



March Monthly  
 Newsletter —  
 Santa Rita Reader

# SANTA RITA READER

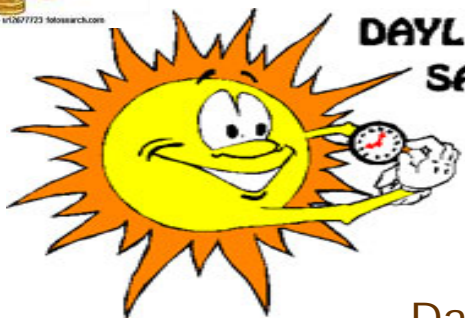


## St. Paddys Pardy!

**WHEN** : March 17th 6:30PM

**WHERE** : Main Dining Room

Join us as we celebrate St. Patrick's Day. Be sure to wear your green, as there will be a contest & pinching going on. Just follow the rainbow to find the party.



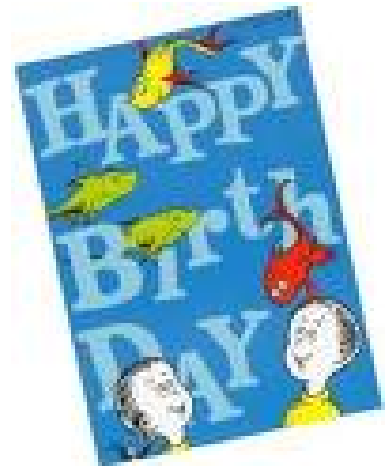
**DAYLIGHT SAVINGS TIME**

Daylight Savings March 13th

### Happy Birthday Dr Seuss!!

Dr. Seuss has a birthday this week. Theodor Seuss Geisel, the wildly creative creator of Horton, Sam, the Grinch and the Cat in the Hat, would have been 107 on Wednesday.

We celebrate with green eggs & ham burritos for sale on March 2nd.



*Spring Begins  
 March 20th*

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March 1, 2011

### Happy Birthday!

- Vera R 03/13
- Mary Z 03/13
- Manuel G 03/14
- Marguerite W 03/16
- Benita M 03/21
- Antonia R 03/25
- John B 03/29

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## “First Fridays” Lecture Series



During the summer we began a lecture series, inviting speakers to do presentations in our facility that were educational & free to residents, staff & the public.

The series was a success & because of the great turn out, we have continued with a First Friday lecture series.

Every first Friday of the month there will be a speaker from Evercare Hospice & Palliative Care presenting a lecture series that is geared towards current senior topics.

Join us Friday, March 4th at 2PM in dining room “C.”

This month's topic is *Acute Confusional States: Prevention & Management.*



## Whats happening?

### .. this month:

3rd Good News Bible Study

4th Book Club

6th GV Community Church

8th Piano w/Sandy Sanford

11th Jewels Karaoke & Resident Birthday Party

13th Desert Stream Chaplains

17th St Paddy's Day Party

18th Spring Fling Carnival

26th Science for Seniors

28th Animal League Visits

31st Bayada Social



## Activity Department

March is here & after a brief taste of the snow, it is beginning to warm up. Spring is making its way & before you know it, we will be wishing for the cool weather again! March is a busy time for activities. There are music entertainers and social events. We will be celebrating Dr. Seuss' birthday, Mardi Gras & St. Patrick's Day. Spring officially begins on March 20th and we will kick it off with a Spring Fling carnival on Friday, March 18th. There will be refreshments, games & entertainment.

Please remember that there are materials for independent use offered via activity cart twice a week. The garden room is open any time. There is a daily newspaper, television, art & craft supplies and a computer with internet connection.

Hope to see you at our programs!

*Maria, Robin & Ricardo*

# ABC's OF AGING

A is for arthritis,

B is for bad back,

C is for the chest pains. Corned beef? Car-diac?

D is for dental decay and decline,

E is for eyesight--can't read that top line.

F is for fissures and fluid retention

G is for gas (which I'd rather not mention and not to forget other gastrointestinal glitches)

H is high blood pressure

I is for itches, and lots of incisions

J is for joints, that now fail to flex

L is for libido--what happened to sex?

Wait! I forgot about K!

K is for my knees that crack all the time  
(But forgive me, I get a few lapses in my M-memory from time to time)

N is for nerve (pinched) and neck (stiff) and neurosis

O is for osteo-for all the bones that crack

P is for prescriptions, that cost a small fortune

Q is for queasiness. Fatal or just the flu?  
Give me another pill and I'll be good as new!

R is for reflux--one meal turns into two

S is for sleepless nights, counting my fears on how to pay my increasing medical bills!

T is for tinnitus--I hear bells in my ears and the word "terminal" also rings too near

U is for urinary and the difficulties that flow (or not)

V is for vertigo, as life spins by

W is worry, for pains yet found

X is for X ray--and what one might find

Y is for year (another one I'm still alive)

so Z is for zest

For surviving the symptoms my body's deployed,

And keeping twenty-six doctors gainfully employed!

-A. Klinkenburg



## Game Night



Come out Thursday evenings & play some board games.

Enjoy some conversation with your peers and maybe even a little competition.

There are all sorts of games: board games, connect 4, scrabble & more!  
Hope to see you there!

## SANTA RITA TEAM



Medical Director—Dr. Scott Bolhack  
Administrator—Carl Zimmerman  
Director of Facility Operations—Amy Malkin  
Director of Nursing—Robyn Eaglen  
Assistant Director of Nursing—Deborah Dunlap  
Admissions/Marketing—Katie Barans  
Social Service Director—Carol Kolb  
Director of Therapy Services—Jose Avendano  
Business Office Manager—Leah Jones  
Medical Records—Maritza Martinez  
Dietary Manager—Jennifer Hernandez  
Maintenance Director—Roger Hampton  
Activities Director—Maria Blanco

2011

### Activity Outings

08 — GV Wellness Fair  
10 — Shopping @ WalMart  
16 — GV Farmers Market  
24 — Lunch @ Olive Garden  
31— Lunch @ Casita Molina



### Garden Grove Snack Shop



Goodies for sale: chips, Starbucks coffee, Gatorades, candy & gum

### Bake Sale Fundraiser March 18th

Baked Goods & lunch

Support the Employee Assistance Fund & Activity  
Department

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