

Mennowood News

Mennowood Retirement Community

13030 Warwick Boulevard / Newport News, VA / 757-249-0355



ST PATRICK'S DAY Word Search



- | | | |
|-------------|------------|-------------|
| CABBAGE | JIG | POT OF GOLD |
| CLOVER | LEPRECHAUN | RAINBOW |
| CORNED BEEF | LUCKY | SHAMROCK |
| GREEN | MARCH | ST PATRICK |
| IRELAND | PARADE | TRADITION |



MANAGEMENT TEAM

Thelma Shaffer
Administrator

Brenda McCullen
Director of Nursing

Kierra Baker
Business Office Manager

Michele Ryba
*Director of
Community Relations*

Tina Kotlark
*Director of
Dining Services*

Emily Bartgis
*Director of
Marketing & Admissions*

Chrissy Bell
*Director of
Life Enrichment*

Curtis Shaw
*Director of
Maintenance &
Environmental Services*

RESIDENT OF THE MONTH



Join us as we celebrate
March Birthdays,
Resident of the Month,
and New Residents at
the "Monthly Celebration"
with Sentimental Journeys
on **Friday, March 21st at
2:00** in the Dining Room



Join us in celebrating Patty Moore as Resident of the Month and her precious pooch, Harley, as Pet of the Month!

Patty and Harley became members of the Mennowood family in May of 2023. Mrs. Moore was born in New York, but has lived most years in Newport News, VA.

Over the course of 30 years she was employed by several dentists. Volunteer service includes church and Care Net.

Being a woman of strong faith, Patty enjoys going to church, participating in Bible studies, prayer groups and hymn singing. She also enjoys reading, volunteering, and assembling jigsaw puzzles, and of course, Harley.

Harley is one of the sweetest pooches you'll ever meet and he just loves visiting other residents!

**CONGRATULATIONS PATTY & HARLEY!
WE LOVE YOU!**

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier

habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



MEN'S CLUB

Monday, March 3rd at 2:00
in the East Living Room

AFTERNOON TEA

Monday, March 3rd at 2:30
in the Conference Room

LADIES "SPA"

with Mary Kay Beauty Consultant,
Sherry Armstrong
Friday, March 7th at 2:00
in The Commons



DAYLIGHT SAVING TIME

BEGINS ON SUNDAY,

MARCH 9th . BE SURE TO SET YOUR CLOCKS AHEAD ONE HOUR ON SATURDAY NIGHT BEFORE GOING TO BED.

Resident Ambassadors

There is a compassionate group of resident volunteers that meet and greet new residents, answer their questions, and offer encouragement, guidance, support and friendship (to everyone). If you need anything mentioned above, look for a "Resident Ambassador" name badge attached to a person with a warm, friendly smile!

YOUR AMBASSADORS ARE:

Connie Blackwell

Anne Blakeley

Sally Kennedy

Lucille Metzner

Barbara Murphy

Candy Rhody

Mynette Smith

Frances Tobler

Mary Watson



HAPPY BIRTHDAY!

4th—Arlene Morrissey

9th—Ryon Carson

9th—Kaye Kazebee

16th—Jane Gray

17th—Margaret Smoker

19th—Naoko Vaughn

21st—Sophia Greene

27th—Frances Pregley

30th—Ana Quinto

BIRTHSTONE—Aquamarine

FLOWER—Daffodil



Marian Sortino

Beverly Boring

Sue Haley

Joe & Eva Madagan

Judy Kercher

IN LOVING
Memory

Edna Tillman