

# March NEWSLETTER



# 2025



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## **Visitor Reminder**

As a friendly reminder, we kindly ask all families to sign in at the front desk each time they visit. If you are visiting with a group, please ensure that each person signs in as well. This helps us maintain a safe and welcoming environment for everyone. Thank you for your cooperation!

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## Resident Spotlight: Glenda "Mac" M.



Meet Glenda "Mac" M, a vibrant and accomplished member of our community here at Heritage Avonlea of Olathe.

Born in Kansas City, Missouri, Mac was adopted at the age of two, and her love for family runs deep. She proudly served in the United States Army for three years, working as a Nuclear Biconical Chemical Specialist. After her service, Mac found a fulfilling career at the Markey Plastic Factory, where she played a role in creating everything from lotion bottles and storage containers to specialized tubing used to transport explosives.

Mac's heart belongs to Kansas City, and she is a dedicated Chiefs fan, with her apartment proudly displaying all things Chiefs. When she's not cheering on her team, Mac is an avid animal lover, especially when it comes to dogs.

In her free time, Mac enjoys sewing, gardening, playing board games, and participating in any card games. She is always eager to help out, especially when it comes to assisting our Activities Director.

Most recently, Mac has taken on the role of Resident Council President, where she continues to make a positive impact on our community. When asked what she loves most about living here, she shared: "I think there are nice people that work here.

Communication is great. I feel like I can come to anyone for help." We're lucky to have such an inspiring and engaged resident like Mac as part of our community!

# Special Events and Birthdays

*Mark your calendars!*

**Tuesday, March 4th**- Mardi Gras Celebration at 10:30am

**Wednesday, March 5th** - Happy Hour with Dan Bliss at 2:00pm

**Monday, March 17th** - St. Patrick's Day Party at 1:30pm

**Wednesday, March 19th** - Happy Hour with Catherine at 2:00PM

**Wednesday, March 26th** - Happy Hour with the Henry's Band at 2:00pm



*March Birthdays!*



Bret S. 3/5

Vickie S. 3/9

Kidnesh (Staff) 3/10

Kimtee G. 3/13

Mekdes (Executive Director) 3/29





# Healthy Aging: Bone Up on Bone Health

Growing up, a broken bone, suffered during a sport or a daredevil act like jumping off a roof, was likely to produce bragging rights, along with a nice collection of autographs on the cast. After age 60, fractures could mean hospitalization and a long recovery. "A fracture can be a life altering event," says Andrea Singer, MD, chief medical officer at the Bone Health and Osteoporosis Foundation (formerly the National Osteoporosis Foundation) and director of the division of women's primary care at MedStar Georgetown University Hospital, Washington. "It can impair mobility and lead to a lack of independence."

## Keeping Tabs on Bone Health

Numerous organizations have issued guidelines about screening bone density. The U.S. Preventive Services Task Force guidelines recommend bone measurements in women at age 65 or under 65 if there is an increased risk for osteoporosis. It does not recommend screening men, citing insufficient evidence of benefit. However, Singer says, many other organizations recommend differently. It recommends women begin screening at age 65, men at age 70, but younger if risk factors (such as family history, fracture since age 50, smoking or vitamin D deficiency) are present.

The bone density test produces a score and that guides the treatment plan, which might include dietary and lifestyle advice and medication.

## A Bone Healthy Lifestyle

Paying attention to lifestyle helps bone health. "Calcium and vitamin D are important, they're the building blocks for bones," Singer says. According to the National Institutes of Health, adults age 19 to 50 need 1,000 milligrams a day of calcium (from food and supplements), men 51 to 70, 1,000 mg, women 51-70 1,200, and men 71 and older 1,200mg. Because some research has linked too much calcium intake with heart disease, the NIH recommends an upper limit of 2,500 milligrams for adults ages 19 to 50 and 2,000 for those 51 and older. A cup of spinach has 245 mg of calcium; 8 ounces of non fat Greek yogurt, 250 mg, 8 oz of plain nonfat yogurt, 488 mg.

The NIH recommends adults 19 to 70 years get 600 IUs of Vitamin D, while those 71 and older get 800 IUs; it says the upper limit is 4,000 IUs. However, not all agree on the daily recommendation. The Endocrine Society suggests an intake of 1,500 to 2,000 IUs a day of Vitamin D for adults may be needed for those at risk for a vitamin D deficiency.

**Disclaimer: Before starting any new supplement regimen, we strongly recommend consulting with your primary care physician to ensure it's appropriate for your individual health needs.**

# March

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
						10a Walking Club <sup>1</sup> 10:30a Peaceful Patio 1p Library Solitude 2p Chit Chat 7:05p Royals Game
2 10a Crossword Fun 10:30a Zen Coloring 12p Chit Chat 1p Hymns with Cathy 2:10p Royals Game	3 10a Spill the Tea 10:30a Bible Study 1:30p Scenic Shopping 2:05p Royals Game 3pm Library Solitude	4 10am Fat Tuesday 10:30a Mardi Gras Fun! 1pm Earn those Beads 2:30p Candy Bingo 4pm Dear Abby	5 10a Bust a Move 10:30a Nails with Naomi 1pm Word in a Word 2pm Happy Hour w Dan 7:05p Royals Game	6 10a Thai Chi 10:30a True of False 1pm Oreo Contest 2:30p Big Bingo! 7:05p Royals Game	7 10a Chair Yoga 10:30a Price is Right 12p Resident Council 2pm Ice Cream Social 2:05p Rovals Game	8 10a Library Solitude 10:30a Coffee Chat 1pm Zen Coloring 2:05p Royals Game 3pm Walking Club
9 10am Peaceful Patio 10:30a Coffee Chat 1pm Library Solitude 2pm Zen Coloring 3:05p Royals Game	10 10a Pump it Up! 10:30a Bible Study 12p Food Council 1:30p Hollywood Hall 2:30p Peaceful Patio	11 10a Bust a Move! 10:30a Price is Right! 1pm Nails with Naomi 2:30p Candy Bingo! 3:10p Royals Game	12 10am Chair Yoga 10:30a Wacky Trivia 1pm Cooking Club 2:30p Sing w Naomi 3:10p Rovals Game	13 10am Library Pres 10:30a Peaceful Patio 1pm Name 5! 2:30p Big Bingo! 3:05p Rovals Game	14 10a Thai Chi 10:30a Hangman 1pm Uno Card Game 2p Ice Cream Social 3:10p Rovals Game	15 10a Puzzle Pals 10:30a Crossword Fun 1pm Chit Chat 2p Peaceful Patio 3:05p Royals Game
16 10a Library Solitude 10:30a Puzzle Pals 1p Peaceful Patio 2pm Zen Coloring 3:10p Royals Game	17 10a Chit Chat 10:30s Bible Study 1:30p St. Pats Party 2:30p Blarney Stone 3:05p Royals Game	18 10a Spill the Tea 10:30a Lucky Craft 1pm Nails w Naomi 2:30p Candy Bingo 3:30p Hymns w Bryan	19 10a Hear Ye Hear Ye! 10:30a Las Vegas Shop 1pm Pretty Peepers 2pm Happy Hour 8:05p Royals Game	20 10a Pump it Up! 10:30a Finish Lines 1p Axe Throwing 2:30p Big Bingo 3:05p Royals Game	21 10a Chair Yoga 10:30a Word in a Word 1pm Uno Card Game 2pm Ice Cream Social 3:05p Royals Game	22 10a Hey Birdie! 10:30a Chit Chat 1pm Zen Coloring 2:05p Royals Game 3:30p Foose Ball
23 10a Chit Chat 10:30a Crossword Fun! 1pm Library Solitude 2pm Walking Club 3pm Hey Birdie!	24 10a Balloon Fun! 10:30a Bible Study 1:30p Scenic Shop 2:30p Puzzle Pals 7:025p Royals Game	25 10am Spill the Tea 10:30a Vet Cafe 1p Nails w Naomi 1:35p Royals Game 2:30p Candy Bingo	26 10a Chair Yoga 10:30a Name that Tune 1p Uno Card Game 2pm Henrey's Concert 3:30p Special Delivery	27 10a Bust a Move 10:30a Watch It! 1pm Shoulder Massage 2:30p Big Bingo! 3:30p Special Delivery	28 10a Stretching Class 10:30a Leprechaun Race 1pm True or False 2pm Ice Cream Social 3:30p Joke Jar	29 10a Walking Club 10:30a Coffee Chat 1pm Library Solitude 2pm Zen Coloring 3:10p Royals Game
30 10a Foose Ball 10:30a Chit Chat 1:10p Royals Game 2p Library Solitude 3pm Walking Club	31 10a Spill the Tea 10:30a Bible Study 1:30p Hollywood Shop 2p Zen Coloring 3p Crossword Fun!					