

TIMELESS

AN EDITORIAL BY ELISON MAPLEWOOD

MARCH 2024

READING IS
*Fun*DAMENTAL

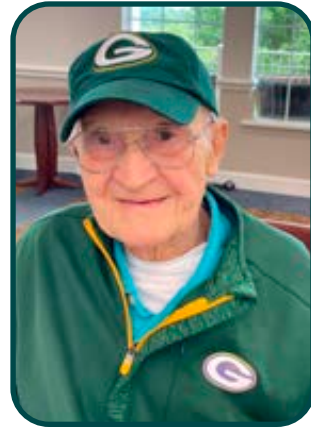
Who said learning stops once you graduate? Let's put the FUN in the fundamentals of reading and encourage lifelong learning in our communities and teams!

ELISON MAPLEWOOD | INDEPENDENT LIVING

Resident Spotlight

Introducing: Robert "Bob" Anderson.

Bob is a 91-years-young, retired U.S. Army Colonel and Emeritus Professor of West Virginia University. He has authored 17+ titles and is a very talented poet. He graciously volunteers his time to host a poetry class for all the residents each week and is always easy to talk to. We are very thankful for Bob and what he brings to the Elison of Maplewood family.



March 2024

Leadership Team

Wilma Sternthal

Executive Director

Lexie Clark

Resident Service Director

Shy Burkhammer

Lifestyles Director

Susie Efaw

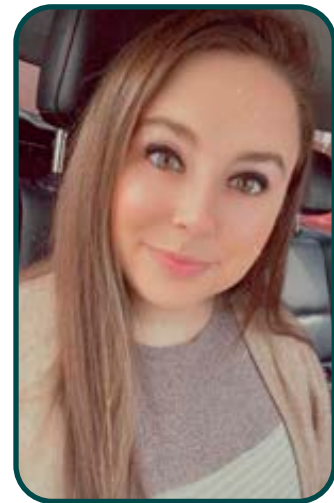
Business Office Director

Kayla Pyles

Marketing Director

Twyla Miller

Housekeeping Supervisor



Introducing The New Lifestyles Director

Hello, All! My name is Shy, and I am so very excited to have the opportunity of being your new Lifestyles Director. Lifestyles is, and always has been, a large passion of mine, and I am thrilled to bring that passion to you. I have worked in the healthcare industry for over a decade and was once a private caregiver to my grandmother. One of my favorite pastimes is reading. I started reading at a young age, and I absolutely fell in love. I cannot wait for us to grow and make memories together.



A Message From the Executive Director

Reading is FUNdamental!

I love to read. My favorite books are thrillers and murder mysteries. What are you reading?

As we age, reading improves mental health and helps deter cognitive decline. It is great when you are not as able to get out and socialize with your friends. I remember reading *Where the Crawdads Sing*, I was totally absorbed in that book. I could imagine the warmth of the sun and the feel of the wind on my face and the smell of the water and fish. The book took me away.

Reading helps us to decrease stress and settle in – unless it is one of those action-packed thrillers I like to read. Another benefit of reading is that it gets you away from TV and computer screens. Reading as part of a bedtime routine may help you fall asleep sooner and allow you a better night of sleep.

We have a wonderful library. Stop by and grab a great read!

-Wilma

Source: Bennett, J. 2019 April 5. *How Does Reading Help the Elderly.* Active Seniors Club.

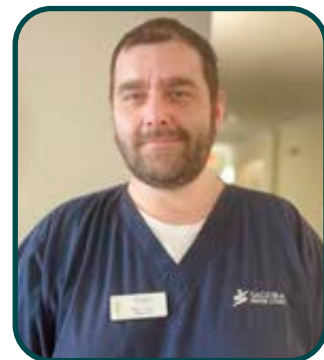


1000 Maplewood Dr.
Bridgeport, WV 26330
304-848-0556



Employee Spotlight

Introducing Bobby Koch, Resident Assistant. Bobby is known by his peers as "leader of the A team." Bobby is an amazing asset to the RA team, and we are so thankful to have him!



St. Patrick's Day Luncheon

Sunday, March 17th at 11:45 A.M.

The Elison of Maplewood Lifestyle and Culinary staff are teaming together to host a festive and fun St. Patrick's Day luncheon! We will have traditional Irish food, green beer, music and some special guests.

You'll have to keep your eye open for those pesky little leprechauns; you never know where they'll be!



Happy Birthday!

IL Birthdays

Elizabeth Frye 3/31
Patricia Reasinger 3/25
Ida Saymon 3/25
Patsy Thobios 3/23
Herb Johnson 3/1

AL Birthdays

Devanna Stopper 3/2
Ann Cummins 3/4
Peggy Twyman 3/4



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Elison Independent Living of Maplewood

March 2024



							11:00 POKENO in MLR ¹ 1:00 "Let's Get Physical" with Powerback in MLR 2:00 Blood Pressure Checks (CR) 3:00 Grandma's Prayer Group w/ Debbie Fields in MLR 4:00 Happy Hour in BAR 6:00 Movie: "Ticket to Paradise" (Comedy/Romance) in MLR	2 National Read Across America Day Dr. Suess Day 11:00 Maplewood Mover's Exercise in MLR 1:00 Dr. Suess Documentary in MLR 2:30 Reading w/ Little Ones in MLR 6:00 Basketball: WVU vs Texas Tech in MLR
9:45 Worship Service w/ Bridgeport Methodist Church in MLR ³ 11:00 Sittercise in MLR 1:00 Meditation and Calming Music in MLR 1:30 Rummy in GR 2:30 Yahtzee in GR 6:00 Dominoes in GR	National Pound Cake Day ⁴ 11:00 Maplewood Mover's Exercise in MLR 1:00 Activity Chats w/ Shy in MLR 2:00 One Call Assistance & Sign-up w/ Shy in MLR 3:00 Cooking Group: Pound Cake in AR 6:00 Canasta Club in GR	9:00 Shopping Outing - Price Cutter/Walmart ⁵ 11:00 Silver Sneakers with Janelle in MLR 1:00 Crafting: Clay Sculptures in MLR (EASY) 2:00 Holistic Wellness Discussion in MLR 3:00 Quarter Bingo in MLR 4:00 Happy Hour w/ LIVE MUSIC featuring Sherri Carr 6:00 Bible Study w/ Debbie in MLR	National Oreo Cookie Day ⁶ 11:00 Silver Strong Class - Strengthening and Balance in MLR 1:00 Cooking Group: Oreo Balls, Dirt Cake, Oreo Pies in AR 2:00 Poetry Club in PDR 3:00 Resident Association Meeting in MLR 6:00 New Movie Premier: "Wonka" w/ Snacks/Candy in MLR	National Monopoly Day ⁷ National Cereal Day 8:45 Outing to The Bride Sports Complex (Aquatics) 11:00 Silver Sneakers with Janelle in MLR 12:00 Lunch Outing - Ritzy Lunch 1:30 Monopoly in AR 2:00 Veteran's Club in MLR 3:00 Crafting: Cereal Bird Feeders in AR 6:30 Bridge Club in GR	International Women's Day ⁸ 10:00 Facials in MLR 11:00 Ladies Brunch in DR 1:00 "Let's Get Physical" with Powerback in MLR 2:00 Blood Pressure Checks (CR) 2:30 Manicures in MLR 4:00 Happy Hour in BAR 6:00 Meditation and Calming Music in MLR	National Barbie Day ⁹ 11:00 Maplewood Mover's Exercise in MLR 1:00 The History of Barbie in MLR 2:00 Basketball: WVU vs Cincinnati in MLR 6:00 Barbie Movie Watch Party in MLR		
Safety Awareness Week ¹⁰ 8:00 First Responders Breakfast in DR 9:45 Worship Service w/ Bridgeport Methodist Church in MLR 11:00 Sittercise in MLR 1:00 Meditation and Calming Music in MLR 8:00 Oscars Awards Ceremony Watch Party in MLR	10:00 Tech Class: Scams, Frauds, and How To Protect Yourself in MLR ¹¹ 11:00 Maplewood Mover's Exercise in MLR 1:00 Oscars Recap Watch Party & Snacks in MLR 2:30 Crafting: Diamond Dots w/ Amedisys Hospice in AR 6:00 Canasta Club in GR	National Plant A Flower Day ¹² 9:00 Outing: Mall Walkers 11:00 Silver Sneakers with Janelle in MLR 11:45 Informational Luncheon w/ Jacob S. w/ Interim Healthcare in MLR 2:00 Planting Seeds in AR 3:00 Quarter Bingo in MLR 4:00 Happy Hour in BAR 6:00 Bible Study w/ Debbie in MLR	11:00 Silver Strong Class - Strengthening and Balance in MLR ¹³ 1:00 Aromatherapy: What is it? in AR 2:00 Poetry Club in PDR 2:00 Seminar w/ Mountaineer Therapy Dogs in MLR 3:00 Resident Led Bible Study in PDR 5:00 Spanish Club: Beginners in MLR	National Potato Chip Day ¹⁴ National Pi Day 8:45 Outing to The Bride Sports Complex (Aquatics) 11:00 Silver Sneakers with Janelle in MLR 12:00 Lunch Outing - The Caboose 1:00 Guess that flavor in AR 3:00 Cooking Group: Baking Mini Pies in AR 6:30 Bridge Club in GR	11:00 Family Feud in MLR ¹⁵ 1:00 "Let's Get Physical" with Powerback in MLR 2:00 Blood Pressure Checks (CR) 3:00 How to: Safely Get Up After a Fall in MLR 4:00 Happy Hour in BAR 6:00 Movie: "Shotgun Wedding" (Romance/Comedy) in MLR	National Panda Day ¹⁶ 9:00 Outing to Maple Syrup Festival 11:00 Maplewood Mover's Exercise in MLR 1:00 Panda Documentary in MLR 3:00 Live Zoo Experience in MLR 6:00 Chess and Checkers in GR		
St. Patrick's Day ¹⁷ 9:45 Worship Service w/ Bridgeport Methodist Church in MLR 11:00 Sittercise in MLR 11:45 St. Patrick's Luncheon in DR 1:00 Leprechauns On The Loose 3:00 Truth Or Blarney - Irish Edition in MLR 6:00 Crafting: St. Patrick's Day Wreaths in AR	11:00 Maplewood Mover's Exercise in MLR ¹⁸ 1:00 Armchair Travels: Ireland in MLR 2:30 Irish - Who Am I? in MLR 3:30 Cooking Group: St. Pat's Sugar Cookies in AR 6:00 Canasta Club in GR	9:00 Shopping Outing - Kroger's/Sam's Club ¹⁹ 11:00 Silver Sneakers with Janelle in MLR 1:00 Cooking Group: Irish Bread in AR 2:00 Team Trivia: St. Patrick's Day in MLR 3:00 Quarter Bingo in MLR 4:00 Happy Hour in BAR 5:00 Outing to Bridgeport Library: Sign Language 6:00 Bible Study w/ Debbie in MLR	National Corn Dog Day ²⁰ 11:00 Silver Strong Class - Strengthening and Balance in MLR 1:00 Cooking Group: Mini Green Corn Dogs in AR 2:00 Poetry Club in PDR 3:00 Resident Led Bible Study in PDR 6:00 Lucky Numbers Game in MLR	8:45 Outing to The Bride Sports Complex (Aquatics) ²¹ 11:00 Silver Sneakers with Janelle in MLR 12:00 Lunch Outing - Meadowbrook Mall 2:00 Veteran's Club in MLR 3:00 Paint & Sip w/ Shy in MLR (Lucky Clovers) 6:30 Bridge Club in GR	11:00 Irish Limericks in PDR ²² 1:00 "Let's Get Physical" with Powerback in MLR 2:00 Blood Pressure Checks (CR) 3:00 First Book Club Meeting in MLR 4:00 Happy Hour in BAR 6:00 Movie: "Sounds of Freedom" (Drama/True Story) in MLR	11:00 Maplewood Mover's Exercise in MLR ²³ 1:00 Corn Hole in MLR 2:00 Mexican Train in GR 3:00 Men's Club in PDR 6:00 Horseshoes in MLR		
9:45 Worship Service w/ Bridgeport Methodist Church in MLR ²⁴ 11:00 Sittercise in MLR 1:00 Meditation and Calming Music in MLR 3:00 Phase 10 in GR 6:00 Puzzles in AR	National Waffle Day ²⁵ 11:00 Maplewood Mover's Exercise in MLR 1:00 Bowling in MLR 2:00 Chef Chats with Arkie in IL dining room 3:00 Cooking Group: Making Waffles in AR 4:00 Girl Scout Booth in DR 6:00 Canasta Club in GR	9:00 Outing: Mall Walkers ²⁶ 11:00 Silver Sneakers with Janelle in MLR 1:00 Crafting: Jewlery Making in AR 2:00 Town Hall Meeting in MLR 3:00 PRIZE Bingo in MLR 4:00 Happy Hour in BAR 6:00 Bible Study w/ Debbie in MLR	11:00 Silver Strong Class - Strengthening and Balance in MLR ²⁷ 1:00 Team Trivia: West Virginia History in MLR 2:00 Poetry Club in PDR 3:00 Resident Led Bible Study in PDR 5:00 Outing to Bridgeport Library: Genealogy Round Table 6:00 Filling Easter Eggs in MLR	8:45 Outing to The Bride Sports Complex (Aquatics) ²⁸ 11:00 Silver Sneakers with Janelle in MLR 12:00 Lunch Outing - Parkette 2:00 Alzheimer's/Dementia Support Group/Informational in MLR 3:00 Decorating: Flower Arrangements in AR 6:30 Bridge Club in GR	11:00 Jeopardy in MLR ²⁹ 1:00 "Let's Get Physical" with Powerback in MLR 2:00 Blood Pressure Checks (CR) 2:30 Monthly Birthday Celebration in MLR 4:00 Happy Hour in BAR 6:00 Movie: "A Beautiful Boy" (Drama/Inspiring) in MLR	11:00 Maplewood Mover's Exercise in MLR ³⁰ 1:00 Easter Egg Hunt w/ Little Ones in Back Yard 2:00 Easter Crafts w/ Little Ones in MLR 3:00 Easter Finish the Phrase in AR 6:00 Movie: "Son of God" in MLR		

Easter ³¹ 9:45 Worship Service w/ Bridgeport Methodist Church in MLR 11:00 Sittercise in MLR 1:00 Meditation and Calming Music in MLR 2:00 Go Fish in GR 4:15 Easter Hymns w/ The Field's Family in DR 6:00 Easter Trivia in MLR



KEY Maple Leaf Room.....MLR Activity Room.....AR Bar.....BAR Dining Room.....DR Game Room.....GR Private Dining Room.....PDR Billiards Room.....BR
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Capturing Wonderful Memories



READING IS *Fun* FUNDAMENTAL

March is filled with so many special occasions! It's a time of jubilation and a month of education, religious observances and fun-filled events. One such event is National Reading Month. There are countless ways to embrace National Reading Month, which makes it an ideal topic for this month's Sagora theme, "Reading is FUNdamental."

How many of you grew up reading every day? Maybe you read J.D. Salinger's "The Catcher in the Rye" or George Orwell's riveting "1984" multiple times. Perhaps you imagined yourself to be a character in "To Kill a Mockingbird" by Harper Lee. These classics impacted generations that were to come, and likely will continue to impact others in the future.

So what are your reading habits in this stage of life? It's vital to continue exploring reading options, as lifelong learning is necessary to your overall health and wellness. There are several ways to reignite your reading passion if it's something that has faded a bit over the years. Reading and writing go hand-in-hand, too, so reading more will also help you put pen to paper and share more with those

you love. You might engage in a bit of storytelling with family and friends or hold and participate in a trivia challenge focused on authors and written works. Your community is sponsoring some great "Reading is FUNdamental" engagement opportunities, so be sure to participate and continue following your journey of lifelong learning! Happy reading!



How Do You Celebrate *St. Patrick's Day?*

One might think St. Patrick's Day traditions are the same around the globe, but that isn't the case. The patron saint of Ireland known as St. Patrick is celebrated on March 17. His holiday is a nationally-observed holy day in Ireland, his homeland. There's no school in session and the bulk of the businesses there are also closed.

Notice that it's a "holy day" celebration, unlike America's "holiday" celebration. Irish people honor St. Patrick by remembering the day of his death, which occurred in the 5th century. St. Patrick was a known missionary dedicated to bringing Christianity to the Irish, so this is very much a religious observance in Ireland.

In America, March 17 is a festive day when those with Irish heritage gather together in green and bond over a shared culture. The bonding is definitely not religious, however. Everywhere you look the color green is present. Green beer, green baked goods, green milkshakes, green T-shirts – you name it and it's likely somewhere in America painted green. You'll also find cities that hold parades featuring an influx of bagpipe players and dancers all in green. All these traditions are strictly American, not influenced by Ireland at all.

While the commemoration of St. Patrick remains a solemn day of celebration, with a number of church services, the country continues to attract large numbers of visitors who are more interested in the real St. Patrick's Day observance and less so in drinking green beer.

March 2024

DATES TO CELEBRATE

Caregiver Appreciation Day	3/3
International Women's Day.....	3/8
Daylight Saving Time Begins.....	3/10
St. Patrick's Day	3/17
Spring Begins	3/19
Palm Sunday.....	3/24
Purim.....	3/24-25
Full Moon.....	3/25
Good Friday	3/29
Easter	3/31

Birthstone - Aquamarine/Bloodstone |
 Flower - Daffodil | Zodiac - Pisces/Aries

GENRES

Galore

- BIOGRAPHY
- COOKING
- FANTASY
- FICTION
- HISTORY
- HUMOR
- MEMOIR
- MYSTERY
- NONFICTION
- PHILOSOPHY
- POETRY
- ROMANCE
- SCIENCE
- SHORT STORY
- TRAVEL

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