



**So Much
Fun In
February**



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Jordan March Newsletter

Community Highlights

- 3/6-Coffee Hour Milk Tasting
- 3/7-Thrift Store in Belle Plaine
- 3/8-Walmart
- 3/10-Resident Birthday Party
- 3/11-Set your clocks ahead one hour before you go to bed
- 3/13-Dollar Tree Store
- 3/14-Red Lobster
- 3/15-Town Errands to Radermacher's
- 3/15-Bailey's Buddy Social
- 3/15-Bingo W/St John's
- 3/16-Allen & Matt Carlson Performance
- 3/17 Resident Council
- 3/17-St Patrick's Social
- 3/17-Bingo & Green Beer
- 3/19-Catherine Bendzick 90th Birthday Party
- 3/20-Celebrating Life's Journey W/Jean from Ballards-Sunder Funeral Home
- 3/20-Spring Social
- 3/21-Kohl's Department Store
- 3/22-Target
- 3/23-Chip & Dip Happy Hour
- 3/25-Flemming Fold Performance
- 3/28-Tommy Malt Shop
- 3/29-Town Errands to Coborn's
- 3/29-Bailey's Buddy Social
- 3/30-Concertina Fun

March Birthdays



- Ruth C. – 3/1
- Mickey K. – 3/4
- Richard Z. 3/14
- Catherine B. – 3/17
- Tom L. – 3/21
- Millie B. – 3/28

Happy Anniversary Oak Terrace!

Oak Terrace will Celebrate 5 years on March 11th. We want to thank each and everyone of you. Without you there wouldn't be an Oak Terrace as great as it is. ☺

Special Note:

Please Join Catherine Bendzick and her family on Sunday, March 19th in the Community Room from 1:00-4:00 PM to help her celebrate her 90th birthday! This is an open house come and leave as you please.
*No Gift Please

SPECIAL DATES

- 3/1-Town Errands to Coborn's
- 3/1-Bailey's Buddy Social
- 3/2-Dr. Seuss Stories
- 3/2-Green Eggs & Ham Lunch
- 3/2-Dr. Seuss Bingo

St. Patrick's Day Word Search

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

GREEN SHAMROCK LUCKY
LEPRECHAUN RAINBOW POT OF GOLD
IRISH MARCH CLOVER

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE HIDDEN MESSAGE.

___ T ___ Y ___ T ___ H ___ U
R ___ S ___ L ___ C ___ E ___ N ___ S ___ N ?
___ H ___ M ___ KI ☺

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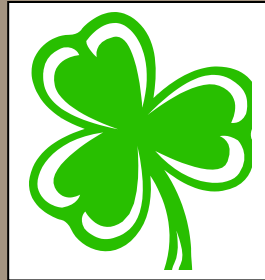
Autumn Lane News

The month of March will be our 5 year anniversary. We have some great performances and special events planned to help celebrate and get us through to the spring season.

March is also National Craft Month. A great month to decorate for St Patrick's Day, and Spring!

We will enjoy the following days:

3/2- Dr. Seuss' Birthday
3/10-Residents Birthday Party
3/16-Allen & Matt Carlson Performance
3/17-St Patrick's Day Fun
3/20-Spring Social
3/25-Flemming Fold Performance
3/30-Concertina Fun!



Facts about St. Patrick's Day

By: Robert Lucas

When is St. Patrick's day?

St. Patrick's Day takes place each year on March 17th, the traditional religious feast day of Saint Patrick.

Did You Know?

There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.

St. Patrick's Day Celebration

Corned Beef and cabbage is a traditional St. Patrick's Day dish. In 2009, roughly 26.1 billion pounds of beef and 2.3 billion pounds of cabbage were produced in the United States.

Irish soda bread gets its name and distinctive character from the use of baking soda rather than yeast as a leavening agent.

The first St. Patrick's Day parade took place in the United States on March 17, 1762, when Irish soldiers serving in the English military marched through New York City.

More than 100 St. Patrick's Day parades took place in the United States. New York City and Boston are home to the largest celebrations.

At the annual New York City St. Patrick's Day parade, participants march up 5th Avenue from 44th Street to 86th Street. Each year, between 150,000 and 250,000 marchers take part in the parade, which does not allow automobiles or floats.

Physical Activity Can Prevent 1 in 7 Alzheimer's Diagnoses

A new study has found that more than one out of every seven cases of Alzheimer's disease could be prevented by increasing the amount of physical activity an individual performs. The research finds that as little as 30 minutes of light exercise can lower the risk of an individual developing Alzheimer's.

Hoping to shed light on non-pharmaceutical based Alzheimer's disease interventions, a team of researchers from the Ontario Brain Institute reviewed 871 research articles on exercise and Alzheimer's conducted over the last 50 years. They then closely examined the 45 most comprehensive studies, pooling the data for their analysis.

The researchers found that in seniors without Alzheimer's disease, physically active individuals were nearly 40 percent less likely to develop the disease compared to those who were inactive. The authors also found that physical activity can improve the quality of life for individuals already suffering from Alzheimer's. A meta-analysis of four studies showed strong evidence that an increase in physical activity in Alzheimer's sufferers can improve their ability to perform activities of daily living. Regular exercise also reduced the prevalence of depression in these individuals.

While previous studies have shown that exercise may prevent and slow progression of Alzheimer's, this research indicates that even light or moderate physical activities, such as household chores or walking, can accomplish the same results. The authors hope further research will be conducted to determine the precise optimal amount of exercise for preventing Alzheimer's.

Source: ALFA

