

March 2022

The Manor Highlights

Yorkshire & Stonebridge Manor | 3511 / 3515 Leonard St NW, Walker MI 49534 | (616)791-0111 | (616)791-2020

Celebrating March

**Theme: Thriving Among
God's People**

Mardi Gras
*(Wear colored beads, gold,
green, purple, or black)*
March 1

New Bible Study
March 2

**Performance by Mike
Boeman, Pianist @ 2pm**
March 5

St. Patrick's Day
(Wear GREEN/GOLD)
March 17

Store On Wheels
9:30 Stonebridge
10:30 Yorkshire
March 19

**Performance by Laurie
Thebo, All About Hymns @**
2pm
March 22

Store On Wheels
9:30 Stonebridge
10:30 Yorkshire
March 19

What are you doing to thrive today?

Many of us know Psalm 118:24 because it is a popular worship chorus to sing. "This is the day which the LORD has made; Let us rejoice and be glad in it."

Even though the Psalm was written for a national day of rejoicing, it can apply to every day of our life. This day, the day we are living today, is a day which the LORD has made. What we do with this day is a choice that we can make. We can rejoice, be glad and see the opportunities to thrive today.

A friend sent me an uplifting writing about how they are viewing their day. It reads:

"Today, when I awoke, I suddenly realized that this is the best day of my life. Ever!

There were times when I wondered if I would make it to today, but I did. And because I did I'm going to celebrate! Today, I'm going to celebrate what an unbelievable life I have had so far, the accomplishments, the many blessings, and, yes, even the hardships because they have served to make me stronger.

Today, I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know.

Today, I will give a sincere compliment to someone who seems down.

Today is the day I quit worrying about what I don't have and start being grateful for all the wonderful things God has already given me.

As the day ends, I will lay my head down on my pillow, I will thank God for the best day of my life. I will sleep the sleep of a contented child, excited with expectation because I know tomorrow is going to be the best day of my life, ever!"

-Chaplain Jeff

The Importance of Staying Hydrated



Ever wonder why you are always receiving water refills in your room or why staff is telling you to drink water? As we age, several physiological changes can put seniors at a higher risk of

dehydration, such as increased fluid loss, reduced body water content, and a decrease in fluid consumption. Let's look at these closer:

1. **Decreased Thirst.** It's a fact that we lose our sense of thirst with age. The older we get we may not notice our need for hydration as the "thirsty" sensation slowly diminishes.
2. **Kidney Function.** Our kidneys are responsible for filtering out blood by removing waste, controlling the body's fluid balance, and keeping electrolytes at the right levels. Staying fully hydrated helps to keep your kidneys functioning to the best of their ability.
3. **Brain Power.** Dehydration symptoms in seniors can mimic signs of dementia. Why is that? You may be surprised to learn that about $\frac{3}{4}$ of the brain is made up of water, and the organ requires an ample supply of liquid to work at peak capacity. Therefore, making cognitive function enhanced when brain cells get the proper amount of hydration.
4. **Urinary Incontinence.** It is uncomfortable and frustrating. Some seniors avoid drinking to avoid the experience, which can lead to other health risks. Reduction in fluids can cause urinary tract infections, which can cause pain and sometimes dementia-like confusion.
5. **Digestion.** Dehydration can cause constipation. Staying hydrated and consuming the proper amount of fiber helps seniors stay regular. Lack of water can lead to gastritis, acid reflux, and in some cases, ulcers, as the stomach doesn't have enough water to produce digestive acid.

It is recommended that adult men drink about 10 cups of water per day, and women should drink roughly 8 cups per day. So, make sure to pour yourself a tall glass of water to sip while reading, visiting with friends and/or family, exercising, playing BINGO, singing, or just relaxing.

History of St. Patrick's Day



The March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick. He was a

Patron Saint of Ireland who had died around the 5th century, a whopping 12 centuries before the modern version of the holiday was first observed. However, very little is known about who he actually was, according to Marion Casey, a clinical assistant professor of Irish Studies at New York University. "We know that he was a Roman citizen, because Britain was Roman then, and the he was enslaved and taken to Ireland, where he either escaped or was released," Casey says. "And then he became a priest and went back to Ireland, where he had a lot of luck converting the Druid culture into Christians."

It wasn't until the early 18th century that many of today's traditions were kicked into high gear. Initially, the day was to remind celebrants what the holiday actually stood for that the church first associated a botanical item, customary for all saints, with St. Patrick, assigning him the symbol of the likewise lucky shamrock.

Modern-day celebrations and themes continued to take shape during the rest of the 1700s. In 1762, the first New York City Parade took place. It wasn't until 1798, the year of the Irish Rebellion, that the color green became officially associated with the day, Casey said.

As for the green beer, that's an even later addition. In fact, it wasn't until the late 20th century that Ireland repealed a law that initially kept everything, pubs included, shut down for the day. Since then, thanks to a marketing push from Budweiser in the 1980s, downing beer has become a common way to celebrate, regardless of how closely it's tied to the actually mean of St. Patrick himself.

Source:
Time Magazine
 By Ashley Ross
 March 16, 2016
<https://time.com/4261456/st-patrick-day-2016-history-real-saint/>

Calling ALL Volunteers!

We are currently in need of dependable people who are willing to serve in our community. There are many opportunities available to suit one’s interests; and with flexible scheduling, we can accommodate even those with the busiest schedules.

Volunteers help us in the following ways:

- Special events & outings
- Resident companion
- Exercise leader
- Snack cart attendant
- Bingo caller
- Fundraising committee
- Spiritual leader
- And many more...

If you are interested in volunteering, or wish to have more information, please do not hesitate to call or email the Director of Life Enrichment & Volunteer Services,

Wendy Heath.
 (616)791-9090
wendy.heath@baruchsls.org

New Bible Study Beginning

God is constantly calling his people to love him and desire him more than ever before. We can do that! God first pursued us and has given us the gift of the Holy Spirit to help us pursue him well. He’s also given us his Word and made a way for us to remain in constant contact with him.

The Lord is not hiding Himself from us. When we seek him, we will certainly find him.

Join us on Wednesday mornings as we pursue the heart of God and work to grow in faith, in love, and in deeper fellowship with the One who first pursued us.

Radio Reassurances



Eight days after taking office, on March 12, 1933, President Franklin D. Roosevelt delivered the first of his evening radio addresses, warmly known as *fireside chats*. At the time, nearly

all of America’s banks had closed after a panicked public rushed to make mass withdrawals. It was the lowest point of the Great Depression, with 15 million Americans unemployed. Roosevelt’s first fireside chat was meant to calm the public by offering a plan to restore the banking system. Using radio as an effective form of mass media, Roosevelt made 30 fireside chats. He was able to dispel rumors, counter political opposition, and explain his policy decisions. During a time of uncertainty, Roosevelt’s voice projected self-assurance and promised steady leadership.

Your Leadership Team

Administrator: Beth Strait,
beth.strait@baruchsls.org

Associate Administrator: Epiphany Donat,
epiphany.donat@baruchsls.org

Director of Life Enrichment/Volunteers:
 Wendy Heath, wendy.heath@baruchsls.org

Director of Food Services: Lynn Rhodes

Director of Maintenance: Ken Kuchnicki

Resident Care Managers: Jennifer Marckini

Office Assistant: Ally Deuel

St. Patrick's Day

word scramble

TIRHS _____	LDOG _____
OABIRWN _____	KAPCIRT _____
ADIELRN _____	NEEPHEARCU _____
MHSOKCRA _____	HRCMA _____
YKLCU _____	ENRAGE _____
BACBAEG _____	ORLECV _____
NETESENEV _____	
TISNA _____	
ARDEAP _____	
ACDNE _____	

March

Resident Birthdays

Robert Barkwell 2nd
 Dorothy Broekstra 10th
 Mary Flanery 15th
 Mary Laisure 29th
 Doreen Ketchum 30th

Staff Birthdays

Jennifer Marckini 9th
 Britnay Riggs 29th

In Loving Memory

Our thoughts and prayers are with the families of:

Alice Harig
 John Searcy
 Arlene Klein

St. Patrick's Day Word Search

P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
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E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	D	O	W	T	L	K	Y	D	O	S	
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A

	CLOVER COINS CORNED BEEF TRADITION GREEN	IRELAND IRISH LEPRECHAUN LUCK MARCH	PARADE PATRICK POT OF GOLD RAINBOW SHAMROCK	
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