

Majestic Pines Senior Living March 2024 Newsletter

A Token of Appreciation

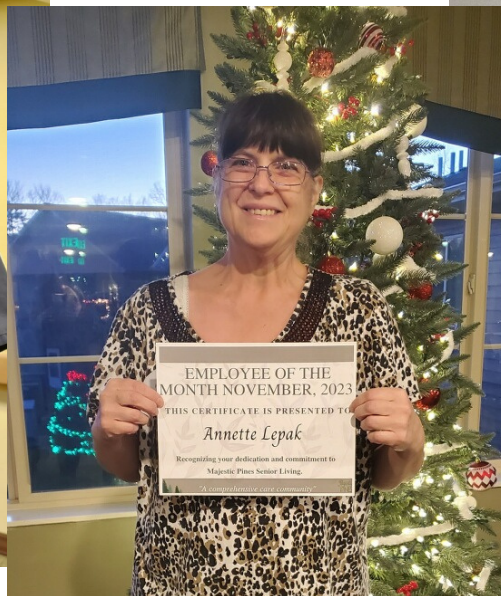
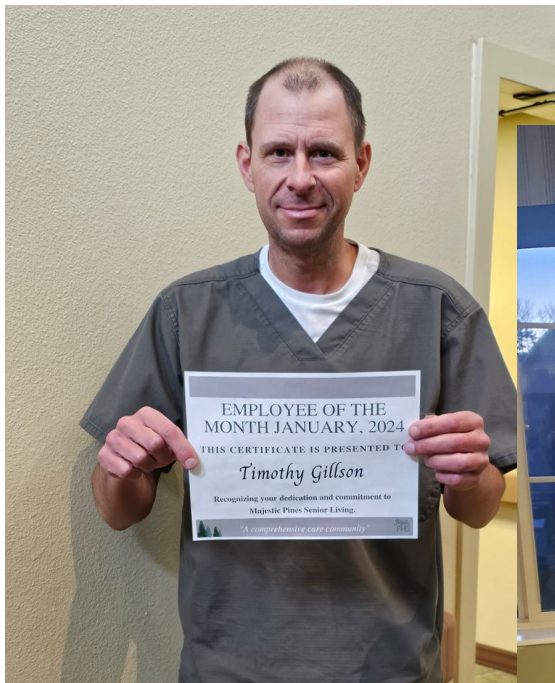
As we step into the third month of the year, it's time to express our heartfelt gratitude to the dedicated individuals who ensure the smooth operation of our building. A big thank you goes out to our invaluable Nursing and Dietary Departments for their unwavering commitment to serving the staff around the clock, seven days a week.

Now, let's take a moment to shine a spotlight on some of our exceptional employees of the month:

November 2023- Annette

December 2023- Hannah

January 2024- Tim



Resident Religious Services:

Lutheran Church Service

Thursday, March 28th at 2:00 pm in the Chapel

Catholic Communion

Fridays, at 9:45 am in the Chapel

March Trivia

March came from the name Mars, a Roman god of war. March 10th is Daylight Saving Time, don't forget to set your clocks one hour ahead.

Symbols of March

Birthstone: aquamarine and bloodstone

Flower: Daffodil

Zodiac signs: Pisces and Aries

Family Council

Majestic Pines provides a space and coordinates the participation of interested participants for resident and family council. Majestic Pines will offer both councils' meeting opportunities per each council's request, at least semi-annually. This is an opportunity for residents and/or families to come together and discuss any changes they would like to see implemented, share concerns or simply collaborate with other council members. The council then submits their request(s) to the Community Advisory Board for further discussion and issue resolution. If you prefer to share your requests or concerns outside of either council, you are always welcome to do so via the Care and Concern or Council Request forms found at the Information Station in our bistro. We are always looking for ways to improve and encourage you to share your feedback. If you have any questions about this opportunity or would like to organize a meeting on behalf of either council, please inquire with me at your convenience.

-Nichole Houg, Executive Director, LALD



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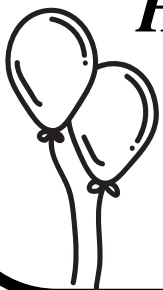
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Season of Love



Happy March Birthdays to our Residents!



Marion B.

Grace B.

Margaret H.

Deborah S.

Vivan K.

Robert R.

Betty W.





A Note from Dietary Director Dennis



Announcements

Our next Culinary Meeting is for the Grove Community at 2:00 pm on Thursday, March 21st in the main dining room.

Easter is coming up, we will have ham and all the fixins' on Sunday, March 31st... join us for lunch

Health in Food

Our "Health in Food" topic this month is Protein! A protein-rich diet contributes to healthy cell growth in hair, skin, nails, bones, and internal organs. As we get older protein-rich foods, and exercise are a great way to maintain muscle mass and a healthy weight!

Foods that are rich in protein and nutrients are:

- Lean Beef
- Pork Loin
- Skinless Turkey & Chicken
- Cod
- Haddock
- Tuna
- Salmon
- Low-fat Cottage Cheese
- Yogurt
- Eggs
- Garbonzo Beans
- Lentils
- Soybeans

Majestic Pines Resident Spotlight

Meet Viola!

In this edition of our newsletter, we're thrilled to shine the spotlight on Viola, a cherished member of our community.

Originally, from Bovey, Viola brings with her a wealth of vibrant experiences.

In her youth, Viola found joy in the great outdoors, particularly in the art of fishing.

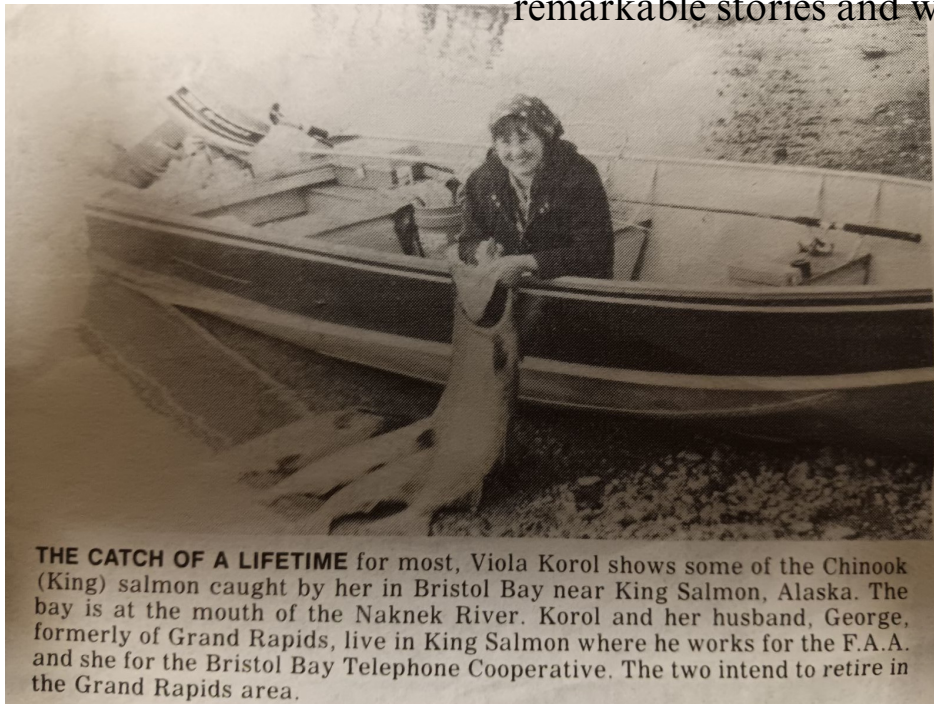
She fondly reminisces about her adventures in Alaska, where she and her fishing companions had a unique method involving salmon eggs wrapped in gauze tied to their fishing poles. This technique often resulted in plentiful catches, creating unforgettable memories!

Aside from her fishing escapades. During her younger days, Viola dove into the world of ceramics, crafting beautiful pieces from scratch; her hands fashioned wonders from clay, each creation a testament to her artistic passion and skill.

Guided by wisdom through a life rich in experiences, Viola shares with us her advice:

"Keep your head above all the commotion of life, and keep your mind on the good things of life."

Viola, thank you for gracing our community with your presence and for sharing your remarkable stories and wisdom.



THE CATCH OF A LIFETIME for most, Viola Korol shows some of the Chinook (King) salmon caught by her in Bristol Bay near King Salmon, Alaska. The bay is at the mouth of the Naknek River. Korol and her husband, George, formerly of Grand Rapids, live in King Salmon where he works for the F.A.A. and she for the Bristol Bay Telephone Cooperative. The two intend to retire in the Grand Rapids area.



Majestic Pines Resident Spotlight

Meet Alice!

Next up we introduce you to Alice, a cherished member of our community whose warmth and wisdom brighten our days.

Originally from Warba, Alice brings with her a plethora of experiences and a heart overflowing with love for her family.

During her younger years, Alice found solace and joy in the rhythmic motions of sewing and knitting. With nimble fingers and a creative spirit, she crafted garments for her loved ones as an expression of her affection. Sewing became more than just a hobby for Alice; it was a way of showering her daughters with love and care, stitching together memories that would last a lifetime!



Alice offers us a precious nugget of wisdom: "Stay close to family." These simple yet profound words remind us of the importance of family!

Meet Della!

We are thrilled to shine the spotlight on one of our remarkable community members, Della.

Della's roots run deep, as she grew up on the serene shores of Lawrence Lake, where she forged unforgettable memories alongside her beloved mother. Together, they cultivated more than just a garden; they nurtured a bond strengthened by the shared joys of gardening; canning, and even crafting sour kraut from scratch. These simple yet meaningful activities wove the fabric of Della's childhood, leaving an indelible mark on her heart.

As the youngest of a large and loving family boasting nine siblings, Della knows a thing or two about the importance of connection and family bonds.

Guided by a lifetime of wisdom, Della shares with us her invaluable advice: "Do what you want to do, do something with your life, don't just sit there. Enjoy life!"

