

NORGARD COURT



2015

MARCH

NEWSLETTER

NORGARD COURT APARTMENTS

1807 GERVAIS COURT E.

MAPLEWOOD, MN 55109

651-777-5020

YOUR SITE STAFF

HOME CARE SENIOR SERVICES

SHARON BENDUHA-----SITE MANAGER

Mon.-Fri. 8:00 a.m. to 4:00 p.m. 651-777-5020

RICK BUDD-----MAINTENANCE

Mon.-Fri. Noon to 3:00 p.m.

STEVE PALMER-----CARETAKER

APT.#110

TRACY BARNACLE-----GENERAL MANAGER

HOME CARE SENIOR SERVICES – 651-770-8505

COMMUNITY ROOM: 651-777-2448

happy
birthday

All residents are invited to join us for the 'Birthday Bash' on Wednesday, March 4, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Mary Lou, Josephine, and Marion S.'s birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! You don't want to miss out on the fun, and it's a great way to get to know your neighbors better! Hope to see everyone there ☺



Let's give a warm welcome to Josephine, Apt. #214. Guess what day Josephine was born on? The picture to the left gives you a clue! We are so happy you've chosen to reside at Norgard Court Apartments!



Petersen Carefree Travel will be picking us up at 8:30 a.m. for the round trip deluxe motorcoach ride to Treasure Island Casino scheduled on Senior Day, Wednesday, March 25, 2015. For all residents, and friends of residents who signed-up, your name, address, birth date, and player's card number has been turned in to Evie, at Petersen Carefree Travel, to ensure that you receive a \$15.00 credit on your card, and a food coupon for \$3.00. Evie will be collecting \$20 from each of you, while on the bus. This trip has been coordinated with residents, and friends from Briarcliff Manor Senior Living, Mahtomedi, and they will be picked up at 9:00 a.m. to join us. Once we get to Treasure Island Casino, approximately 10:00 a.m., we will be there for four hours before the motorcoach departs. Departure time will be announced over the P.A. System at approximately 2:00 p.m. It is your responsibility to make sure you get on the bus. Gratuities are very much appreciated by your Hostess (Evie) and Driver. Travel guide lines of the industry suggest \$2 to \$3 per day for both driver and hostess. It is very much appreciated by them. If you have any questions about this trip, please do not hesitate to contact Sharon Benduha, Property Manager, at the office, or by calling 651-777-5020. Sharon will be taking photos at the Island. If you do not wish for your photo to be taken, please let her know. After all, what happens at the Island, stays at the Island!



What's at the end of your rainbow? Helen Grace shared some info about an author, Harvey Mackay, that is noteworthy: It's Mackay's moral that 'Attitude is the mind's paintbrush – it can color any situation.' Optimism is contagious, and has spread amongst us at Norgard Court Apartments. Keep sharing such vibrant colors for all to enjoy ☺

A Positive Attitude is Good for the Health of Senior Citizens, Research Proves



One way is it reduces stress, which is a source of many ailments for seniors

Feeling good and having a positive attitude has often been associated with good health. A new review of existing research seems to prove this is true for senior citizens – positive emotions do influence healthy outcomes for older people.

"We all age. It is how we age, however, that determines the quality of our lives," said Anthony Ong of Cornell University, author of the review article in *Current Directions in Psychological Science*. The data he reviews suggest that positive emotions may be a powerful antidote to stress, pain, and illness.

There are several pathways through which a positive attitude can protect against poor health later in life. For example, happier people might take a proactive approach to aging by regularly exercising and budgeting time for a good night's sleep.

On the other hand, these people may avoid unhealthy behaviors, such as smoking and risky sex. The benefits of these healthy lifestyle choices may become more important in older adults, as their bodies become more susceptible to disease.

Optimism reduces stress that reduces disease

An optimistic outlook has also been shown to combat stress - a known risk factor for a lot of disease. Studies have found that people with stronger positive emotions have lower levels of chemicals associated with inflammation related to stress. Also, by adopting a positive attitude people may even be able to undo some of the physical damage caused by stress.

Ong, a developmental psychologist, became interested in the study of positive emotion during graduate school when he learned about what researchers call the paradox of aging: Despite the notable loss of physical function throughout the body, a person's emotional capacity seemed to stay consistent with age.

Ong speculates that if positive emotions are indeed good for our health then, "one direct, measureable consequence of this should be the extended years of quality living."

The review, "Pathways Linking Positive Emotion and Health in Later Life," is published in *Current Directions in Psychological Science*, a journal of the Association for Psychological Science. It publishes concise reviews on the latest advances in theory and research spanning all of scientific psychology and its applications.

MARCH, 2015

NORGARD COURT APARTMENTS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|---|---|---|---|--|--|
| 1 | 2 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 3 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m. | 4 Brkfst@8:30 Kowalski's -9:40 Birthday Bash @ 1:00 p.m., Communion Serv. @ 2:30p.m. | 5 Chair Ex.10:30 Schwan's @ 11:00, Worship Service @ 2:30 p.m., Cribbage @7:00 p.m. | 6 Bingo @ 7 p.m., Cards to Follow | 7 |
| 8 SUNDAY SUPPER | 9 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 10 Chair Ex. Class@10:30 am, Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m. | 11 Continental Breakfast @ 8:30 a.m. | 12 Chair Ex. @ 10:30am, Blood PressureCheck @1pm, Cribbage @ 7:00 n.m. | 13 Bingo @ 7 p.m., Cards to Follow | 14 |
| 15 | 16 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 17 Chair Ex. Class@10:30 a.m., Bingo @ 2 Happy St. Patrick's Day! Cribbage @ 7:00 | 18 Cont.Brkfst. @ 8:30 a.m., Kowalski's 9:40, POTLUCK @ 5:30 p.m. in the Community Rm. | 19 Chair Exercise Class @ 10:30 a.m., Schwan's @ 11:00 a.m., Cribbage@7:00 | 20 Bingo @ 7 p.m., Cards to Follow | 21 |
| 22 | 23 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 24 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m. | 25 Cont. Brkfst. @ 8:30 a.m.  Motorcoach to T.L. Casino | 26 Chair Exercise Class @ 10:30 a.m., Cribbage @ 7:00 in Community Rm | 27 Bingo @ 7 p.m., Cards to Follow | 28 |
| 29 | 30 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 31 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m. | BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY 651-387-0219 | BEAUTY SHOP OPEN ON THURSDAYS 8:30 a.m. - Noon |  |  |

Everyone's Irish on March 17th

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

Ireland

Erin go Bragh

parade

kiss

Emerald Isle

leprechaun

trick

Pot of Gold

four leaf clover

shamrock

rainbow

jig

Blarney Stone

Celtic

lucky

charms

dance

Irish

potato

corned beef

cabbage

green

orange

Dublin

festivity

grass

Saint

Patrick

Christians

Roman Catholic

Guinness

whiskey

pinched

celebrate

March

seventeenth

To answer the trivia question, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia: These two American rivers are dyed green each year on St. Patrick's Day.

Answer: _____ and _____