



St. Catherine

RETIREMENT COMMUNITY

A RHF Community



3350 St. Catherine Street • Florissant, MO 63033
Phone (314) 838-3877 • Fax (314) 831-7245

STAFF MEMBERS

Executive Director Stacey Montero
Resident Services Heather Cline
Activities Director Shelby Hurt
Activities Assistant Susana, Amanda
Dining Services Director Danielle Bills
Dining Services Assistants Francisca, Jim
Servers Lynette, Kailey, Kevin, Darionn
Servers Rayonna, Penny, Lynn
Maintenance Director George Trotter
Housekeeping Marcella, Dena

Emergency Numbers

Medical, Fire, Police 911
Resident Manager (314) 574-0230
Maintenance Emergencies (314) 267-3973
Office Hours Monday-Friday 8:30 am-5 pm

Director's Note

There is an old saying that "March comes in like a lion and goes out like a lamb." So if the month begins with storms, then it should end on a calm, docile note! We sure hope so, and since March marks the end of winter, and spring begins on the 19th, it will soon be time for the flowers to bloom and birds to sing!

Just a reminder that you may plant gardens outside your window, and add a bird feeder or bird bath! If you need any assistance, please let us know. There are sure to be some rainy days, so check your calendar and attend our festive parties or join in one of our classes, such as exercise or crafts! We love our residents, so if you have any ideas or suggestions to make our great community even better, please let me know! ~Stacey

March 2020

Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health. Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span. Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system. Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate. Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Better problem-solving. When faced with a dilemma, optimists typically are better at moving quickly to find a solution rather than dwelling on the problem.

Faster recovery. Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.



Welcome Spring!

Spring begins March 19th, 2020 and we are so excited for warmer days ahead. This month we have a lot of wonderful activities, beginning with fruit themed happy hour on March 3rd. On March 5th, we have St. Patrick's Day themed trivia after breakfast. On March 6th, we have our Marygrove Luncheon. March 10th, we will have musical entertainment by Elizabeth Lekamp for our Birthday Party happy hour. Next, on March 11th, we will have our lunch outing to Bandana's BBQ. Our Casino trip will be on March 12th. On March 17th, we will have musical entertainment by Lamar Pilsing for our St. Patrick's Day happy hour. Remember to wear green!

We will have a Walmart trip on March 18th. On March 21st, we will have Movie Day in the dining room. On March 24th there will be a Welcome Spring happy hour. March 25th, we have our Mystery Lunch. March 31st, there will be our Sing-Along happy hour. We look forward to having great times with each of you at these exciting activities in March!

Sunday	Monday	Tuesday
1 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:00 Communion With Brother George 2:15 Mexican Dominoes	2 8:30 Continental Breakfast 9:00 Banks 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker 2:15 Bookmobile	3 8:30 Continental Breakfast 9:30 Communion Service 11:30 Fruit Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
8 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	9 8:30 Continental Breakfast 9:00 Dierbergs 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	10 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Elizabeth Lekamp 11:30 Birthday Party Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
15 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	16 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker 2:15 Bookmobile	17 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Lamar Pilsing 11:30 St. Patrick's Day Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
22 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	23 8:30 Continental Breakfast 9:00 Dierbergs 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	24 8:30 Continental Breakfast 9:30 Communion Service 11:30 Welcome Spring Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
29 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	30 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	31 8:30 Continental Breakfast 9:30 Communion Service 11:15 Sing-along 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)

Wednesday	Thursday	Friday	Saturday
4 8:30 Continental Breakfast 10:00 Walgreens 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	5 9:00 Hearty Breakfast 9:30 Trivia 10:00 Blood Pressure Clinic 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker 3:00 Craft - Flower Pot Decorating	6 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys) 10:30 Marygrove Luncheon 11:00 Pokeno 11:00 Hearing Doctor 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	7 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
11 8:30 Continental Breakfast 10:30 Lunch at Bandana's BBQ 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	12 9:00 Hearty Breakfast 10:30 Casino 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	13 8:30 Continental Breakfast 9:00 Schnucks (Grandview) 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	14 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
18 8:30 Continental Breakfast 10:00 Walmart 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	19 9:00 Hearty Breakfast 9:30 "Spring Into Fitness" With ENVISION 10:00 Blood Pressure Clinic 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker 3:00 Craft - Shaving Cream Marble Art	20 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys) 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	21 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 12:30 Movie Day! (Dining Room) 2:00 Nickel Game
25 8:30 Continental Breakfast 10:30 Mystery Lunch 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 3:00 Project Hands 5:00 Prayer Group With Brother George	26 9:00 Hearty Breakfast & Welcome Our New Residents 9:30 Resident Meeting 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	27 8:30 Continental Breakfast 9:00 Schnucks (Grandview) 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	28 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
Happy Birthday! Jean Tobey - 1st Clara Fennewald - 1st Tim Cagle - 1st Bill Dvorak - 2nd Shirley Eubanks - 19th Leanna Miller - 22nd Marcia Kretschmer - 22nd Sue Frey - 29th			Emergency Number If You Have a Maintenance Emergency, Please Call 267-3973 Transportation Number 565-9755

March 2020

Mary & Tim Cagle

Unit 112

Mary was born in St. Louis. She has lived in St. Ann and Florissant and loves the Florissant area. She went to high school at St. Alphonsus (Rock). She later became a housewife and a secretary. She has previously worked at Wausau and for the State of Missouri.

Mary has 5 children. Her sons' names are Tom and Tim. Her daughters' names are Kathy, Terri, and Patti. All of her children live in the St. Louis area except for Tom, who lives in Illinois. Tom has retired, however, and was previously a Regional Manager at Target. Kathy is an Art Therapist. Terri worked at Epworth. Patti became a nurse. Tim worked at North Lafayette Industries for 34 years as a packager. Also, Mary has 12 grandchildren and 9 great-grandchildren!

Mary's favorite hobbies are square dancing, reading, traveling and taking occasional walks. Mary has traveled to places like Europe, Hawaii, Ireland and Alaska. Tim's favorite hobbies include watching T.V. and spending time with family. In the past, Mary's family would all visit the Lake of the Ozarks and go boating, which was a hobby loved by all of her children.

Mary and Tim moved to St. Catherine due to the location in Florissant, the wonderful food and the very friendly people who live here. Mary says that all the staff and residents have been very kind and helpful with the transition through the process of moving. We are so happy to have Mary and Tim here at St. Catherine! Welcome home, Mary and Tim!



Bird	Mist
Fresh	Parade
Gold	Rainbow
Green	Rain
Ireland	Shamrock
Leprechaun	Spring
Lucky	Violet
March	Wind

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