



# 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 ..... Lacey Wild  
 Activities Assistant ..... Susana, Amanda  
 Dining Services Director ..... Danielle Bills  
 Dining Services Assistants ..... Francisca, Jim  
 Servers ..... Lia, Lynette, Mia  
 Servers ..... Kailey, Kevin, Kendall, Rayonna  
 Maintenance Director ..... George Trotter  
 Housekeeping ..... Chrissy, Martha

### 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

Happy Spring to all of our fantastic residents, families and friends of St. Catherine! There are many ways to celebrate spring and we have some great events planned for March.

There are other ways to welcome spring. One is by brightening your home with a bouquet of fresh flowers or a plant! Studies show that green spaces in your home increase your mood and longevity. Plants can also remove toxins from the air, making your home a cleaner space.

Just a reminder that all residents are welcome to have gardens outside their apartments. I have enjoyed many vegetables and flowers from our residents' gardens! If you need help when it is time to plant, please let us know. Enjoy the warmer weather!!

~Stacey

## March 2019

### Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

### 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.

### Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

### Positive Thought

"You carry the passport to your own happiness."  
 —Diane von Furstenberg

### Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.

## Spring Is Near!


March is here with a lot of great events happening! First, we will have our Mardi Gras Happy Hour with entertainment by Just the Two of Us on March 5th. Ballots for our Mardi Gras King and four maidens are already out and due on the 3rd! Daylight Saving Time begins Sunday, March 10th. We will have our St. Patrick's Day Happy Hour on March 12th with entertainment by keyboardist Don Stevenson. On the 13th we will go to lunch at Chimi's Mexican Restaurant. March 20th is the first day of Spring! We will take a trip to Goodwill on the 21st. And finally, on March 27th, we will go on our Mystery Lunch! Hope to see you at these events!



## Finding a Four-Leaf Clover

According to Irish legend, a four-leaf clover is said to bring good luck. What are the odds of finding the fabled variety? The chances of spotting one are 1 in 10,000, say scientists.

Sunday	Monday	Tuesday
<b>March</b>	<b>Happy Birthday!!!</b>  March 1st - Jean Tobey March 2nd - Bill Dvorak March 19th - Shirley Eubanks March 22nd - Leanna Miller March 22nd - Marcia Kretschmar March 29th - Suzanne Frey March 29th - Jack Manis	
3	4	5
<b>8:30 Donut Social</b>  <b>9:45 Catholic Services</b>  <b>1:00 Bingo</b> <b>2:00 Brother George Gives Communion</b> <b>2:15 Mexican Dominoes</b>	<b>8:30 Continental Breakfast</b> <b>9:00 Banks</b>  <b>10:00 Gratitude Hour With Pam - ENVISION</b> <b>11:00 Pokeno</b>  <b>1:00 EXERCISE CLASS</b> <b>2:00 Penny Poker</b> <b>2:15 BOOKMOBILE</b>	<b>Mardi Gras</b>  <b>9:30 Communion Service</b> <b>10:30 Entertainment by Just the Two of Us</b> <b>11:30 Mardi Gras Happy Hour</b>  <b>1:15 Bingo</b> <b>2:30 Mexican Dominoes</b> <b>5:15 Bible Study (CH)</b>
10	11	12
<b>Daylight Saving Time Begins</b>  <b>8:30 Donut Social</b>  <b>9:45 Catholic Services</b>  <b>1:00 Bingo</b> <b>2:15 Mexican Dominoes</b> <b>3:15 Pianist Phil Strangman</b>	<b>Johnny Appleseed Day!</b> <b>8:30 Continental Breakfast</b> <b>9:00 Aldi</b>  <b>10:00 Gratitude Hour With Pam - ENVISION</b> <b>11:00 Pokeno</b>  <b>1:00 EXERCISE CLASS</b> <b>2:00 Penny Poker</b>	<b>9:30 Communion Service</b> <b>10:30 Entertainment by Don Stevenson</b> <b>11:30 St. Patrick's Day Happy Hour</b>  <b>1:15 Bingo</b> <b>2:30 Mexican Dominoes</b> <b>5:15 Bible Study (CH)</b>
17	18	19
<b>St. Patrick's Day</b>  <b>8:30 Donut Social</b>  <b>9:45 Catholic Services</b>  <b>1:00 Bingo</b> <b>2:15 Mexican Dominoes</b>	<b>8:30 Continental Breakfast</b> <b>9:00 Dierbergs</b>  <b>10:00 Gratitude Hour With Pam - ENVISION</b> <b>11:00 Pokeno</b>  <b>1:00 EXERCISE CLASS</b> <b>2:00 Penny Poker</b> <b>2:15 BOOKMOBILE</b>	<b>9:30 Communion Service</b>  <b>11:30 Birthday Party &amp; Happy Hour</b>  <b>1:15 Bingo</b> <b>2:30 Mexican Dominoes</b>
24/31	25	26
<b>8:30 Donut Social</b>  <b>9:45 Catholic Services</b>  <b>1:00 Bingo</b> <b>2:15 Mexican Dominoes</b>	<b>8:30 Continental Breakfast</b> <b>9:00 Aldi</b>  <b>10:00 Gratitude Hour With Pam - ENVISION</b> <b>11:00 Pokeno</b>  <b>1:00 EXERCISE CLASS</b> <b>2:00 Penny Poker</b>	<b>National Spinach Day</b> <b>9:30 Communion Service</b> <b>11:15 Sing Along</b> <b>11:30 Happy Hour</b>  <b>1:15 Bingo</b> <b>2:30 Mexican Dominoes</b> <b>5:15 Bible Study (CH)</b>

Wednesday	Thursday	Friday	Saturday
	<p><b>Emergency Number</b> If You Have a Maintenance Emergency, Please Call 267-3973</p> <p><b>Transportation Number</b> 565-9755</p>	<p><b>National Peanut Lovers Day!</b><sup>1</sup> 8:30 Continental Breakfast 9:00 Schnucks (Grandview) 11:00 Hearing Doctor 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker</p> <p>3:15 Until 4:00 Wine &amp; Cheese Social</p>	<p><sup>2</sup> 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling</p> <p>12:00 Ice Cream Social</p> <p>2:00 Nickel Game</p>
<p><b>Ash Wednesday</b><sup>6</sup> 8:30 Continental Breakfast</p> <p>11:00 Pokeno</p> <p>1:00 EXERCISE CLASS 2:00 Nickel Game</p> <p>5:00 Prayer Group With Brother George</p>	<p><sup>7</sup> 9:00 Hearty Breakfast 9:30 Trivia 10:15 Blood Pressure Clinic 11:00 Pokeno</p> <p>1:00 Bingo 2:15 Penny Poker</p>	<p><sup>8</sup> 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys)</p> <p>11:00 Pokeno</p> <p>1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker</p> <p>3:15 Until 4:00 Wine &amp; Cheese</p>	<p><sup>9</sup> 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling</p> <p>12:00 Ice Cream Social</p> <p>2:00 Nickel Game</p>
<p><sup>13</sup> 8:30 Continental Breakfast 10:45 Lunch at Chimi's 11:00 Pokeno</p> <p>1:00 EXERCISE CLASS 2:00 Nickel Game</p> <p>5:00 Prayer Group With Brother George</p>	<p><sup>14</sup> 9:00 Hearty Breakfast 10:30 Casino 11:00 Pokeno 1:00 Music and Movement (CR) 1:00 Bingo 2:15 Penny Poker 3:15 Crafts</p>	<p><sup>15</sup> 8:30 Continental Breakfast 9:00 Schnucks (Grandview)</p> <p>11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker</p> <p>3:15 Until 4:00 Wine &amp; Cheese Social</p>	<p><sup>16</sup> 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling</p> <p>12:00 Ice Cream Social</p> <p>2:00 Nickel Game</p>
<p><b>First Day of Spring</b><sup>20</sup> 8:30 Continental Breakfast</p> <p>11:00 Pokeno</p> <p>1:00 EXERCISE CLASS 2:00 Nickel Game</p> <p>5:00 Prayer Group With Brother George</p>	<p><sup>21</sup> 9:00 Hearty Breakfast 9:30 "Spring Into Fitness" With ENVISION 10:15 Blood Pressure Clinic</p> <p>10:30 Trip to Goodwill 11:00 Pokeno 1:00 Music and Movement (CR) 1:00 Bingo 2:00 Penny Poker</p>	<p><sup>22</sup> 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys)</p> <p>11:00 Pokeno</p> <p>1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker</p> <p>3:15 Until 4:00 Wine &amp; Cheese</p>	<p><sup>23</sup> 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling</p> <p>12:00 Ice Cream Social</p> <p>2:00 Nickel Game</p>
<p><sup>27</sup> 8:30 Continental Breakfast 10:30 Mystery Lunch?? 11:00 Pokeno</p> <p>1:00 EXERCISE CLASS 2:00 Nickel Game 3:00 Project HANDS 5:00 Prayer Group With Brother George</p>	<p><sup>28</sup> 9:00 Hearty Breakfast &amp; Welcome Our New Residents 9:30 Resident Meeting 11:00 Pokeno</p> <p>1:00 Bingo 2:15 Penny Poker 3:15 Crafts</p>	<p><sup>29</sup> 8:30 Continental Breakfast 9:00 Schnucks (Grandview)</p> <p>11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker</p> <p>3:15 Until 4:00 Wine &amp; Cheese Social</p>	<p><sup>30</sup> 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling</p> <p>12:00 Ice Cream Social</p> <p>2:00 Nickel Game</p>

# March 2019

## Polly Brandt - Apt. 127

Polly is originally from a small town called Rich Fountain in Missouri. She moved to St. Louis when she married her husband, Herbert, at the age of 18. Polly and Herbert were married for 55 years. They had 4 sons. Their oldest, Steven, is retired from the Metrolink. Their son, Allen, works for a pharmaceutical company. Their son, Richard, works for Hunter Engineering. Their youngest son, Peter, was born fourteen years later than Richard and he also works for Hunter Engineering as a computer programmer. Polly has 6 grandchildren and 7 great-grandchildren who she says are about as precious as you can get!

After Polly had her first three sons she started a job working in the cafeteria at St. Thomas Apostle until she got pregnant with her youngest child. Polly says that she and her husband loved to fish together. She enjoys sewing. She is a member of the St. Rose quilting club. She has made a quilt for all her children, grandchildren, and great-grandchildren. She also used to crochet as well. Polly and her husband would travel to Florida every winter and stay with really good long time friends.

Polly says that she really likes St. Catherine. She says that everyone is really friendly and that she knows some people here very well. She said that it is relaxing living here compared to her former home. She loves having contact with people every day.

We are so happy to have you here Polly! Welcome home!



- |            |          |
|------------|----------|
| 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  
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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  
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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