



Happy Birthday

- Patricia O’Quinn.....3-1**
- Melissa Coleman.....3-1**
- Frank Brandon.....3-5**
- Brittany Powell.....3-8**
- Heidi Weatherholt.....3-11**
- Paul Fidishun.....3-12**
- Stephanie Pierce.....3-14**
- Reece Crump.....3-24**
- Keirsten Lam.....3-31**

***March Birthstone:
Aquamarine***

***March Flower:
Daffodil***

Greetings from Daryl, Vicki, and Aron,

March is a month of change. It is the month we change seasons from winter to spring. We change our clocks to daylight savings time. We spring clean our homes. But have you ever thought about “spring cleaning” your lifestyle? By that we mean, declutter your lifestyle to improve your well-being. For the past year, many seniors have been staying home and avoiding crowds. Seniors who have been self-quarantined are suffering from feelings of isolation, boredom, and maybe poor health. Assisted living communities, such as Hidden Springs Senior Living, can provide safe socialization, access to medical care, and so much more.

Seniors at HSSL are never bored. With extra hours of free time, the residents can pursue their passions or take up new hobbies. Some of the activities HSSL offers are movies, games, gardening, arts and crafts, cards, and book clubs. The residents are less likely to feel lonely with so many opportunities to spend time with their friends and peers. During the pandemic, the residents of HSSL have remained very active and busy while social distancing.

Seniors at HSSL can receive assistance when they need it. This can mean anything from supervision to hands-on care with activities of daily living. If a resident is independent when they move in, but needs more care as they age, that assistance is available on-site and can be quickly arranged. Residents of HSSL can receive assistance with bathing, ambulation to dining and activities, medication management, transportation to physician appointments, and 24/7 medical staff to respond to emergencies. During the pandemic, the HSSL clinical team of nurses and physicians continue to receive up-to-date information on safe protocols and procedures to provide the residents the best possible care.

Seniors at HSSL are living a healthier lifestyle. Seniors have fitness and nutrition needs. While living at home, the task of preparing healthy, balanced meals and organizing transportation to the local gym falls to their family members. But during the pandemic, restaurants and gyms have been closed and shelves are empty at many grocery stores. At HSSL, residents continue to be served dietician-approved meals for diabetic diets, high cholesterol, and more. Daily, physical activities such as chair aerobics and yoga are safe exercise programs for HSSL residents of all abilities.

The pandemic has posed many challenges to seniors who live alone. At HSSL, there are many opportunities for fun and safe socialization, medical care, healthy nutrition, and meaningful physical activity. Stop worrying and give yourself and your family peace of mind. Let HSSL help you “spring clean” and improve your lifestyle!

Activity Corner

We are “marching” into spring with warmer weather activities, such as exercises on the patio and walking outside on the pathways. Longer days of spring give our bird watchers and book worms an excuse to claim a park bench or a porch rocker for a spell and what says spring better than starting vegetable and flower seeds to replant later.

Special observances this month are St. Patrick’s Day, Dr. Seuss’s Birthday, World Wildlife Day, and Spring Equinox. This month our basketball fans are tuning into March Madness while the adventurous residents are enjoying virtual tours of interesting places around the globe. March is Women’s History Month where we recognize prominent women and the contributions they have made to our country. We end March with Holy Week and special times set aside to reflect on the events leading up to the death and resurrection of Jesus.

“Spring into action at HSSL”

Nurses’ Advice

March is National Kidney Month, a time to raise awareness about kidney disease. Often overlooked until symptoms appear, Chronic Kidney Disease is progressive and can put you at risk for serious health complications including kidney failure. Adopting a healthy lifestyle can help you manage and slow the progression of CKD and its complications.

Follow these healthy lifestyle tips to take charge of your kidney health: **Meet regularly with your health care team.** Stay connected with your doctor, whether in-person or using telehealth via phone or computer. **Manage blood pressure and monitor blood glucose levels.** Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes. **Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.** Your pharmacist and doctor need to know about all the medications you take. **Reduce stress and make physical activity part of your routine.** Get at least 30 minutes or more of physical activity each day. **Make time for sleep.** Aim for 7 to 8 hours of sleep per night.

It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthy.



March 14—Daylight Saving Time begins at 2:00 A.M. Don’t forget to “spring forward” and set the clocks one hour ahead, or you may find yourself an hour late to everything!

March 15—Ides of March! Shakespeare said take warning of this ill-fated day. Beware the Ides of March!

March 17—St. Patrick’s Day. According to folklore, folks wear a shamrock on St. Patrick’s Day because the patron saint of Ireland used its three leaves to explain the Trinity.

March 20— March equinox—also called the vernal or spring equinox in the Northern Hemisphere—marks the beginning of spring.

March 27—Passover begins at sundown to commemorate the liberation of the Hebrew children who were led out of Egypt by Moses.

March 29-31—Borrowing Days. According to lore, the last three days of March have a reputation for being stormy. These days were borrowed from April so that March might extend its power.

Famous March Birthday’s

**MARCH 2, 1904: THEODOR GEISEL
(A.K.A. DR. SEUSS)**

MARCH 3, 1911: JEAN HARLOW

MARCH 14, 1879: ALBERT EINSTEIN

MARCH 24, 1874: HARRY HOUDINI

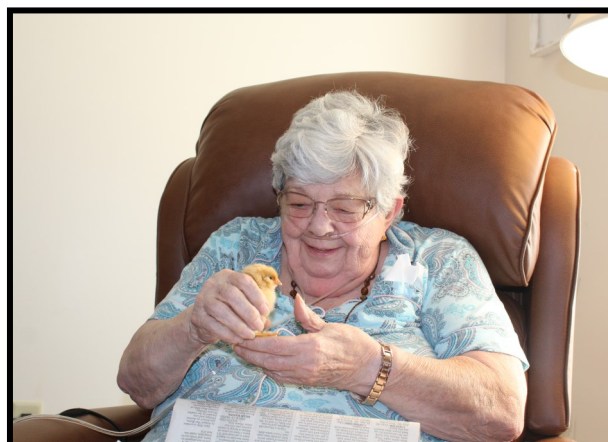
MARCH 20, 1928: FRED ROGERS



Resident Snapshots



Pat Armstrong and Jeanne McGrath—
lived in the same neighborhood of Arlington—
and now they live across the hall at HSSL!



Claudia Kardin —
said a visit from this baby chick lets her know
spring is on the way!



Mary Baggaly—
tapped her toes to the tunes Stephanie Parsell
played on her banjo!



Jeanne McGrath —
played Bingo with the help of this special lamp!



Dotsy Barber—
created this heartfelt message for her family!



Dick McCreight—
received along with other residents and staff his
second dose of the Pfizer COVID vaccine.



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Chef's Table

Heart-Healthy Spinach And Mushroom Stuffed Chicken

Directions

First, prepare your chicken breasts by pounding them into a thin, even layer, around 1/4-inch thick.

Next, heat up 2 tablespoons of olive oil in a large skillet over medium heat. Add the garlic, mushrooms and onions to the pan, then sprinkle thyme, rosemary, salt and pepper. Sauté the mixture for five minutes. Remove the skillet from the heat and allow the ingredients to cool for a minute. Transfer mushroom and onion mixture into a food processor, pulse until the mushrooms are finely ground. Put the mixture in a large bowl and mix in spinach and almonds, until well-combined, and then you're ready to stuff the chicken breasts.

Place a mound of stuffing in the center of each piece of chicken. Roll the breast tightly around the filling, and secure the chicken with a toothpick. Pour the remaining olive oil into the skillet and warm over medium heat. Add the stuffed chicken to the pan. It will take around 10 to 12 minutes for the chicken to be cooked through. Make sure to roll the breasts so they brown on all sides. Remove the toothpicks before serving. Serve the chicken with a side of your favorite vegetables and some quinoa for a well-rounded dinner.



Ingredients

Yields: 4 Servings

- 4 boneless, skinless chicken breasts
- 4 tbsp olive oil
- 1 tsp minced garlic
- 1 1/2 cups small mushroom caps
- 1/2 cup onion, chopped
- 1/4 tsp dried thyme
- 1/4 tsp rosemary
- salt and pepper
- 1 1/2 cups fresh spinach, chopped
- 3/4 cup finely ground almonds
- toothpicks

Musings from Mazie



I help Aron give Ginger and Cocoa supper before settling down on Daryl's lap for an evening snooze. I guess Midnight likes Daryl's lap too. — Mazie