



MARCH 2026

River Grand
HIGHLIGHTS

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Happy March!

The days are getting longer, the sun is shining brighter, and weather is trying to warm us up!


March can bring a mix of weather conditions, so it's important for seniors to take extra precautions to stay safe.

Here are some safety tips tailored for seniors in March:

1. **Weather Awareness:** March can still bring cold weather, so ensure seniors have appropriate clothing, including layers, hats, gloves, and sturdy footwear to stay warm and dry. Additionally, keep an eye on weather forecasts for any unexpected changes.
2. **Prevent Falls:** With the transition from winter to spring, there may still be ice or wet surfaces. Encourage seniors to wear shoes with good traction and use assistive devices if needed. Clear pathways of debris and maintain good lighting, especially in areas prone to wetness.
3. **Health Maintenance:** March can also be a time when allergies start to flare up due to pollen. Ensure seniors have their medications on hand and consider keeping windows closed on high pollen days. Additionally, encourage seniors to stay hydrated and maintain a healthy diet.
4. **Stay Active:** With the arrival of spring, encourage seniors to engage in outdoor activities such as walking or gardening, if possible. Fresh air and sunlight can have positive effects on mood and overall well-being.
5. **Stay Connected:** connected with family, friends, and neighbors. Loneliness can have adverse effects on health, so regular communication and social interaction are essential.

Sincerely,

Jessica



Spring is finally in the air, bringing fresh energy and a bright sense of renewal to our community. We're excited for the warmer days ahead and all the cheerful moments this season brings for our residents. If you ever have questions about your statements or billing, I'm always here and happy to help. Please feel free to reach out anytime.

Brandi

Congratulations, Meaghan Gindele, River Grand's best employee of the month! Meaghan joined our Nursing team this past Fall and has been a great addition to our wonderful team!

Keep in mind that we have a "Staff Shout Out" box in the library if you would like to leave a positive note for any of our team members! Your kind words of encouragement are always cherished by our staff.

Beth

**JOIN ME ON MARCH 17TH AT
6:00PM FOR AN ALL CASH
BINGO!**

Amy



DIETARY CORNER

Dates to Remember:

Daylight savings time is Sunday, March 8th.... Time to spring ahead 1 hour.

Our March culinary meeting is at 2 p.m. on Monday, March 9th. Your input is so important, hope to see you there.

St. Patrick's Day is March 17th! Be sure to wear Green!

The first day of Spring is March 20th!

Our Fine Dinning event will be held on Monday, March 30th. More details to come!!

What's New:

We have exciting new equipment coming to the kitchen soon, a brand new range w/ flat top and brand new double ovens!! How exciting for our Dietary team.

**Lent started on February 18th (Ash Wednesday) and goes until April 2nd (Holy Thursday). Good Friday is April 3rd. Easter Sunday is April 5th. We will be serving fish or seafood every Friday. We will be serving a meatless soup all day as well. There are also some great options on the Any-Time menu like our Tuna Salad, fried egg sandwich, peanut butter & jelly and egg salad available anytime and throughout Lent.

Angie

What's In Season:

- Apples, Artichokes, Avocados
- Bananas, Beets, Brussel Sprouts
- Cabbage, Carrots, Greens
- Kiwi, Lemons, Limes
- Pineapple, Potatoes, Rutabaga



Activity Notes

Happy March everyone!
There is always something new on the calendar each month.
Keep an eye on your weekly reminders for additional
information or changes.

We have a NEW fine dining on March 30:
Our theme this round will be
"Spring Garden"

We are taking inspiration from the beautiful floral season to
create a magical dining experience that you won't forget!
If you attended the Polar Express dinner, please hold off signing
up to allow others to get in on the fun!

Consider checking out our morning Strength Class. We will be
doing some standing exercises (with seated alternatives) mixed
with dumbbell workouts. We will start with light weights and
progress at your own pace. Strength and balance combined in
one group.

We will continue to offer an array of activities each month! As
always, if you have a suggestion or question about our groups
please feel free to connect with me.

Liz

River Grand

Birthdays

Bill Bo.- 3/3

Darlene- 3/3

Marvine- 3/5

Bill H.- 3/16

Dodie- 3/17

Norma E.- 3/27