



Kutz
SENIOR LIVING CAMPUS

Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living • 1221 Lodge Lane Wilmington, DE 19809 • 302-757-8100



Celebrating March

**Irish-American Heritage
Month**

Optimism Month

Craft Month

**Mardi Gras
March 5**

**International Women’s Day
March 8**

**Daylights Savings Time
Begins
March 10**

**Purim
March 20**

**St. Patrick’s Day
March 17**

Preventative Steps to a Healthy Spring

With the fluctuations in the outdoor temperatures, the common cold, coughing, and runny noses are prevalent this time of year. It’s very common for people reach into their medicine cabinets or run to the drug store for some over-the-counter solutions. The U.S. Food and Drug Administration (FDA) strongly recommend that those who are taking physician-prescribed medications first check with their doctor before following their own treatment regimens. Very

often there are “interactions that may make the prescription medication less effective, cause unexpected side effects, or increase the action of a particular drug. Some drug interactions can even be harmful to you.” (U.S. Department of Health and Human Services, U.S. Food & Drug Administration Resources) In addition to the common cold medicines, the FDA warns that certain dietary supplements can also change the effect of your prescribed medicine. The nursing staff at LODGE LANE want to work with you to maintain a healthy and happy well-being. Please review *all* over-the-counter medications and vitamin



supplements with the nursing department or your physician *prior* to following your own course of medicinal therapy. Instead, the best means of combating cold symptoms is to use a simple preventative practice. The Centers for

Disease Control and Prevention (CDC), share that by simply washing your hands often with soap and water, even if they are not visibly dirty, can decrease the spread of infections by up to 50 percent. So while we enjoy as “spring breathes new life into the world around us,” let’s keep the germs from spreading amongst us.

March Activity Events

Irish Dance Performance
March 14, 2019 at 6:30pm
Great Room

Luck of the Irish Party
March 17, 2019 at 2:00pm
Activity Café

Unidine Super Food Demo
March 20, 2019 at 2:00pm

Purim Party
March 21, 2019 at 2:00pm
Activity Café

Mardi Gras Festival
March 5, 2019
Activity Cafe

Thank You, Adas Kodesh!

Please take a moment to check out the new additions to our Lodge Lane Library. Adas Kodesh has donated several books to enhance our literary collection.

Notice of Construction

Please excuse our appearance: The Kutz Rehabilitation and Nursing building will be undergoing a renovation project set to begin in early March. We will do our best to limit the amount of noise or disruption throughout the construction. We apologize in advance for any inconvenience.



Celebrating 100th Year of Life

While the fountain of youth has yet to be discovered, there are still a few that have managed to figure out the secret to living a *long* life. Some say the secret isn't so classified, simply physical and mental health are key. Our very own Lillian Balick agrees, and has revealed to us her own



secret to living a long life. During a weekly manicure session, I had the opportunity to gain insight on Lillian's words to live by. "I've been blessed. My secret to living a long life is staying positive and being nice to people. Always be nice and look at the bright side. There is no use in being down over things you can't change. I've volunteered for years and kept busy, and that made me happy." 2019 marks the 100th year of her life on this earth. Congratulations Lillian!

Irish Heritage Month

March begins the celebration of Irish Heritage. Did you know that it is widely celebrated across the entire United States?

Here are a few other facts about this month you probably didn't know.

Irish is the second most popular ethnicity Americans claim. Nearly 35 million Americans

report having Irish heritage, according to the census. But you don't have to be Irish to come celebrate with us here at Lodge Lane, we'll be kicking off our Irish celebration with some Irish Dancing on March 14, at 6:30pm. Then following up, will be a Luck of the Irish Party on March 17, at 2:30pm. Don't test your luck, you'll miss out on a great time. See the activities calendar for more details.



Daylight Savings Time Begins

Don't forget to spring forward. March 10, 2019 marks the beginning of daylight savings time.



March Super Food: Whole Grains

This month Lodge Lane is celebrating whole grain foods. Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Studies show that these goods are highly beneficial to your health. One study found that women who ate three or more servings of whole-grain foods a day had significantly lower body mass indexes (BMIs) than those



eating less than one serving a day. (This was found in men, too, but the link was more significant in women.) Another study at Northwestern University Medical School in Chicago discovered that adding oats to an already low-fat diet helped women cut their blood cholesterol by an additional 8 or 9 mg/dL after only three weeks. While women benefit in some areas more than men, whole grains are still a good choice for men alike as women. Eating foods containing barley decreases blood pressure and improves several other risk factors for heart disease. But, don't just take my word for it. Join us March 20, at 2:00pm for a Unidine demonstration on whole grain foods led by our Director of Dining and Executive chef.

Whole Wheat Pasta

Ingredients

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1/2 teaspoon sea salt
- 4 eggs
- 2 teaspoons olive oil



Directions

Stir together the all-purpose flour, whole wheat flour and salt in a medium bowl, or on a clean board. Make a hollow in the center and pour in the olive oil. Break eggs into it one at a time, while mixing quickly with a fork until the dough is wet enough to come together. Knead on a lightly floured surface until the dough is stiff and elastic. Cover, and let stand for 30 minutes to relax.

Roll out dough by hand with a rolling pin or use a pasta machine to achieve the desired thickness of noodles. Cut into desired width and shapes. Allow the pasta to air dry for at least 15 minutes to avoid having it clump together.

March Birthday Babies

- Patricia M. 3/7
- Ada R 3/13
- Fran B. 3/16
- Gloria S. 3/16
- Roxane W 3/18
- Elaine C. 3/22
- Arthur N. 3/22
- Sandy R. 3/22
- Miche'le' J 3/26
- Sheniquia B 3/28

Celebrity Birthdays

- Ron Howard (actor/director) – March 1, 1954
- Dr. Seuss (author) – March 2, 1904
- Bobby Fischer (chess champ) – March 9, 1943
- Liza Minnelli (entertainer) – March 12, 1946
- Albert Einstein (scientist) – March 14, 1879
- Liz Claiborne (designer) – March 31, 1929

Dining Room Reservations

Our dining rooms have a tendency to fill quickly. Please make reservations with the front desk with as much advance notice as possible so a table can be set aside for your party.

Deli Days

***Lodge Lane Deli Hours
Tuesdays and Thursdays
Noon- 1:30 p.m.***

***Serving Deli Sandwiches & Sides
Cash Purchases Only***

Please see the Front Desk for current pricing.



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

- John Oppenheimer, Interim Executive Director
- joppenheimer@kutzseniorliving.org
- Jessica Bannan, NHA, Assisted Living Administrator
- jbannan@kutzseniorliving.org
- Mary Cebenka, RN, Resident Care Director
- mcebenka@kutzseniorliving.org
- Melissa Casperson, Sales and Marketing Director
- mcasperson@kutzseniorliving.org
- Danielle Shaw, Activities Director
- dshaw@kutzseniorliving.org
- Nicole Cady, Director of Dining Services
- ncady@unidine.com
- Daniel Judge, Executive Chef
- djudge@unidine.com
- George Black, Director of Community Works
- gblack@unidine.com

Words of Wisdom

“Always do right. This will gratify some people and astonish the rest.”

—Mark Twain

“It is our choices that show what we truly are, far more than our abilities.”

—J.K. Rowling

“Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.”

—William Jennings Bryan

“Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity.”

—Albert Einstein

“To serve is beautiful, but only if it is done with joy and a whole heart.”

—Pearl S. Buck