



The Bluffs Senior Community

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Our Team



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March
2024

NEWSLETTER

Resident Birthdays

1st- Claire M.
7th- Ray S.
11th- Ken H.
16th- Sylvia H.
17th- Marilyn P.
18th- Joe P.
21st- James B. (QC)
24th- Carole L.
31st- MaryAnn K.

Employee Birthdays

4th- Kalyssa K.
7th- Jackie S.
9th- Brian D.
10th- Liza K.
16th- Sarah L.

Letter from our Executive Director

Hello Residents, Families & Friends,

Happy March! Let's see if the old saying "in like a lion, out like a lamb" holds true this month! This whole winter has been "lamb like," and I think most of us have enjoyed it!

We recently had a wonderful visit from our corporate office.

Brian, Kristie and Justin spent some time visiting our community the end of February and we sure enjoyed it!

Not only will we be welcoming the first day of Spring and St.

Patrick's Day, we will also be celebrating Easter at the end of the month. We will have a wonderful Easter Buffet and will announce details very soon. Please join us!

I'd like to give an extra warm welcome to our newest Residents!

Please stop by the front desk if you should have any questions or concerns, we are happy to help you!

Happy Spring & Easter Blessings~
~Jessica



Activity Highlights

**Happy
St. Patrick's
Day**



Hello & Happy March!

We have another fun filled month ahead of us, I hope you are all ready to stay active!

Exercise Instructor, Ann Hoover will be back this month and start exercise classes back up on Monday and Wednesday afternoons at 4:00. Everyone loves Ann and we have sure missed her charisma and energy! I have also added regular trips to the public library, please join us the next time we go!

March 14th is Pi Day, with that being said, we are going to have a pie social! Employees will be making the pies for all to enjoy, join us to sample the flavors! A reminder with it being Good Friday on the 29th, we will not have Happy Hour that night.

Let's have a great month!

-Kalyssa

Culinary Corner

Greetings from The Culinary Department!

Wow! Before you know it, we'll be switching back over to our Spring/Summer menus!

We are looking to roll them out the beginning of April!

The Spring/Summer menus feature lighter fare such as salads and items cooked on the grill. A reminder the first Friday of March is Birthday Lunch, join us for a fun celebration and some tasty treats! We will also have a traditional Irish dinner on St. Patrick's Day and have started planning the details for our Easter Buffet. We hope to see you soon!

-Shelly, Culinary Director



Health Topic- Save Your Vision



Tips for healthy eyes at any age

There are things you can do to take good care of your eyes and help keep them healthy as you age:

- Protect your eyes from sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.
- Stop smoking.
- Make smart food choices.
- Be physically active and maintain a healthy weight.
- Maintain normal blood pressure.
- Manage diabetes (if you have it).
- If you spend a lot of time at the computer or focused on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain.

Your risk for some eye diseases and conditions increases as you grow older, and some eye changes are more serious. Keep your eyes as healthy as possible by getting regular eye exams so any problems can be spotted early. Have your eyes checked regularly by an eye care professional — either an ophthalmologist or optometrist. Finding and treating any problems early can help protect your vision and prevent vision loss. Make a list of your questions and concerns to share with the doctor. Tell them which medications you are taking.

Signs of an eye emergency

See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See many new floaters (tiny specks or "cobwebs" that seem to float across your vision) and/or flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Health At Your Fingertips

906 Home Services

With an office and staff right on site, 906 is at your fingertips! Their staff is available to help you with activities of daily living such as bathing, grooming, dressing and medication reminders. Not only do they have aides, they also have an RN available most days of the week.

Feel free to call Tammy at 483-4251 to add on additional services or with any questions.

Portage Home Care

New to our community, Portage Home Care offers therapy services to our Residents. Free assessments are available! PTA, Stacey Riley is here 4-5 days a week and they also have physical therapists visiting regularly. They offer balance and fall risk assessments, post-op therapy, physical therapy, incontinence therapy, speech therapy and more! For more information, call Nick at 906-483-1160.



March 2024 Activity Calendar

Community Captures

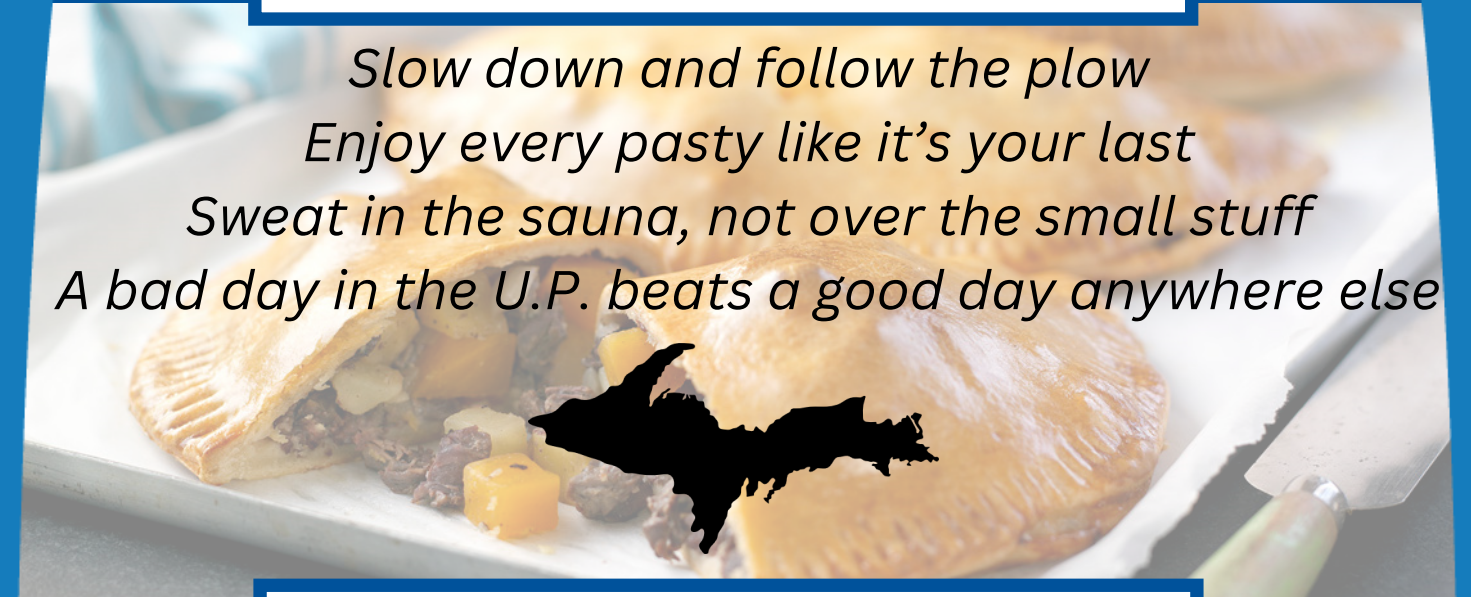


Gino's lunch outing



Wisdom of a Yooper

*Slow down and follow the plow
Enjoy every pasty like it's your last
Sweat in the sauna, not over the small stuff
A bad day in the U.P. beats a good day anywhere else*



Additional Reminders

- Cold and Flu season is upon us! If you are feeling sick, STAY IN YOUR ROOM and notify the front desk!
- Please be cautious when walking outside. The grounds are snow covered and could be icy.
- Please take a few minutes to fill out an Arcadia Ambassador nomination form to recognize an outstanding employee.
- We have new residents joining us all of the time, please be sure to say Hello and welcome them to The Bluffs!
- There are no assigned seats in the dining room.
- Please do not hold the elevator doors open.

April Save The Dates



2ND- DR. SUESS BIRTHDAY
5TH- BIRTHDAY LUNCH
22ND- EARTH DAY

