

ROTARY SENIOR LIVING

full campus of care

Monthly
Newsletter

March 2025
★



ROTARY SENIOR LIVING

full campus of care

We Are
HIRING!

OPEN POSITIONS

Charge Nurse
RN Charge Nurse
Van Driver
CNA 2-10/10-6 Must have Iowa License
CMA 2-10/10-6 Must have Iowa License
Staff Nurse Must have LPN or RN license
Maintenance Tech
Dietary Cook AM & PM
Activities Coordinator

**JOIN
OUR
TEAM**

SEND YOUR RESUME TO

DORIS.HOLMES@ROTARYSENIORLIVING.COM

GET THE OPPORTUNITY TO JOIN OUR TEAM &
GAIN EXPERIENCE & BENEFITS BY WORKING
WITH US!

HOURS OF OPERATION

BUSINESS OFFICE: 8:00 AM – 5:00 PM

TELEPHONE: (515) 448-5124

MAINTENANCE: 7:00 AM – 3:00 PM

TELEPHONE: (515) 448-5124

EMERGENCY AFTER HOURS:

(515) 851-1596

CONTACTS

ADMINISTRATOR: DIANE CASPERSON RN,
BSN, LNHA

DIRECTOR OF NURSING: SARA-LYNN
PUENTE-MORALES

RCF NURSING SUPERVISOR: DEBRA CARR

BUSINESS/FINANCIAL: LAURA THOMAS

HUMAN RESOURCES OFFICE:

DORIS HOLMES

ENVIROMENTAL SUPERVISOR:

LACY DENCKLAU

DIETARY: DEBORAH VENNER

SOCIAL SERVICES: LACY DENCKLAU

ACTIVITIES/TRANSPORTATION:

MARKETING: ASHLEY METCALF


PROPERTY MANAGER/

ENVIRONMENTAL: KENDRICK GEARHART

THERAPY: MILLENNIUM THERAPY



EQUAL HOUSING
OPPORTUNITY



Annual Resident Satisfaction Surveys Coming in March!

At Rotary Senior Living, we are committed to providing the highest quality care and services to our residents. As part of our ongoing efforts to enhance our community, we will be conducting our Annual Resident Satisfaction Surveys in March 2025. These surveys will be sent to residents and/or their Power of Attorneys (POAs) and serve as a valuable tool in helping us understand what we're doing well and where we can improve.

Our surveys utilize CoreQ, a standardized set of satisfaction questions designed specifically for long-term care facilities. CoreQ focuses on key areas such as overall satisfaction, quality of care, and quality of services, helping us benchmark our results against national standards and guide quality improvement efforts.

Understanding CoreQ in Long-Term Care Facilities

CoreQ is a standardized set of satisfaction survey questions designed specifically for Long-Term Care (LTC) facilities, including Skilled Nursing Facilities (SNFs) and Assisted Living communities. It provides a consistent, evidence-based method to measure resident and family satisfaction with the quality of care and services provided.

Why is CoreQ Important?

CoreQ helps LTC facilities:

- ✓ Assess resident and family satisfaction in a meaningful way
- ✓ Benchmark results against national averages for quality improvement.
- ✓ Support quality initiatives and regulatory requirements.
- ✓ Enhance transparency and accountability in senior care.

What Does CoreQ Measure?

CoreQ consists of three to four key questions focused on:

- ✓ Overall Satisfaction – How satisfied residents/families are with the care received.
- ✓ Quality of Care – Whether they would recommend the facility to others.
- ✓ Quality of Services – Evaluating staff responsiveness, communication, and environment.

How Does It Benefit LTC Facilities?

By using CoreQ, facilities like Rotary Senior Living can gain valuable insights to improve resident experiences, enhance staff training, and demonstrate commitment to quality care. The data collected can also be used for state and federal reporting, marketing, and quality improvement programs.

Your feedback plays a crucial role in shaping the future of our services, ensuring we continue to meet the needs and expectations of those we serve. We encourage everyone to take a few moments to complete the survey—your participation is greatly appreciated!

If you have any questions about the survey, please feel free to contact us. Thank you in advance for your time and valuable insights!

Sincerely,
Diane Casperson
Administrator



Transparency in Care: Survey Results & Our Commitment to Improvement

At Rotary Senior Living, we are committed to providing high-quality care and maintaining open communication with our residents and their families. In alignment with this commitment, we want to share the results of our recent regulatory survey conducted from February 17–19, 2025, in the North-SNF.

During the survey, three areas were identified for improvement:

- Resident Rights (F550) – Ensuring dignity and respect in all resident interactions. We have reinforced training for all staff, updated policies, and increased leadership rounds to observe and improve care practices.
- Reporting of Alleged Violations (F609) – Ensuring timely reporting of any concerns related to resident safety. We have strengthened our reporting protocols, implemented additional staff training, and enhanced internal audits.
- Quality of Care (F684) – Improving wound care and skin integrity assessments. We have updated care plans, added mandatory skin checks, and designated a specialized wound care team.

Our team has taken immediate corrective actions to address these areas, ensuring compliance and continuous improvement. While surveys help us identify areas for growth, we believe the best feedback comes from those we serve—you and your loved ones.

We encourage open conversations with our leadership team. If you have any concerns, suggestions, or questions, please reach out. Your voice is invaluable in shaping the care we provide.

Thank you for your trust in Rotary Senior Living.

Diane Casperson

Administrator, Rotary Senior Living

Department News

By: Ashley Metcalf/Marketing

Marketing

Enhancing Visibility: Marketing Plans to Showcase What Rotary Senior Living Has to Offer

At Rotary Senior Living, we are committed to providing an exceptional living experience for our residents—one that promotes a sense of community, connection, and care. It's important that we enhance our visibility within the community, ensuring that people know all the wonderful services and opportunities we offer. As the Director of Marketing I am developing an exciting plan to increase awareness and bring more attention to the unique benefits of life at Rotary Senior Living.

Building a Stronger Community Presence

My first priority is to strengthen our relationship with the local community. We're actively reaching out to local organizations, healthcare providers, and senior-focused groups to create partnerships that showcase what we offer. By increasing our presence in local events, health fairs, and community gatherings, we'll share our story, provide valuable information about senior living options, and connect with families who may be seeking a trusted, caring environment for their loved ones.

A Fresh Digital Presence

In today's digital age, a strong online presence is essential. My social media strategy is focused on sharing content that highlights the vibrant lifestyle at Rotary Senior Living. From showcasing the daily activities and events to sharing heartwarming stories from our residents and staff, we want our social media pages to reflect the lively, welcoming community we've worked so hard to build. Stay tuned for engaging videos, behind-the-scenes glimpses, and updates on upcoming community events!

Resident and Family Testimonials

There's no better way to share the Rotary Senior Living experience than through the voices of those who know it best—our residents and their families. We will be collecting and showcasing heartfelt testimonials in our marketing materials, from our website, brochures, and to social media. These stories will help others understand the genuine care, enriching activities, and community atmosphere we offer, bringing a personal touch that resonates with potential residents and their loved ones. As we move forward with our marketing initiatives, our goal is clear: to make Rotary Senior Living the go-to choice for families seeking a supportive, enriching, and compassionate home for their loved ones. Through increased community involvement, a robust digital presence, strategic advertising, and the power of personal stories, we'll ensure that the community knows exactly what Rotary Senior Living has to offer.

We are excited to continue growing our outreach efforts and invite everyone to stay connected with us as we share the positive impact Rotary Senior Living has on the lives of our residents.



March Birthdays

March 27

McHale, JoAnne

March 30

Bailey, Maxine



February Activity Highlights

Activities are subject to change

Residential Care Facility

Church Service Sunday 11:45
 Misc. Games/Crafts/Exercise
 Monday--Friday at 8 am, 9 am and 10:30 am
 Cooking Club – Thursdays at 9:00 am
 Bingo – Fridays at 9 am
 New Hope Church Saturday at 4 pm
 St. Patrick's Day Party March 18 at 6 pm - 7 pm
 Resident Council Meeting March 28 at 3pm



Skilled Nursing Facility

Church Service Sundays at 11:00 am
 Daily Exercise/Activities 10am
 Misc. Games/Crafts Starting at 11 am
 Bingo – Wednesday & Friday 2 pm
 Misc. Games/Crafts at 6pm
 Movies Sunday 2 pm & Wednesday 6pm
 Social Hour Thursdays at 2:30 pm
 St. Patrick's Day Party -Monday March 17 at 2 pm
 Happy Hour/Valentines Party–Feb 14 at 2:00pm
 Resident Council Meeting March 27 at 1 pm

Memory Assisted Living

Monday – Friday -Exercise 11 am
 Hand massage - Tuesdays 11:30am
 Bingo - Tuesdays 1:30pm
 Nails -Wednesdays - 1 pm
 Afternoon Games/Videos – 1pm-4pm
 Movies – Sunday 6pm
 Church - Sunday 11:45am
 St Patrick's Day Party March 17 at 4 pm

Church Services



New Hope Lutheran will be holding services each Saturday at 4pm in the RCF Chapel with coffee afterwards.

Please come and join us!

Family and Friends please come and join us for any of the activities and social hours!!

Employee Spotlights

Cheyenne Brinson

Cheyenne is a valued member of the South Building. She was voted by her co-workers as the Employee of the Quarter. She demonstrates consistently and exceeds expectations in the performance of her job as a CNA and Medication Manager. She demonstrates attention to detail and provides excellent resident care. She is dedicated to learning new skills. She earned her CNA while working in the AL as a universal worker and a Medication Manager.

Cheyenne was born in Fort Dodge, Ia to Bonnie and David Gruwald. She has one older brother. She attended school in Webster City. She moved to North Carolina and met her husband, Zach. In 2019 they moved to Iowa and were married in Eagle Grove. They have 2 young sons who keep Cheyenne on her toes. She enjoys baking in her free time.



Emily Wilson

We are thrilled to announce that Emily Wilson is our Employee of the Month! Emily has been a valued member of the Rotary Senior Living team for five wonderful years, and her positive attitude and dedication make her an essential part of our family.

Emily's favorite part of coming to work is spending time with our resident's and brightening their day. Her joy is contagious, and she truly embodies the heart of what Rotary Senior Living is all about.

When she is not working, Emily enjoys dancing in her room, doing diamond art, and spending with her beloved rescue dog, Teddy. Emily is also very close to her family, including her adopted brother and sister, and especially her nieces and nephews: Sawyer (4), Juniper (2 almost 3), and Fraizer (3). She also shares a special bond with Elliott, Stacey's grandson Emily's job coach's special little one. Beyond her work and family, Emily has been an active participant in Special Olympics since middle school and continues to compete today. Her goal in life is simple yet inspiring: to remain positive and avoid letting negativity take over.

Let's all take a moment to celebrate Emily—The World's Coolest Bingo Caller! Her Dedication to making other happy and her vibrant personality are just a few reasons why we're so lucky to have her here. Congratulations Emily!



Resident Spotlights

RCF

JoAnn McHale

JoAnne was born in Belmond, Iowa to Alvina and Joseph Kaufman. She grew up with her brother, Bill. She graduated from Belmond High School in 1955 and married Philip McHale. They lived on a farm on Big Lake Wall Road in Clarion. They had 4 children, Kevin, Felecia, Janice, and Ann.

Philip passed away in 1998 and JoAnne continued to live on the farm. She enjoyed walking, swimming, and quilting. JoAnne moved into the RCF in May 2023. She enjoys reading newspapers, taking walks outside, and attending Bingo weekly.



Eldon Meyers



Eldon Myers has been named Resident of the Month. He has a remarkable life story and enduring spirit. His journey, rich with hard work, family, and a deep love for the outdoors, is one that continues to inspire those around him.

Eldon grew up on a farm in Laverne, Iowa, where he spent his childhood working alongside his brother, Russell. Together, they tended to the land, learning the values of hard work and dedication early on. After Russell moved away, Eldon took on the responsibility of not only managing his family farm but also his uncle's farm. It was a lot of work, but Eldon never hesitated to step up and keep the family legacy going.

Sports also played an important part in Eldon's life. In high school, he excelled in both baseball and basketball, showing his competitive nature and love for teamwork. But while sports kept him active, Eldon's true passion has always been the outdoors. Whether it was fishing, trapping, or simply appreciating the beauty of nature, Eldon found peace and joy in the natural world. His affinity for the outdoors extended beyond his hobbies, and he has always believed in the importance of spending time outside.

Eldon's wife, Sandy, was by his side for many years, helping with the farm in their later days. He fondly recalls walking beans with her, a memory that stands out as one of his most cherished. The two of them shared many beautiful moments working together on the farm, enjoying the simplicity of life and the connection they had to the land.

Another interesting hobby of Eldon's was buying and selling antiques, though he laughs and admits that he was more of a collector than a seller. His love for antiques reflects his appreciation for history, craftsmanship, and the stories behind the objects that people pass down through generations.

One amusing fact that Eldon shares is that his favorite color is safety orange. When asked why, he simply smiles and says it's likely due to his deep love for the outdoors, where visibility and safety are key.

Eldon cherishes his family deeply. He has countless fond memories with them, and those moments are what he holds dear. His love for his family is evident in every conversation. He takes pride in the legacy he has built and the family bonds that continue to grow stronger with each passing year.

As Resident of the Month, Eldon's story is a reminder of the values of hard work, family, and enjoying the simple pleasures of life. His love for the farm, his deep connection to nature, and the treasured memories he has created with Sandy and his family are a testament to the rich life he has led. Eldon Myers is truly an inspiration to all who have the privilege of knowing him.

AL

Thea Chambers

Thea was born in 1950 in Clarion, Iowa. She was the oldest child of Rose and Adolph Meinders. She has 4 brothers and one sister. Thea graduated from Clarion High School.

She attended Morningside College in Sioux City, Iowa. She taught English and Speech for 5 years in a school in Nebraska. She earned her master's degree at the University of Northern Iowa. Upon graduation, she moved to Hawaii to work as a school counselor. Thea moved back to Iowa and visited her brother, Ardell, before coming to live in the AL in 2024.

Thea loves to read books, color, play Bingo, and visit with her brother, residents and staff.



Memory Support Assisted Living/Residential Care Facility

By: Deb Carr, LPN

March definitely came in like a Lion this year! Our residents were fascinated by the snow and wind today, 3/5/25. Everyone was safe and warm thanks to our dedicated staff. The Maintenance department braved the weather to make sure all the snow was removed from the parking lot, road and sidewalks. The dietary staff came in to make sure we all had delicious food. The nursing staff cared for our residents without missing a beat. And Diane, our Administrator, was the captain of the operation, making sure staff had rides to work and filling in whenever staff needed a hand. She even helped in the kitchen! We are having a Bingo Night on Tuesday, March 18, 2025, from 6:00 pm to 7:00 pm. We are inviting all the friends and families of the residents of the RCF and AL. The Bingo party will be in the AL great room. Your family and residents will be able to sit down at a table and play together. It will be a lot of fun! Please bring a snack or treat to share with everyone to eat during the games. We will have a Saint Patrick's Day theme. There will be opportunities to take pictures and make memories which will last forever.

Just a reminder: the Daylight Savings time change happens on March 9, 2025. We will spring forward and miss an hour of sleep.

RCF News: Activities are scheduled Monday through Friday from 8 am to 11 am. Rachael Wood is the activity aide, and she keeps everyone busy. 8am is exercise time. 8:30 is book club. Then there are different activities like games, trivia, cooking project, crafts, and Bingo. There is a calendar in each room which you can check out.

AL News: We want to say welcome to our newest member of AL. His name is Michael Goodell. He moved from Waterloo to spend time with us. We also have to say goodbye to a longtime resident, Keith Riley. He will be moving to the North building. We will miss him. Rachael keeps our resident active. She is in the AL from 11 am to 4 pm. Everyone is in the dining room at 11 am for exercises and ready to eat at noon. Next at 1pm, everyone is busy with balloon toss, bowling, or another fun game. 2pm is snack time. 3-4 is cooking, crafts, coloring, or jewelry making time. Then it is 5pm and supper time. Tuesday at 1pm there is Bingo. We welcome visits from family and friends at any time.

ACTIVITIES

By: Ashley Metcalf

Marching into Spring: A Season of Renewal and Joy at Rotary Senior Living

As the chill of winter gives way to the warmth of spring, we're excited to embrace this season of renewal and growth here at Rotary Senior Living. Spring symbolizes new beginnings, brighter days, and the opportunity to reconnect with nature, and we're ready to celebrate in every way we can. With a range of fun and meaningful activities, there's no better time to "march into spring" and make the most of all the season has to offer.

A Fresh Start with Spring Activities

Spring is a perfect time for our residents to rejuvenate their minds, bodies, and spirits. We've planned a variety of activities that not only reflect the joy of the season but also encourage social interaction, creativity, and physical well-being.

Spring-Themed Crafts & Creative Expression

Let's get creative! This month, our art sessions will focus on spring themes—bright colors, floral designs, and nature scenes. Whether painting a canvas or making handmade decorations, we encourage residents to express their creativity and share their beautiful creations with the community.

Wellness and Connection

Spring is also a great time to focus on our health and wellness. Our gentle fitness classes, stretching sessions, and group activities are designed to keep everyone active and moving while maintaining a relaxed pace. Every activity helps us stay strong and connected.

Social Events & Community Connection

Spring is a time to reconnect with friends and neighbors. Our daily activities, including spring-themed Bingo, birthday celebrations, and casual coffee hours, provide residents with a chance to bond and share moments of joy. These social events foster a sense of community, ensuring that every resident feels welcomed and valued.

Embracing the Spirit of Renewal

Spring reminds us all that life is constantly changing and evolving. For our residents, this season offers a gentle reminder that every new day holds promise and possibility. As flowers bloom, spirits lift, and we find ourselves marching toward brighter, warmer days, let's embrace this time of growth and renewal. At Rotary Senior Living, we believe in creating an environment where every resident can thrive, enjoy the season to its fullest, and experience the joy of new beginnings. Whether it's engaging in a fun activity, spending time with family and friends, or simply enjoying the outdoors, spring is a season to celebrate life and all the wonderful moments it brings. So, let's march into spring together with open hearts and ready hands. Here's to new beginnings, fresh experiences, and the beauty of the season ahead!

Human Resources:

By: Doris Holmes Resources Director

I would like to introduce myself to everyone. I was born and raised in Clarion and was sixth out of seven children. Family time has always been very important to me and continues to this day. I am married to a "retired" farmer, Jerry. We raised four children in the area. Their interests took us to many places and kept us busy. A favorite for our children was the local county fair! We have now been blessed with five grandchildren, with a six arriving in April. Four of the grandchildren live within a mile of us, so we see a great deal of them. Which has found us at the county fair again, as two of them are active in the local 4-H program. We have come full circle.

As for my work experience, I have worked in manufacturing and health care in my past Human Resource roles. The most important thing to me is that everyone knows that human resources are here to support and help all people. My door is always open so don't hesitate to come in and ask questions, learn how you can continue to grow and develop here at Rotary Senior Living or simply just stop in to chat!

Doris



January - February New Team Members:

Aireanna McCullough CNA - January 31

Doris Holmes Human Resource Director - February 4

Kristy Rittgers RN - February 9

Ashley Metcalf Marketing Manager - February 10

Madison Martens Housekeeping/Laundry Float - February 19

Leslie Acevedo Arrendondo Cook/Aid - February 19

Kendra Schild CNA - February 20

Maria Lopez CNA - February 24

Lori Roosa CMA - February 28



Missing from our Team:

CMA (evenings & nights)
Dietary / Cook (morning; evening)
Charge Nurse
Maintenance

CNA (evenings & nights)
RN Charge Nurse
Van Driver
Activities Coordinator

Do you know someone who would fit these roles? Please refer them to our Human Resource team.



Wellness Center: by: Doris Holmes



As we enter March, the transition month from winter to Spring, we all start thinking of doing a little more, maybe even outside! So, did you know that the Week of March 17 – 22 is WELLDERLY WEEK? This is our time to celebrate our senior citizens / residents!

History of *Wellderly* Week

Wellderly week gives a new meaning to “acting your age.” The celebrations encourage seniors to pursue a passion, take up a new hobby, and do what makes them happy. It is a reminder that retirement years are an opportunity to develop interest that we were unable to pursue in our earlier years. Pursuing a hobby not only keeps the elderly occupied but is also important to their emotional and mental well-being.

In honor of Wellderly Week, we will celebrate on Friday, March 21st from 8-9:30 with a yogurt bar and fresh fruit. Come meet some of the staff and see our facilities!

Spring is a time when we can get active outside, maybe plant a garden or a pot of flowers / vegetables. It is always fun to watch these grow over the months to come. Another activity might be a short walk outside or just sitting on a patio and enjoying the warmer weather. Did you know that sunlight has health benefits such as lowering blood pressure, promoting good mental health, improving sleep quality while boosting our mood?

Another great method would be to join us at the Wellness Center! Not a member yet? Try us out for a day to see what you think! (the cost for a day is \$5.00) What a deal!

Hours of Operation	Rates			
Mon – Sat 8:00 a.m. – 9:00 p.m.	Single	Couple	Family	Senior/Sr couple
Sunday 8:00 a.m. – 4:00 p.m.	Monthly rates: \$47.00	\$58.00	\$63.00	\$42.00
	Annual Rates: \$456	\$588	\$648	\$396

Step down. Not out.

1. Swing both legs out
2. Place feet on the ground
3. Hold door frame or steering wheel for support



Maintenance

By: Kendrick Gearhart

Well, another month has come and gone. We have been enjoying very nice weather for this time of year and I will take it. Girls state basketball is coming up and as we all know we usually get a huge snowstorm. We have been busy with repairs and general maintenance and waiting patiently for the warm weather to set in. Here's to hoping for march to be a warm and snow free month.

Take it slow, avoid a slip.



- When you see snow:
- Use short, slow steps
 - Focus on your footing
 - Don't use your cell phone while walking
 - Free up your hands
 - Wear appropriate footwear

Lucky Charms Snack Mix



Ingredients

- 5 Cups Lucky Charms Cereal
- 2 Cups Salted Pretzels
- 6.5 Cups Popcorn, This was one bag of microwave popcorn for me
- 1 Bag (10 ounces) M&M's

Instructions

1. In a large bowl, mix together the cereal, pretzels, popped popcorn, and M&M's candy.
2. In a medium microwave safe bowl, combine both bags of white chocolate chips with the oil. Microwave in 30 second intervals, stirring i between, until chocolate is smooth.
3. Pour melted chocolate over the cereal mixture, stir to coat.
4. Pour the snack mix out onto wax paper lined baking sheets and allow to cool until hardened (10-20 minutes).
5. When snack mix is cool, break into pieces. Store in an airtight container.

Dietary

By Debbie Venner CDM-CFPP

March Into Health:

Embrace These Springtime Nutrition Tips

As March brings in the refreshing signs of spring, it's the perfect time to reset your dietary habits and embrace a season of renewal. With warmer weather ahead and fresh produce becoming abundant, March is an ideal month to refresh your plate and focus on nourishing your body. Here are some dietary tips to help you march into better health this spring:

1. Incorporate Seasonal Fruits and Veggies

Spring is full of vibrant, fresh produce like asparagus, spinach, artichokes, strawberries, and peas. These seasonal foods are packed with nutrients and antioxidants that support immune health, digestion, and overall vitality.

Tip: Try creating a colorful spring salad with leafy greens, strawberries, and a light lemon vinaigrette for a refreshing, nutrient-packed meal.

2. Spring Clean Your Pantry

Spring is not just about cleaning your home—it's also a great time to refresh your pantry. Take stock of what's in your kitchen and clear out processed foods, excess sugar, and unhealthy snacks. Replace them with wholesome staples like whole grains, nuts, seeds, and canned beans.

Tip: Organize your pantry with easy-to-reach, healthy ingredients that encourage you to cook and snack smarter.

3. Boost Your Gut Health with Prebiotics

The transition into spring is a great time to focus on gut health. Foods rich in prebiotics (like garlic, onions, leeks, bananas, and oats) promote the growth of good bacteria in your gut, supporting digestion and immunity.

Tip: Add prebiotic-rich foods to your daily meals—sauté some garlic and onions to your stir-fries or enjoy a bowl of oatmeal with banana slices in the morning.

4. Focus on Lean Proteins

As the weather warms up, lighter meals can help you feel energized without feeling weighed down. Lean proteins like chicken, turkey, fish, tofu, and legumes provide essential nutrients without excess fat.

Tip: Swap out heavier meat-based meals for fish tacos or a grilled chicken and vegetable bowl.

5. Stay Hydrated as the Weather Warms

As the temperatures rise, it's easy to become dehydrated without realizing it. Staying hydrated is crucial for your energy levels, skin health, and digestion. Aim to drink at least 8 cups of water a day, and add some hydrating fruits like watermelon or cucumber to your meals for an extra boost.

Tip: Carry a reusable water bottle throughout the day as a reminder to stay hydrated. Try adding slices of citrus fruits or herbs like mint for a refreshing twist.

6. Opt for Lighter, Plant-Based Meals

With the shift to spring, why not try incorporating more plant-based meals into your diet? Vegetables, legumes, and whole grains are nutrient-dense and can leave you feeling energized without feeling sluggish.

Tip: Try a plant-based stir-fry with tofu and lots of colorful veggies, or enjoy a quinoa salad with roasted chickpeas and avocado.

7. Mindful Eating for Stress Relief

Spring is a time of growth and renewal, and it's also a good reminder to refresh your relationship with food. Mindful eating—focusing on the flavors, textures, and aromas of your meals—can help you appreciate your food more, reduce stress, and promote healthier eating habits.

Tip: Take a moment before each meal to express gratitude for the food you have. Focus on eating slowly and savoring every bite.

8. Plan for Balanced Meals

With longer days ahead, you'll want to fuel your body with balanced meals to maintain energy and focus. Make sure to include a healthy balance of protein, fiber, and healthy fats at every meal.

Tip: Prep your meals for the week by preparing grain bowls with a variety of toppings like avocado, roasted veggies, beans, and a protein source for an easy, balanced lunch or dinner.

In Conclusion:

March is the perfect time to embrace healthy habits and celebrate the fresh produce spring brings. By focusing on seasonal foods, hydration, and mindful eating, you'll set yourself up for a vibrant and energetic season ahead. So, let the longer days and warmer temperatures inspire you to nourish your body with nutrient-rich foods and enjoy the journey toward better health.

Happy March! 🌿🍓



Social Services: By: Lacy Dencklau



Hello, Wonderful Families!

Spring is just around the corner, which means it's time to put on our party hats and celebrate a very special occasion—Welllderly Day! 🎉 This heartwarming holiday falls on the Third Monday of March and is all about embracing health, happiness, and the vibrant spirit of our beloved seniors.

So, what exactly is Welllderly Day?

Let's break it down! Created by the fabulous Dr. Dale Anderson, Welllderly Day is a cheerful celebration that encourages older adults to focus on joy, connection, and vitality. It's a day to show that being "well" and "elderly" really can go hand in hand!

Why Celebrate?

Welllderly Day isn't just a day on the calendar; it's a fun-filled reminder that aging can be a fabulous adventure! 🎉 It's all about flipping the narrative on aging, highlighting the powerful and joyful parts of life's later chapters. This day encourages seniors to engage in activities that promote well-being, share laughs with loved ones, and find fulfillment in both new and old hobbies.

Did You Know? The term "Welllderly" combines "wellness" and "elderly." It's a playful way to remind us all that growing older can come with strength, wisdom—and most importantly, joy! 💪🌟

Why is Welllderly Day Important for our Seniors?

Aging may be inevitable, but how we embrace it is totally in our hands! Here are some reasons why Welllderly Day is a wonderful opportunity for our elders:

Move & Groove! 🚶

Encourage those fun dance moves or a brisk walk in the park. Keeping active helps maintain mobility and strength!

Social Butterfly Activities! 🦋

Let's bring out the board games or plan a family gathering. Social interactions are crucial for mental well-being!

Healthy Eats! 🥗

Whip up some balanced meals together or share new recipes; cooking can become a joyful experience that gets everyone involved!

Pursue Passions! 🎨

Whether it's painting, gardening, or volunteering, let's talk about what brings our seniors joy and how they can dive into those activities.

Get Involved!

This Welllderly Day, let's pledge to support our seniors by embracing life alongside them! Plan an event, like a family potluck where we share "what keeps us young" stories, or organize a community outing that gets everyone moving. The goal is clear: let's celebrate life with open hearts and laughter! ❤️

So, gather your family, sprinkle some laughter, and let's make Welllderly Day a joyful day bursting with love and connection!

P.S. Don't forget to wear your brightest smile on Welllderly Day, and let's spread the joy far and wide! 🌈🎉



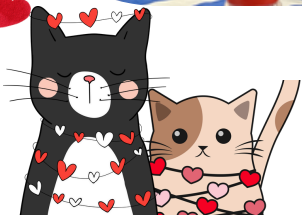
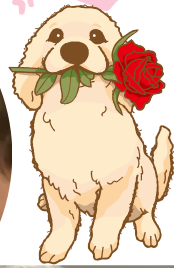
Happy Valentine's Day



be my VALENTINE

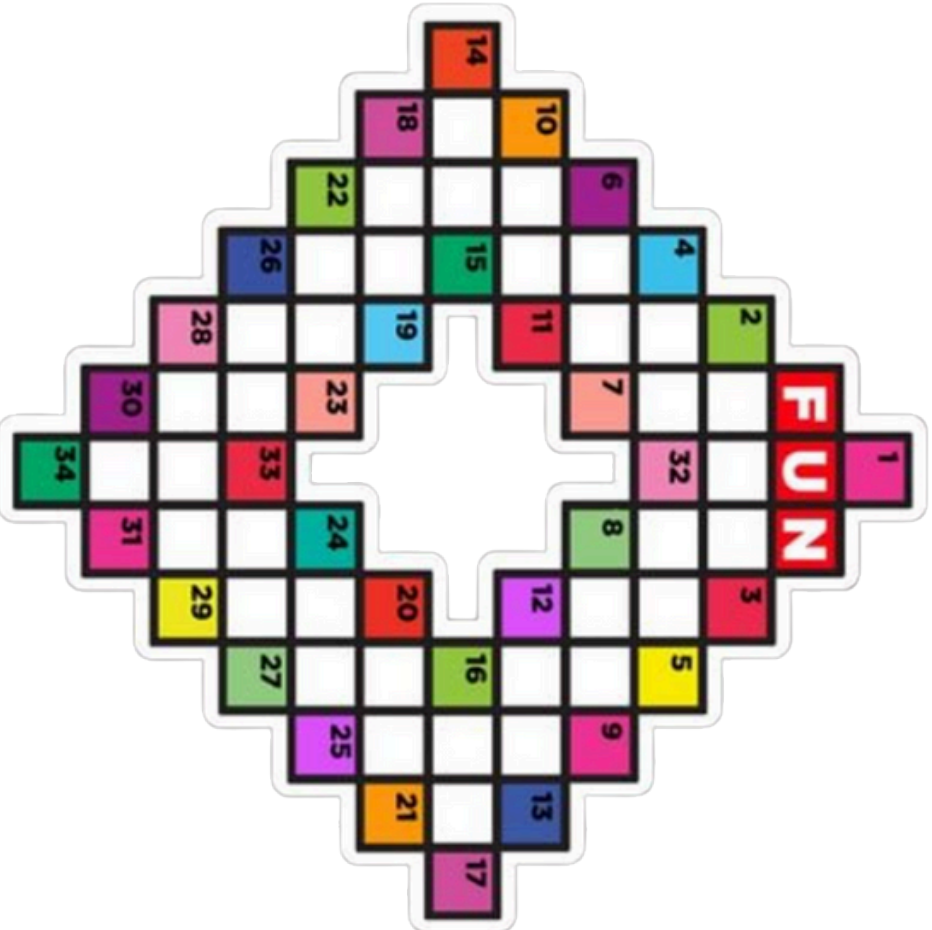


YOU'RE MY FAVORITE



December 21 is “Crossword Puzzle Day” because on this day in 1913, Arthur Wynne published a puzzle called a “Word-cross.” Wynne’s puzzle would go down in history as the first crossword ever published.

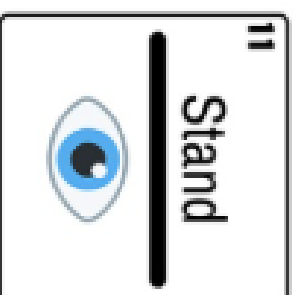
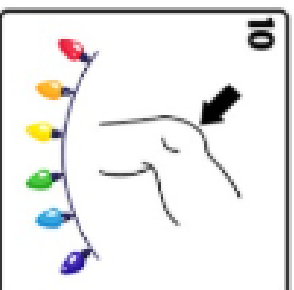
Wynne’s original puzzle looked a bit different from crossword puzzles we see today—the boxes were arranged in a diamond shape, not a square, with an open space in the middle. However, the rules were almost exactly the same. Each row of boxes, horizontal and vertical, corresponded to one word, and a short clue was given for each word.



Wynne’s puzzle has one word already filled in—“fun,” the name of the newspaper section in which the puzzle was published. The clues are slightly different—instead of “across” and “down,” the clues say the numbers of the starting and ending boxes of that word. For instance, the word below “fun,” 2 across, is written as “2-3” in the clue list. The clue for 2 down is “2-11.”

Some of the words are a little old-fashioned, and you might have to brush up on your Russian geography, but overall, we’re sure it’s nothing a word-savvy puzzler like yourself can’t handle. (Finally, here’s one more hint: the word “dove” is in there twice.) Now get puzzling!

2-3.	What bargain hunters enjoy.	6-22.	What we all should be.
4-5.	A written acknowledgment.	4-26.	A day dream.
6-7.	Such and nothing more.	2-11.	A talon.
10-11.	A bird.	19-28.	A pigeon.
14-15.	Opposed to less.	F-7.	Part of your head.
18-19.	What this puzzle is.	23-30.	A river in Russia.
22-23.	An animal of prey.	1-32.	To govern.
26-27.	The close of a day.	33-34.	An aromatic plant.
28-29.	To elude.	N-8.	A fist.
30-31.	The plural of is.	24-31.	To agree with.
8-9.	To cultivate.	3-12.	Part of a ship.
12-13.	A bar of wood or iron.	20-29.	One.
16-17.	What artists learn to do.	5-27.	Exchanging.
20-21.	Fastened.	9-25.	To sink in mud.
24-25.	Found on the seashore.	13-21.	A boy.
10-18.	The fibre of the gomuti palm.		



Answer

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

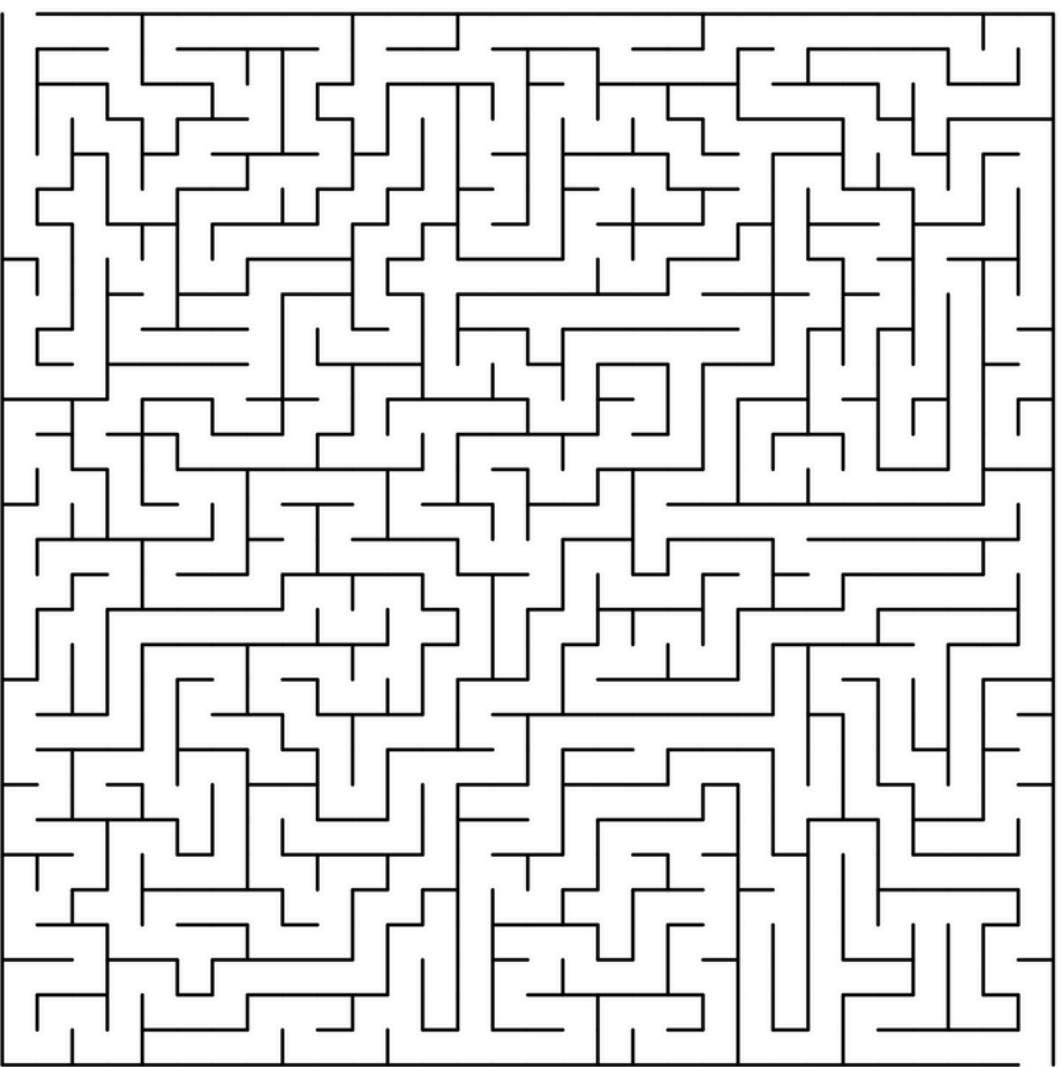


If it wasn't for the last minute....nothing would get done.

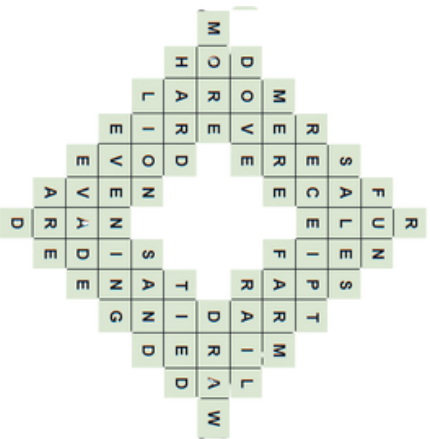
Sudoku puzzle #7

Maze #2

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



- 10. Neon Lights
- 11. I understand
- 12. Tea bag
- 13. Up before eight
- 14. Step-Father
- 15. Apple pie



Hello, I'm
**Ashley
Metcalf**

I live in Stratford with my husband, children, and two dogs. I am the proud mother of four children—one daughter and three sons—and I have a 10-month-old grandson who keeps me on my toes.

Professionally, I bring a diverse background with experience in Human Resources, Finance, and as a Nursing Home Administrator, which has given me a strong foundation in both leadership and care.



Director of
Marketing

“True growth comes not from chasing success, but from creating value that transforms, empowers, and leaves a positive mark on the world”

I am eager to contribute to the growth and success of Rotary Senior Living and to build connections. If you see me around, feel free to say hello—I'd love to connect!

Professional Career

- Business Office Manager/HR
- Nursing Home Administrator
- Medical Billing Manager
- Director of Revenue
- Human Resources
- Business Owner
- Director of Marketing

Contact info:  515-448-5124

 ashley.metcalf@rotaryseniorliving.com

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Send us your resume if you have:

- RN degree
- High Responsibility
- Love for the geriatric population
- Commitment to teamwork
- Quality standards
- Weekend Contract...\$50/hour

Contact Us:



515-448-5124



diane.casperson@rotaryseniorliving.com
jill.hoch@rotaryseniorliving.com



500 S Blaine Ave
Eagle Grove, IA 50533



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