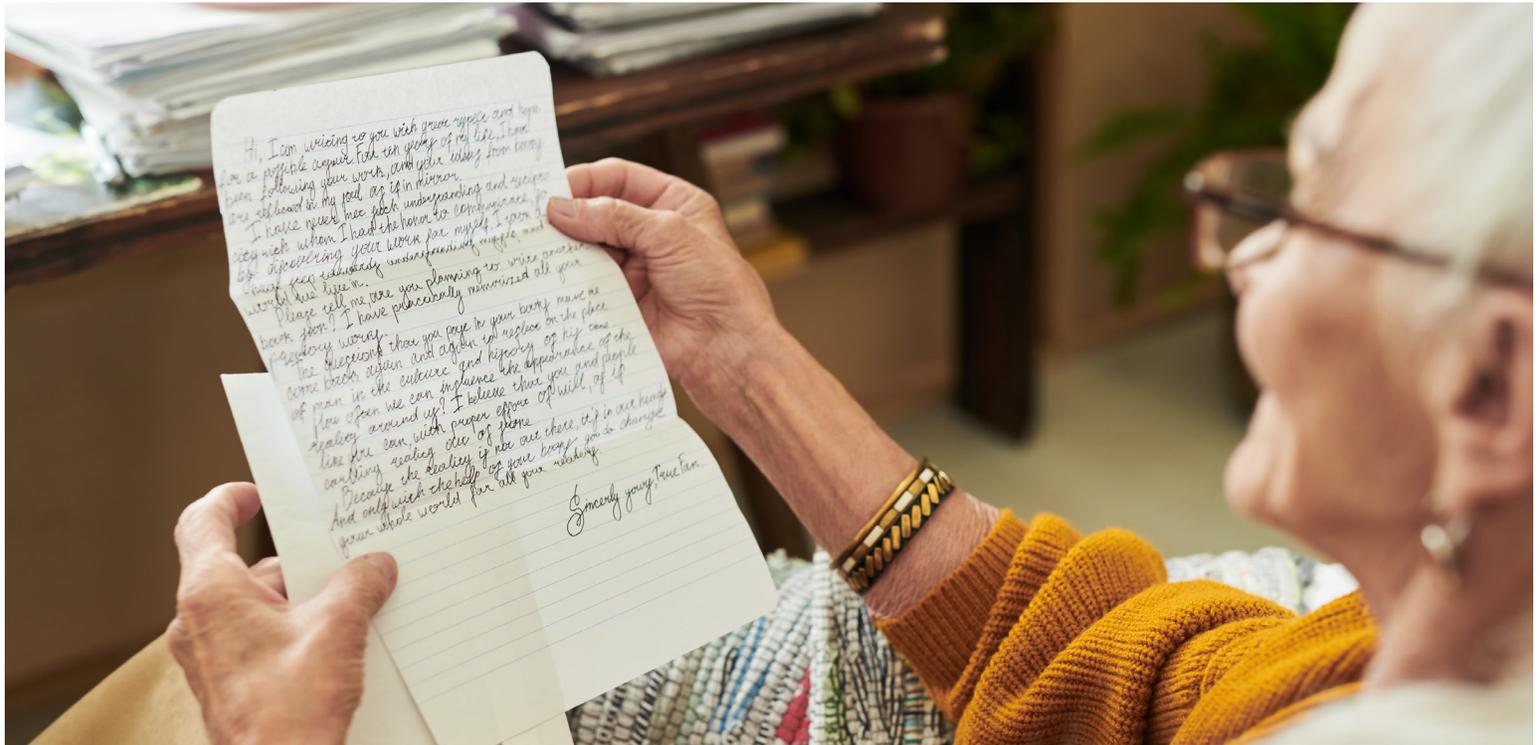


# NEWSLETTER



## Making Everyday Moments Awesome

**March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others.** It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

### Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

### Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

### Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

### Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



# Activity Photo Highlights!



## HAPPY BIRTHDAY

### RESIDENTS

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Margaret H.	3/14
Matilde E.	3/14
Jose S.	3/17
Weldon L.	3/22
Dolores C.	3/26
Ester M.	3/26

### STAFF

Andres Rangel	3/09
Crystal Watts	3/14
Tristan Turner	3/24
Christopher Thompson	3/30



## Activity Highlights

Bingo!/Loteria!  
Mondays at 3 PM



Tasty Taco Tuesday  
Tuesdays @ 9:30 AM



Pretty Nails  
Tuesdays @ 11AM



Bingo!/Loteria!  
Wednesdays at 10:30 AM

Movie & Popcorn  
Wednesdays @ 2:30 PM



Arts & Crafts  
Thursdays @ 3 PM



St. Patrick's Day Celebration  
March 17th @ 2:30PM



Monthly Birthday Bash  
March 27th @ 3PM



# DIABETES ALERT DAY: MARCH 25

According to the CDC, over 1 in 3 Americans have prediabetes, increasing the risk of stroke, heart disease, and Type 2 diabetes. Frequent blood sugar testing is crucial when first diagnosed, helping to track how food, activity, stress, and illness affect glucose levels. Although patterns become more predictable over time, yet lesser-known factors can still cause blood sugar spikes.

Here are six surprising things that can spike blood sugar:

**Sunburn:** The pain causes stress, which can raise blood sugar levels.

**Artificial Sweeteners:** Though more research is needed, some studies suggest they may increase blood sugar.

**Coffee:** Caffeine can make some people's blood sugar more sensitive, even without sweeteners.

**Lack of Sleep:** One night of insufficient sleep can impair insulin usage.

**Skipping Breakfast:** Missing the morning meal can raise blood sugar later in the day.

**Dehydration:** Less water can concentrate blood sugar levels.

Source: [cdc.gov](https://www.cdc.gov)



## RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **Ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: [cdc.gov](https://www.cdc.gov)



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- Anna Ortiz  
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- Tony Zamora-Kershaw  
TALENT AND LEARNING DIRECTOR



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



### WORD LIST

- ART
- AWESOME
- BOOK
- CRAFT
- DIABETES
- GREEN
- HEAR
- LISTEN
- MOMENTS
- READ
- SAINT
- SHAMROCK
- SOCIAL
- UPLIFT
- WORKER