

Hearthside Senior Living Collierville March 2023



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Executive Director Message:

Spring has Sprung!!!!!! It's time to get your patios ready for warmer weather. Feel free to decorate your patios as you wish. As a matter of fact, let's have a patio decorating contest! Since March weather can be a little iffy, you can have until April 15th to get your patios ready for judging. We'll have a prize for the best decorated patio. Think flowers in pots, brightly colored cushions in chairs, bird feeders, etc. Let us know if you need any help. This will be fun!!

-Judy Hall

March 2023

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Act as young as you feel. You are not getting older.
You are getting more entitled to be your fabulous
self.

Maintenance Memo from James:

For any maintenance requests, please come to the front office or let an RA know so they can add the request to the work order book.

KITCHEN CONNECTIONS:

Easy Strawberry Shortcake Recipe
Just in time for Spring (no baking required)

- 1 quart fresh strawberries, sliced
- ¼ cup white sugar
- 1 (12 ounce) package prepared sponge cake dessert cups
- 1 (7 ounce) can whipped cream, or to taste

1. Place strawberries in a bowl; add sugar and stir to coat. Cover and refrigerate until sugar has dissolved, about 15 minutes.
2. Place 1 dessert cup in each serving bowl and smother with strawberries. Top each with whipped cream.
3. Whipped topping can be used in place of whipped cream if desired.

SPECIAL EVENTS:

**All families invited to attend a
SPECIAL SUNDAY AFTERNOON FAMILY BINGO
Sunday March 12 at 2:00 PM
in the Dining Room**

where we will enjoy some fun games of bingo, prizes, snacks and family fun!



Housekeeping Notes from Jhalessa and Dominique:

Spring Cleaning Tips:

- **Discard all expired products including food items**
- **Maintain a clutter free walkway throughout your entire living space**
- **Always ask for help before moving heavy items**
- **Clorox wipes are a great tool to keep handy while maintaining a clean and germ free environment**
- **Keep smaller items in baskets and bins to help elevate clutter on countertops**

NURSES NOTES:

Exercise for seniors offers long-term health benefits such as preventing bone loss, relieving osteoarthritis pain, improving balance and stability, maintaining weight and metabolism, fostering a sense of well-being and social connection, improving mood and mental capacity, increasing endurance and energy levels, as well as reducing the risk of dementia. Exercise can be done in various forms, such as cardio, strength training, or resistance. Exercise can also help seniors live independently for longer by reducing the risk of falls and injuries.

SPIRIT WEEK- March 13-17

Taste the Rainbow Monday- Make a rainbow themed treat and wear multi colors.

Going Green! Tuesday- Share one way you make the Earth a more green environment.

Gold Rush Wednesday- DIY Pot of Gold craft

Glamorous In Green Thursday- Wear any shade of Green or dress up like a Leprechaun.

Luck of the Irish Friday- Play casino games to see who has the most luck.

***Hearthside
Collierville Staff***

Executive Director

Judy Hall

**Director of Health
and Wellness**

Kristin Campbell,
LPN

Dietary Manager

LaKeisha
Woodard

**Business Office
Manager**

Ramonica Long

**Maintenance
Director**

James Haley

Activity Director

Kristi Owens

**Transportation
Director**

Ray Johnson

Medical Secretary

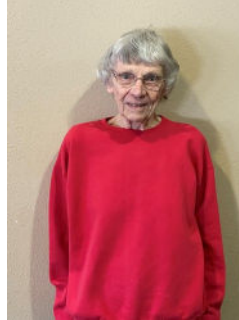
Debbie Short

March Fun Days:

- 1- World Compliment Day
- 2- Dr. Seuss Day
- 3- Employee Appreciation Day
- 4- National Sons Day
- 5- Namesake Day
- 6- Oreo Cookie Day
- 7- National Cereal Day
- 8- International Women's Day
- 9- Popcorn Lovers Day
- 10- Middle Name Pride Day
- 11- International Fanny Pack Day
- 12- National Girl Scouts Day
- 13- National Napping Day
- 14- National PI Day
- 15- National Peanut Butter Lovers Day
- 16- National Panda Day
- 17- St. Patrick's Day
- 18- National Corn Dog Day
- 19- Certified Nurses Day
- 20- International Day of Happiness
- 21- National Day of Poetry
- 22- National Goof Off Day
- 23- National Puppy Day
- 24- National Cheesesteak Day
- 25- National Waffle Day
- 26- Good Hair Day
- 27- National Scribble Day
- 28- National Something on a Stick Day
- 29- Mermaid Day
- 30- National Pencil Day
- 31- National Crayon Day

RESIDENT OF THE MONTH SPOTLIGHT

Jane Hecker



Mrs. Jane Hecker has lived at Hearthside Collierville with her husband Joe for the past three years. She has been blessed with 4 daughters and 1 son, 14 grandchildren and 24 great grandchildren. Mrs. Jane grew up in Jackson, Missouri and has also lived in Dallas, Texas and Poplar Bluff Missouri. She was in the Nursing Profession. Mrs. Jane's favorite snack is chocolate candy and enjoys a good cup of coffee. Her favorite color is blue and needlework is her favorite past time activity. We are so happy that Mrs. Jane and her husband Mr. Joe have both chosen Hearthside Senior Living Collierville as their home.

Employee of the Month

Ray Johnson



Ray is Hearthside Senior Living Collierville Transportation guru, making sure we all get where we need to be safely.

He has been at Hearthside Collierville for eight years and loves everything about his job, mostly the residents.

Ray is married to his lovely wife Beverly for 19 years and together they have 3 girls and 2 boys.

His favorite snack is chocolate and drinks water.

Ray's favorite colors are black and blue and he enjoys martial arts, basketball and working out. We are lucky to have Ray as part of the Hearthside Senior Living Collierville team.

*Wrinkles only indicate where smiles
have been.*

ACTIVITIES ACTIONS

New In March:

Classes for Texas Hold ‘Em and 6 Card Golf

If you would like to learn how to play either of these fun card games, join us for special classes.

Classes for 6 card Golf– Mondays at 1:00 PM

Classes for Texas Hold ‘Em– Wednesdays at 1:00 PM

Special outing to TUNICA MISSISSIPPI CASINOS– This is a resident paid activity. Please sign up for this trip on the sign up sheets under the large community calendar outside the nurses station.

We have a licensed Nail Technician who is at Hearthside every Monday. If you would like to schedule an appointment, please sign up in the book under the large community calendar and have payment ready at the time of your appointment. We welcome Neesha, stop by the salon and say “Hello”

The Popsicle Stick Quilt was a huge success, we worked together as a team to create a beautiful piece of artwork which will be on display in the Parlor for all to enjoy. This month we will begin working on creating creative Easter Eggs in preparation for Easter next month.

Join us for Sittercize Monday, Tuesday and Wednesday’s at 10:00 in the Parlor for a 30 minute exercise program– this is a great way to start your day. On Thursdays, Jim Kennedy joins us for a more aerobic program and we have a ball on Friday creating beats to Yoga Ball Drumming.

If you would like to nominate an employee for EMPLOYEE of the MONTH, please see Kristi in the front office with your nomination.

March Outings

3/16

Lunch Outing to Lost Pizza Co.

3/20

Tunica Casino

3/23

Aldi

3/30

Dollar General

Musical Entertainment

March 1

Music with Mr. Winsett

March 6

Music with Dare Estok

March 13

Music with Lily Langford

March 14

Hymn Sing with Melanie & Wade

March 20

Music with Jim Keller

March 30

Music with Tim Stanek

Family Matters

We hope you join us Sunday March 12 at 2:00 PM for a Family Bingo afternoon in the dining room. We will enjoy a fun afternoon together with bingo games, prizes, snacks and fellowship.

If you would like to receive a digital copy of the newsletter and monthly calendar, please email Kristi@heartsideseniorliving.com to be placed on the mailing list.

We love having families and friends join us at
Hearthside Senior Living Collierville.

FEBRUARY MEMORIES

