



The Motivator

6900 Hopeful Road
Florence, KY 41042
(859) 525-6900



Our Friendly Staff

Executive Director	Ken Kaser
Asst. Executive Director	April Scroggins
Marketing Sales Director	Pam Huesman
Community Relations Director	Alicia Bauer
Director of Nursing	Natasha Warner
Activity Director	Yuvonne Ward
Gardens Activity Director	Beth Wood
Wellness Director	Pam Asher
Food Service Director	Tonya Simon
Maintenance Director	David Toler
Housekeeping Supervisor	Brenda Craddock
Human Resources	Kim Linstead
Colonial Heights Pastor	David Cheeks
Dining Room Supvr.	Angel Covey

Welcome New Residents

Heights

#112	Dan & Roberta Turner
#243	Sue Cornelius
#322	David & Dolores Holly
#359	Nancy Johnson
#146	Jim & Nancy Morgan Gardens
#1101	Gene Cell
#1300	Paul Landrum
#2205	Mary Lou Wolfeck
#2308	Bill & Pat Underwood

March 2020



Springing Into the Season

With their trumpet-shaped blooms, daffodils announce the arrival of spring. The bright yellow and white flowers are one of the season's first and among the few plants that can grow through the snow. According to a Welsh legend, if you see the first daffodil, your year ahead will be filled with wealth.

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying

CORE WEEKLY ACTIVITIES

Monday - Current Events,
Bingo, Dice Game

Tuesday - Manicures, Movie
Hour

Wednesday - Lunch Trip,
Bingo, Trivia

Thursday - Book Review,
Social Hour, Crossword

Friday - Prot. Communion,
Mass, Jingo

Saturday - Bingo

Sunday - Chapel

Activities such as ceramics,
chair volleyball, arts and crafts,
jingo, horse racing, ice cream
socials, health discussions and
card games are scheduled
throughout the month at
various times. Copies of the
current weekly schedule are kept
at the front desk in the Gardens.

HAPPENINGS AT COLONIAL GARDENS



Free Health Management Services

Colonial Heights is fortunate to
have a free management service
available on an outgoing basis.

On the first Thursday of every
month from 12:00 to 1:00pm,
pharmacists from Ruwe Family
and senior pharmacy students

from the U.C. College of
Pharmacy meet with the
residents in the library to
provide personal and private
consultations regarding their
medications, blood pressure,
blood sugar and other issues
affecting their health and well-
being. The program is provided
free due to a funding grant
meant to enable aging in place
for older adults. The goal of the
program is to help our residents
to remain as independent as
possible, prevent illness and
hospitalizations, and stay in
their apartment home as long as
possible. Make sure to stop in
the next time they are here.



A Fish Story

About 5 billion pounds of
seafood is consumed each year
in America. The most popular
are shrimp, salmon and tuna.



**Resident Managers
Tom and Beth Wood**

Tom and Beth Wood are the
resident night managers from
10 p.m. to 8 a.m. They are
available to help you in an
emergency situation. Emergency
situations include the following:
**overnight emergency
maintenance issues** (including
heating and air-conditioning,
water leaks, overflowing toilets);
medical situations (falls or very
basic first-aid treatment);
security and safety issues. You
can reach Beth and Tom by
either pulling the emergency
cord located in your apartment
or by calling them at
(859) 468-3843 or 525-6900.

Please remember that Tom
and Beth are not able to provide
emergency medical care but will
help you call 911 if necessary
and wait with you until they
arrive.

Terry Shetler, a fellow
resident, also helps the resident
managers during their off days
or when they are on vacation. So
don't be surprised if you see him
instead of Beth or Tom at your
door responding to your
emergency.



St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the

population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

Carolyn's Hair Salon

Shampoo- Cut- Blow Dry \$28

Shampoo- Set \$20

Shampoo- Set- Cut \$36

Shampoo- Cut \$18

Color- Set \$43

Color- Set- Cut \$55

Perm \$70

Men's (scissors) \$17

Men's (clippers) \$14

Call Carolyn for an appointment
859-653-4697



Memorable Melody: 'Foggy Mountain Breakdown'

Composed by legendary banjo player Earl Scruggs, this rapid-fire bluegrass classic, now one of the most recognizable songs in history, helped put the banjo in the spotlight. The instrumental song was first released in 1950 by Scruggs, partner Lester Flatt and their band, the Foggy Mountain Boys. It won over another audience of fans in 1967, when the tune's rousing banjo picking was heard in the soundtrack for the hit movie "Bonnie and Clyde," for which it earned a Grammy Award.

Wit & Wisdom

"Great art picks up where nature ends."

—Marc Chagall

"Sometimes with art, it is important just to look."

—Marina Abramovic

"When I think of art
I think of beauty.

Beauty is the mystery
of life."

—Agnes Martin

"If art doesn't make us better,
then what on earth is it for?"

—Alice Walker

"The artist is not a
different kind of person,
but every person is a
different kind of artist."

—Eric Gill

"In a sense, as we are creative
beings, our lives become
our work of art."

—Julia Cameron

"Great art is indefinable but
that's all right; it exists anyway."

—Edward Abbey

"A true artist is not one
who is inspired but one
who inspires others."

—Salvador Dalí

"Art helps us identify with
one another and expands
our notion of we—from the
local to the global."

—Olafur Eliasson



Heights

3-1 Helen Martin
 3-1 Rosie Ringe
 3-2 Marge Bischoff
 3-3 Sylvia Shetler
 3-4 Helen Tubesing
 3-5 Debbie White
 3-6 Howard Stratman
 3-7 Jean Ryan
 3-10 Pat Santomo
 3-15 Betty Garrison
 3-15 Ruth Schweitzer
 3-17 Jack Hall
 3-17 Effie McFarland
 3-18 Edna Booth
 3-20 Trudy Bommarito
 3-21 Jo Delahunty
 3-22 Janet Balagalou
 3-26 Joan Douglas
 3-28 Joyce Cahill
 3-28 Mal Cobb
 3-28 Jeannette Merriss
 3-31 Helena Amelang
 Gardens
 3-1 Alberta Kirk
 3-2 Jean Steele
 3-4 Marilyn Beil
 3-5 Trudi Dunn
 3-8 Joan Jacobs
 3-13 Betty Deegan
 3-21 Dennis O'Connor
 3-22 Fred Wright
 3-30 Thelma Wampler



Sunday	Monday	Tuesday
1 10:15 Catholic Comm. (CR) 3:00 Chapel Service With Randy Wallace (CR)	2 10:00 Ride Out With Yuvonne 10:30 Morning Exercise 12:00 Play Yahtzee With Yuvonne (Lib) 1:00 Kroger 2:00 We Will Make a No Bake Recipe Once a Month to Share With the Group. 2:15 ACTIVE AGING CHAIR EXERCISES (LIB) 3:00 Bingo (CR) 7:15 Euchre Lib)	3 10:30 Lunch/ Ft.Wright Restaurant 1:00 Corn Hole (Lib) 2:00 Political Discussion (Lib) 2:00 Resident Council Mtg. Ice Cream Floats Following for Everyone. Yummoo (CR) 3:00 Left Right Center (CR) 3:00 Helping Hands (Card Room)
8 10:15 Catholic Comm. (CR) 3:00 Chapel Service With Larry Dillon (CR)	9 9:45 Comm. With Sister Kathleen (CR) 10:00 Play Cards With Yuvonne (Lib) 10:30 Morning Exercise (Lib) 12:30 Ceramics (CR) 1:00 Kroger 2:15 ACTIVE AGING CHAIR EXERCISES (LIB) 3:00 Bingo (CR) 7:15 Euchre (Lib)	10 8:00 Breakfast Outing With Yuvonne Chit Chat With Ken 1:00 Corn Hole (CR) 1:30 Library Book Club (pdr) 2:00 Political Dis. (Lib) 2:00 Jewelry Swap With Yuvonne (CR) 3:00 Left Right Center (CR) 3:00 Helping Hands (Card Room) 7:00 Dulcimers (CR)
15 10:15 Catholic Comm. (CR) 3:00 Chapel Service With the Kirkpatrick's (CR)	16 10:00 Play Cards With Yuvonne (Lib) 10:30 Morning Exercise (CR) 12:00 Trivia (Lib) 1:00 Kroger 2:15 ACTIVE AGING CHAIR EXERCISES (LIB) 3:00 Bingo (CR) 7:15 Euchre (Lib)	17 10:30 Picnic on the Bus 1:00 Corn Hole (Lib) 1:00 BINGO TIME WITH AETNA(CR) 2:00 POLITICAL DISCUSSION (LIB) 3:00 St. Patrick's Day Party With John Simpson (CR) 3:00 Helping Hands Card Room)
22 10:15 Catholic Comm. (CR) 3:00 Chapel Service With the Baptist Temple (CR)	23 9:45 Comm. With Sister Kathleen (CR) 10:00 Play Games With Yuvonne 10:30 Morning Exercise (CR) 12:00 Word Search With Yuvonne (Lib) 1:00 Kroger 2:15 ACTIVE AGING CHAIR EXERCISES (LIB) 3:00 Bingo (CR) 7:15 Euchre (Lib)	24 10:00 Match Game With Yuvonne 11:00 Come Enjoy the Singing Saints (CR) RAVE MOVIE OUTING -TBA 1:00 LIBRARY BOOK EXCHANGE (LIB) 2:00 POLITICAL DISCUSSION (LIB) 3:00 Left Right Center (CR) 3:00 Helping Hands (Card Room)
29 10:15 Catholic Comm. (CR) 3:00 Chapel Service With David Cheeks (CR)	30 10:00 Ride Out With Yuvonne 10:30 Morning Exercise (CR) 12:00 Current Events (Lib) 1:00 Kroger 2:15 ACTIVE AGING CHAIR EXERCISES (LIB) 3:00 Bingo (CR) 7:15 Pinochle (Lib)	31 10:30 Lunch/Steak N Shake 12:00 Corn Hole (Lib) 1:00 Readers Theater Performance (CR) 2:00 POLITICAL DISCUSSION (LIB) 3:00 Left Right Center (CR) 3:00 Helping Hands (Card Room)

Wednesday	Thursday	Friday	Saturday
4 9:45 Mass With Father Henderson 9:45 Crossword Puzzle (Lib) 10:30 Morning Exercise (CR) 12:00-2:00 Play Wii Bowling, Rook and Other Games (Lib) 2:00 BRAIN TEASERS (PDR) 3:00 No Bingo Today 3:00 Peanut Auction	5 10:00 Protestant Comm. (Lib) 12:00 Bunco (Lib) 12:00 - 1:00 RUWE (LIB) 1:00 Kroger 1:00 MANICURES (LIB) 3:00 Walking Taco Social Hour With Denny D (CR) 7:15 Hymn Sing (CR)	6 9:45 Crossword Puzzle (Lib) 9:45 Catholic Comm. (CR) 10:00 WALKING GROUP FLORENCE MALL 12:00 Play Yahtzee (Lib) 1:00 Shopping- Ross 1:30 A FUN BINGO - PRIZES (CR) 2:00 Bible Study (PDR) 3:00 Bingo (CR) 7:00 Pinochle (Lib)	7 3:00 Delores Here to Entertain (CR)
11 9:45 Crossword Puzzle (Lib) 10:30 Morning Exercise (CR) 12:00 Rook (Lib) 1:00 Wii Bowling (Lib) 2:00 Karaoke (CR) 2:00 BRAIN TEASERS (PDR) 3:00 Bingo (CR) 7:00 Play Corn Hole Among Yourselves (CR)	12 10:00 Protestant Comm. (Lib) 10:00 Play Cards With Yuvonne 12:00 Trivia (Lib) 1:00 Kroger 1:30 MARCH INTO HEALTH GAME - PRIZES (CR) 2:00 Hot Potato (Lib) 3:00 Social Hour With Rick Allie (CR) 7:15 Hymn Sing (Lib)	13 9:30 Crossword Puzzle (Lib) 10:30 Morning Exercise (CR) 12:00 Play 500 Rummy (Lib) 1:00 Shopping- Wal Mart 2:00 Bible Study (PDR) 2:00 Balloon Toss (Lib) 3:00 Bingo (CR) 7:15 Pinochle	14 3:00 Entertainment With Steve (CR)
18 9:45 Crossword Puzzle 10:30 Morning Exercise (CR) 12:00 Rook (Lib) 1:00 Wii Bowling (Lib) 2:00 Name That Tune (CR) 2:00 BRAIN TEASERS (PDR) 3:00 Bingo (CR) 7:00 Play Corn Hole (CR)	19 10:00 Protestant Comm. (Lib) 12:00 Watch I Love Lucy Reruns (Lib) 1:00 SPA DAY (LIB) 1:00 Kroger 2:00 Listen to Music (Lib) 3:00 Social Hour With Slick Willie (CR) 7:15 Hymn Sing (Lib)	20 10:00 CHAIR YOGA 12:15 REKINDLING RELATIONSHIPS AT THE GARDENS LUNCHEON BUS WILL DRIVE OVER 1:00 Shopping-Florence Mall 2:00 Bible Study (PDR) 3:00 Bingo (CR) 7:15 Pinochle (Lib)	21 
25 9:45 Crossword Puzzle (CR) 10:30 Morning Exercise (CR) 12:00 Rook (Lib) 1:00 Wii Bowling (Lib) 2:00 Come Dance With Yuvonne (CR) 2:00 BRAIN TEASERS (LIB) 3:00 Bingo (CR)	26 10:00 Protestant Comm. (Lib) 10:00 Play Cards 1:00 Kroger 1:30 ADULT COLORING (CR) 2:00 Name That Tune (Lib) 3:00 Social Hour With Terry Lee (CR) 7:15 Hymn Sing (Lib)	27 9:30 Crossword Puzzle (Lib) 10:30 Morning Exercise (CR) 12:00 Bunco (Lib) 1:00 Shopping- Kohl's 1:30 ARMCHAIR TRAVELERS SILLY NAME PLACES (CR) 2:00 Dis. With Yuvonne (Lib) 3:00 Bingo (CR) 7:15 Pinochle (Lb)	28 2:30 Harry Stahl and the Sunshine Singers Here to Entertain (CR)
			<i>March</i>

Up in the Air

From flying kites to flying planes, humans have long been fascinated with all things air-related. Gather with a group and "air" your thoughts about a few.

- Have you ever flown a kite? How old were you? Where did you fly it?
- Did you fly toy airplanes or launch rockets when you were growing up?
- Have you traveled on an airplane? If so, was it a small plane or a large jet? Did you fly regularly or occasionally? Where did you go?
- If you've ridden in a helicopter, what was that like?
- Did you or anyone you know learn to fly a plane in the military or earn a pilot's license? Talk about that experience.
- Hot air balloons provide a bird's-eye view at a slower pace than planes. Did you ever ride in one?
- Aerial trams, cable cars and gondola lifts are used in some big cities and at mountain resorts and amusement parks. Have you ever ridden in one? Where was it?
- Have you ever been sky diving, hang gliding or bungee jumping? If you haven't done any of these, would you want to?

Director's Corner

To the Residents of Colonial Heights and Gardens,

By the time you read this the Colonial Heights Dining Room renovation should be completed! Thanks to everyone for their patience with this "lengthy" project.

Next, we will be moving our renovation plans to the front lobby.

I am writing this on February 6, 2020...at this point in time it has been a very warm winter which is very appreciated! I like

snow but not when it comes to managing a community like ours. From staff not being able to get to work to complaints about the condition of the parking lot (This is a tough lot to plow as there are always cars parked to have to plow around), it is not something we look forward to.

Sincerely, Ken



Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to

be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 40 minutes, informing the public and offering encouragement through the difficulties.

Roosevelt gave some 30 fireside chats, the last one airing in June 1944.



Spiritual Corner

It does seem as if months fly by. Here we are in March, when it was just New Year's. March brings in the blessed spring. Tulips and other bulbs are already reaching up out of the dark earth into the light.

These words, March and light remind me of spiritual things. In Hebrews 12:1 the Bible tells of a great cloud of witnesses traveling with us in this race that is set before us. We march on always toward the light of Jesus Christ, together with those around us, and also the great witnesses of old. This month brings us one of those witnesses that gives us the hope of God's sovereignty and power. Saint Patrick is one such witness. He was taken from his father's villa in England to become a slave for 6 years to an Irish druid chief.

While in slavery he found faith in the Lord and it grew with fervour. Having a vision from God that a ship to take him home was waiting he escaped and walked some 200 miles to where in fact a ship was docked and heading to his homeland. He returned home and spent years in a monastery where he had another dream to go back to Ireland and evangelize a county where Christianity was not.

He did and baptized 120 thousand people & started 300 churches. He was known as the "Apostle of Ireland".



Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.



'Smile' Is One

How many words can you come up with using the letters in "limericks"?

Hello, and welcome to Kitchen Corner.

Well, as you can see, we are still in the remodeling process. So, I will continue to ask that you pardon our mess. By the time you read this, I am hoping that the bulk of the process will be finished with just a few finishing touches left. It is our goal to update the decor for a more modern environment.

In our continued effort to improve your food, service and atmosphere, we have hired several new front of the house staff, servers and dishwashers as well as rehired a veteran cook with us, Pam, and a new face, Sierra. And as we try to improve for you, we ask your cooperation in serving you to the best of our ability by arriving to meals in a timely fashion so that your tablemates do not have to wait for service. I do appreciate everyone's assistance in helping meal times flow as smoothly as possible.

As always, if you have any comments or suggestions regarding food, you may bring your concerns to any member of the Food Service Committee: Terry Shetler, Laverne Dryer, Marian Kuchle, Mal and Bev Cobb and Alida Thistleton. There are also comment cards in the dining room on the front table or as always, I invite you to speak directly to me or Angel.

**Tonya Simon, Food
Service Director**



MARCH IS
National
PEANUT MONTH
GO NUTS!

WISHING YOU ALL THE
LUCK IN THE WORLD ON THIS



St. Patrick's

DAY!