



**Upcoming Event >>>**

**Sun 1:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:45 church serv/ 1:30 Board Games/ 3:30 Coloring  
**Mon 2:** 10:30 Word games/ 1:30 Yahtzee/ 1:30 Crafts/ 3:30 Dr. Seuss  
**Tue 3:** 9:30 Wildlife Videos/ 10:45 Worship/1:30 Bingo/3:30 Wheel of Fortune/ 5:30 Trivia  
**Wed 4:** 9:30 Coloring/ 10:30 L-R-C / 1:30 Rummy 500/ 3:30 Beading  
**Thu 5:** 9:00 Puzzles/ 11:00 Chair Yoga/ 1:30 Bingo / 3:30 Cheese Doodle Cart/ 5:30 Trivia  
**Fri 6:** 9:00 Word games/10:30 Music, Memory, cards/ 1:30 Bingo/ 3:30 Kings Corner  
**Sat 7:** 10:30 Movie, Snacks & Drink/ 1:30 Manicures/ 3:30 Puzzles  
**Sun 8:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:30 Puzzles/ 1:30 Farkle/ 3:30 Independent Games  
**Mon 9:** 9:00 Beading/ 10:30 Wildlife video/ 1:30 Rummy / 3:30 Heart Talks  
**Tue 10:** 9:00 Word finds/10:45 Worship/ 1:30 Crafts/ 3:30 Reminisce/ 5:30 Board Games  
**Wed 11:** 9:00 Independent Games/ 10:30 Rummy 500 /1:30 Sip & Paint/3:30 Musical Crossword/ 5:30 Coloring  
**Thu 12:** 9:30 Word games/ 11:00 Chair Yoga/ 1:30 Bingo/ 3:30 Plant a Flower/ 5:30 Trivia  
**Fri 13:** 9:00 Coloring/ 10:30 Craft/ 1:30 Movie/ 3:00 Puzzles  
**Sat 14:** 10:30 Bingo/ 1:30 Table Bowling/ 5:30 Coloring  
**Sun 15:** 9:00 Morning Muffin/ 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 1:30 St Patrick Reminisce/ 3:30 Puzzles  
**Mon 16:** 9:00 Coloring/ 10:30 Beading/ 1:30 Crafts/ 3:30 Farkle  
**Tue 17:** 9:00 Puzzles/ 10:45 Worship/11:00 Heart Talks/ 1:30 St Patrick Party/ 3:00 Lucky Charms Bingo/ 5:30 Trivia  
**Wed 18:** 9:00 Coloring/ 10:30 Kings Corner/ 1:30 Sip & Paint/ 3:30 L-R-C/ 5:30 Independent Games  
**Thu 19:** 9:00 Beading/ 11:00 Chair Yoga/ 1:30 Bingo/ 3:30 Table Bowling/ 5:30 Trivia  
**Fri 20:** 9:00 Puzzles/ 10:30 Crafts/ 1:30 Bingo/ 3:30 Trail Mix  
**Sat 21:** 10:30 Movie, Snacks & Drink/ 1:30 Manicures/ 3:30 Puzzles  
**Sun 22:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:30 Puzzles/ 1:30 Farkle/ 3:30 Independent games  
**Mon 23:** 9:00 Beading/ 10:30 UNO/1:30 Pet Visits/3:30 L-R-C  
**Tue 24:** 9:00 Puzzles/ 10:45 Worship/ 11:00 Heart Talk/ 1:30 Bday Party/ 3:30 Board games/ 5:30 Rummy 500  
**Wed 25:** 9:30 Wildlife video/ 10:30 Beading/ 1:30 Memorial Serv/ 2:30 Farkle/ 5:30 Coloring  
**Thu 26:** 9:30 Wordfinds/11:00 Chair Yoga/1:30 Bingo/3:30 Craft/5:30 trivia  
**Fri 27:** 9:00 Beading/ 10:30 UNO/ 1:30 Movie/ 3:30 Yahtzee  
**Sat 28:** 9:15 Trivia/ 10:30 Bingo/ 1:30 Table Bowling/ 5:30 Coloring  
**Sun 29:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:45 church serv/ 1:30 Yahtzee/ 3:30 Coloring  
**Mon 30:** 9:00 Puzzles/ 10:30 Rummy 500/ 1:00 Resident Council/ 3:30 Music, Memories, King Corner  
**Tue 31:** 9:00 Coloring/ 10:30 Crafts/1:30 Resident Council/3:30 Table Bowling/ 5:30 Trivia

**Mondays & Fridays-Independent Games at 5:30 PM**  
**Saturdays & Sundays – Heart Talk 1:1 at 9:00 AM**  
 \* Calendar is subject to change without notice \*

# Newsletter

## Medication Safety For Seniors

Medication safety is especially important for older adults, who often take multiple prescriptions and face higher risks of drug interactions, side effects, and dosing errors. This article highlights how caregivers can reduce those risks by actively engaging with pharmacists—an often underused but highly valuable healthcare resource.

According to National Council on Patient Information and Education, adults age 65+ are significantly more vulnerable to medication-related complications. Experts from FamilyWise recommend asking pharmacists key questions whenever a new prescription is filled to ensure medications are used safely and effectively.

Key takeaways include:

- Confirm the medication name (brand and generic) and its purpose.
- Check for duplicate or unnecessary prescriptions, especially when multiple doctors are involved.
- Understand dosing instructions, timing, missed-dose guidance, and potential side effects.
- Ask about food, supplement, or activity restrictions and proper storage requirements.
- Clarify how long the medication should be taken and when it should be reviewed.

### 3 Tips for Organizing Medications at Home:

1. Keep an updated master list of all prescriptions and over-the-counter products.
2. Store medications safely and according to instructions, following guidance from the Centers for Disease Control and Prevention.
3. Use apps or tracking tools to prevent missed doses and refills.

This simple conversation is a powerful act of prevention, helping to ensure that every pill taken is a step toward better health, not a potential risk. So, keep this list handy, don't hesitate to speak up, and remember that there is no such thing as a silly question when it comes to safety. Your proactive approach is the key to managing medications with confidence and clarity.



Reference: <https://dailycaring.com/senior-medication-safety-9-important-questions-to-ask-the-pharmacist/>

# Let's play! Word Scramble: Art & Crafts

1. STCLPUIGN \_\_\_\_\_
2. IGWEANV \_\_\_\_\_
3. ESCKIGTNH \_\_\_\_\_
4. NRGADWI \_\_\_\_\_
5. WLIGNSAGOBLSL \_\_\_\_\_
6. RACPS INOBKGO \_\_\_\_\_
7. IAOIGMR \_\_\_\_\_
8. TRTEOYP \_\_\_\_\_
9. OIDONGWWRKO \_\_\_\_\_
10. ERAMAMC \_\_\_\_\_
11. LPIYAHRGCLA \_\_\_\_\_
12. SEIWGN \_\_\_\_\_
13. TIIGPNNA \_\_\_\_\_
14. DOIYEREMRB \_\_\_\_\_
15. ERPAP ACFRT \_\_\_\_\_



## Employee Birthdays

- Jessica G., Mar 02
- Melissa J., Mar 02
- Wadhvi A., Mar 16
- Holly T., Mar 23



## 2026 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 3 Cold Cut Day
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 6 Dress in Blue Day
- ▶ Mar 7 Flapjack Day
- ▶ Mar 7 Cereal Day
- ▶ Mar 8 Daylight Saving Time
- ▶ Mar 9 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 11 Registered Dietitian Nutritionist Day
- ▶ Mar 12 Plant a Flower Day
- ▶ Mar 14 Pi Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St Patrick's Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Nurses Day
- ▶ Mar 19 Lets Laugh Day
- ▶ Mar 20 First Day of Spring
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Eat a Waffle Day
- ▶ Mar 25 Tolkien Reading Day
- ▶ Mar 27 Spanish Paella Day
- ▶ Mar 28 Something on a Stick Day
- ▶ Mar 29 Smoke and Mirrors Day
- ▶ Mar 30 National Doctors' Day
- ▶ Mar 31 Bunsen Burner Day

## Also, March is...

- National Nutrition Month
- Social Work Month
- Women's History Month

## Meet our Team >>>

Hometown: South St. Paul, MN

Tell us about your family.

I have been married to my wonderful husband for 28 years. We have 4 children and one beautiful and spunky 6 year old granddaughter.

What are your outside Interests?

In my free time I enjoy photography, raising goats, and shopping.

Something not everyone may know about you.

I love to drive heavy equipment for fun.

Favorite sport team

I'm not a sports fan.

Holly T.  
Dietary Manager



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