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Answer Key

RELAND RAINBOW

Meet Your Department Heads

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From the Director's Desk

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

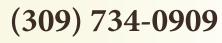
Puzzle Station Answers





Legacy Estates of Monmouth

1200 W. Broadway Monmouth, IL 61462



www.PetersenHealthCare.net

8

MARCH 2020 HELEGACY EDGGER

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



FROM THE DIRECTOR'S DESK



At Februarys 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

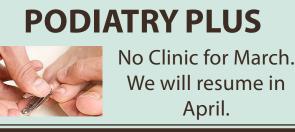
Karen Cook, LPN Wellness Director

Sharon Cummins **Business Office Manager**

Diane Vaughan Active Lifestyles Coordinator







Willie Young **Maintenance Director**

Dietary Manager



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, LEGACY COMICS I'M KIND LUCKY OF A BIG PICKLEZ DILL. 6 1 1)1 >>>

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.

Tips to Bite into a Healthy Lifestyle

I. 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

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.

TENANTS

STAFF

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

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/legacyestatesofmonmouth

facebook.

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.



SUNDAY, MARCH 8TH

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



Apple Pie Bites



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Puzzle Station

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OANWBIR:

redients	
anny Smith apple, cored,	1 teaspoon apple pie spice
ed and sliced	3 tablespoons butter, melted
ounce) can crescent rolls	1/3 cup chopped pecans
ıp packed light brown sugar	(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.

Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.

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Sunday		Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
PEANUT BUTTER DAY 8:30 CHURCH 3:00 BIBLE MISSIONARY	1	OLD STUFF DAY 9:30 STRETCH 10:00 WORD SEARCH 12:00 LUNCH 2:00 BAKE COOKIES	9:30 STRETCH 10:00 TUESDAY TRIVIA 12:00 LUNCH 2:00 BANANA BINGO	3	CAREGIVERS APPRECIATION 4 DAY 9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:00LUNCH 2:00 TWISTED STITCHES	9:30 STRETCH 10:00 HOBBY LOBBY 12:00 LUNCH 2:00 ST PATRICKS DECORATION DAY	EMPLOYEE APPRECIATION DA POPCORN LOVER'S DAY 9:30 STRETCH 10:00 MAKE POPCORN 12:00 LUNCH 2:00 BINGO	7 Morning Pastries	
Daylight Savings 8:30 CHURCH 3:00 BIBNLE MISSIONARY	8	9:30 STRETCH 10:00 YAHTZEE 12:00LUNCH 2:00 JENGA	9:30 STRETCH 10:00 WALMART 12:00LUNCH 2:00 POKENO BINGO	10	9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:00 LUNCH 2:00 DICE GAME	9:30 STRETCH 10:00 ERRANDS 12:00 LUNCH 2:00 RESIDENT COUNCIL	9:30 STRETCH 10:00 BIBLE STUDY 12:00 LUNCH 2:00 BINGO	14 Morning Pastries	
8:30 CHURCH 3:00 BIBLE MISSIONARY	15	9:30 STRETCH 11:00 WESLEYETTES 12:00 LUNCH 2:00 BAKE COOKIES	9:30 STRETCH 10:00 FROST COOKIES 12:00 LUNCH 2:00 ST.PATRICK DAY CELEBRATION { MILKSHAK	17	9:30 STRETCH 11:00 BIBLE STUDY/JIM&JOYCE 12:00LUNCH 2:00 TWISTED STITCHES	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	
8:30 CHURCH 3:00 BIBLE MISSIONARY	22	9:30 STRETCH 10:00 YAHTZEE 12:00 LUNCH 2:00 MAKE WALFFLES	9:30 STRETCH 10:00 POKENO BINGO 12:00 LUNCH 1:00 WALMART	24	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	9:30 STRETCH 10:00 BIBLE STUDY 12:00 LUNCH 2:00 BINGO	28 Morning Pastries	
8:30 CHURCH 3:00 BIBLE MISSIONARY	29	9:30 STRETCH 10:00 WORDSEARCH 12:00 LUNCH 2:00 BIRTHDAY PARTY	9:30 STRETCH 10:00 WORDSEARCH 12:00LUNCH 2:00 SINGA LONG	31				Petersen Health Care	