A	I	I	Q	I	G	S	M	N	D
A	V	D	A	F	P	P	R	F	A	S	C	I	A	I
Z	E	J	Y	H	A	V	Q	I	S	G	D	Y	X	F
K	C	O	R	M	A	H	S	D	W	N	L	T	M	K
C	L	O	U	D	S	P	L	R	J	I	S	Y	J	T
N	E	E	R	G	T	O	G	S	G	V	R	R	D	W
R	Z	R	T	Q	G	R	L	H	M	A	E	A	C	F
G	D	V	I	C	A	E	T	D	P	S	X	W	I	W
Y	M	W	E	S	O	H	K	I	T	E	R	C	W	N
K	H	P	S	L	O	O	Z	C	O	B	F	K	Y	G

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

LNIDERA: _____
UYKCL: _____
OANWBIR: _____

- | | | |
|----------|---------|----------|
| BIRDS | GRASS | RAIN |
| CLOCK | GREEN | SAINT |
| CLOUDS | IRISH | SAVINGS |
| DAYLIGHT | KITE | SHAMROCK |
| GOLD | PATRICK | SPRING |

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PEANUT BUTTER DAY 1 8:30 CHURCH 3:00 BIBLE MISSIONARY	OLD STUFF DAY 2 9:30 STRETCH 10:00 WORD SEARCH 12:00 LUNCH 2:00 BAKE COOKIES	3 9:30 STRETCH 10:00 TUESDAY TRIVIA 12:00 LUNCH 2:00 BANANA BINGO	CAREGIVERS APPRECIATION DAY 4 9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:00LUNCH 2:00 TWISTED STITCHES	5 9:30 STRETCH 10:00 HOBBY LOBBY 12:00 LUNCH 2:00 ST PATRICKS DECORATION DAY	EMPLOYEE APPRECIATION DAY 6 POPCORN LOVER'S DAY 9:30 STRETCH 10:00 MAKE POPCORN 12:00 LUNCH 2:00 BINGO	7 MORNING PASTRIES
<i>Daylight Savings</i> 8 8:30 CHURCH 3:00 BIBNLE MISSIONARY	9 9:30 STRETCH 10:00 YAHTZEE 12:00LUNCH 2:00 JENGA	10 9:30 STRETCH 10:00 WALMART 12:00LUNCH 2:00 POKENO BINGO	11 9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:00 LUNCH 2:00 DICE GAME	12 9:30 STRETCH 10:00 ERRANDS 12:00 LUNCH 2:00 RESIDENT COUNCIL	13 9:30 STRETCH 10:00 BIBLE STUDY 12:00 LUNCH 2:00 BINGO	14 MORNING PASTRIES
15 8:30 CHURCH 3:00 BIBLE MISSIONARY	16 9:30 STRETCH 11:00 WESLEYETTES 12:00 LUNCH 2:00 BAKE COOKIES	<i>St. Patrick's Day</i> 17 9:30 STRETCH 10:00 FROST COOKIES 12:00 LUNCH 2:00 ST.PATRICK DAY CELEBRATION { MILKSHAKES}	18 9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:00LUNCH 2:00 TWISTED STITCHES	19 9:30 STRETCH 10:00 PLAY CARDS 12:00 LUNCH 1:00 CASINO	20 9:30 STRETCH 10:00 BIBLE STUDY 12:00 LUNCH 2:00 BINGO	21 MORNING PASTRIES
22 8:30 CHURCH 3:00 BIBLE MISSIONARY	23 9:30 STRETCH 10:00 YAHTZEE 12:00 LUNCH 2:00 MAKE WALFFLES	24 9:30 STRETCH 10:00 POKENO BINGO 12:00 LUNCH 1:00 WALMART	25 9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:LUNCH 2:00 DICE GAME	26 9:30 STRETCH 10:00 THURSDAY TRIVIA 12:00 LUNCH 1:30 BIBLE STUDY/WILLIE&JOYCE	27 9:30 STRETCH 10:00 BIBLE STUDY 12:00 LUNCH 2:00 BINGO	28 MORNING PASTRIES
29 8:30 CHURCH 3:00 BIBLE MISSIONARY	30 9:30 STRETCH 10:00 WORDSEARCH 12:00 LUNCH 2:00 BIRTHDAY PARTY	31 9:30 STRETCH 10:00 WORDSEARCH 12:00LUNCH 2:00 SINGA LONG				