

March 2020



**Lodge Lane**  
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living and Memory \* 1221 Lodge Lane Wilmington, DE 19809 \*302-757-8100



## **Celebrating March**

**Irish-American Heritage  
Month**

**Women's History Month**

**International Black Women  
in Jazz and the Arts Month**

**World Compliment Day**  
*March 1*

**Purim**  
*March 9*

**International Women's Day**  
*March 8*

**Welllderly Week**  
*March 16-22*

**St. Patrick's Day**  
*March 17*

**Tuskegee Airmen Day**  
*March 22*



## **KSLC on the WEB**

For those who gather their information through the internet, we are pleased to announce that Kutz Senior Living Campus has launched their new website. For the first time, Kutz Rehabilitation & Nursing, Lodge Lane Assisted Living & Memory Care and the KSLC Auxiliary can all be accessed in one location. Just log on to: [www.kutzseniorliving.org](http://www.kutzseniorliving.org) and you can find announcements for upcoming events, activity calendars, newsletters, fundraising events and more. Come check us out! We look forward to seeing you on the web.





## Dates to Remember

### **Birthday Celebration**

**March 13, 2020 at 6:00pm**

Your another year older, and it's time to celebrate! Come listen to the musical stylings of Bob Stankard during our monthly birthday celebration. Take a peek at our March Birthdays list and wish our March babies a happy birthday.

### **Shopping Trip**

**March 17, 2020 at 10:30am**

Join us on this month's shopping trip. This month we will be going to Walgreens.

### **Irish Dancers**

**March 19, 2020 at 6:30pm**

Join us as we celebrate Irish Heritage Month with some Irish dancing. You don't want to miss the wonderful performance by McAleer's Dance School.

### **Winterthur Museum Trip**

**March 28, 2020 at 2:00pm**

Come along for a trip to the Winterthur Museum to see the latest galleries, collections and exhibitions.

### **Lunch Bunch**

**March 31, 2020 at 11:00am**

Good food and a good time! Sign up for our monthly lunch trip. This month we're going to Iron Hill Brewery.

\*Please see Danielle in activities to sign up for all outings.



### **Payment Options**

If you would like to join in on any of our fun upcoming trips but have no cash available, not a problem. A new payment option is available for eager activity participants. Admission fees, tickets, and lunch outing funds can be charged back to your account at Lodge Lane. The charge on the statement will indicate the activity, the outing, and the date of the outing.



## **Photo Collage**



### **Daylight Savings Time: Fun Facts**



☀ When daylight saving time was extended in 2007, there was a 7% decrease in crime in the U.S.

☀ Benjamin Franklin was the first to suggest a change in sleep schedule in 1784 after visiting Paris. In a witty essay titled, "An Economical Project for Diminishing the Cost of Light," he calculated, somewhat jokingly, that Paris could save \$200 million in candles of today's dollars if they adopted daylight saving time.

☀ Daylight saving was chosen to start at 2:00 a.m. because it is when the fewest trains were running, and it prevents the date from switching to yesterday. Additionally, 2:00 a.m. is before most shift workers leave for work, and it causes minimal disruption to bars, which close at 1:59 a.m.

Don't forget to set your clocks one-hour forward on March 8, 2020.

# NEWS IN FOOD

## Purim Dinner

March 9, 2020

## Birthday Dinner

March 12, 2020

## St. Patrick's Day Dinner

March 17, 2020

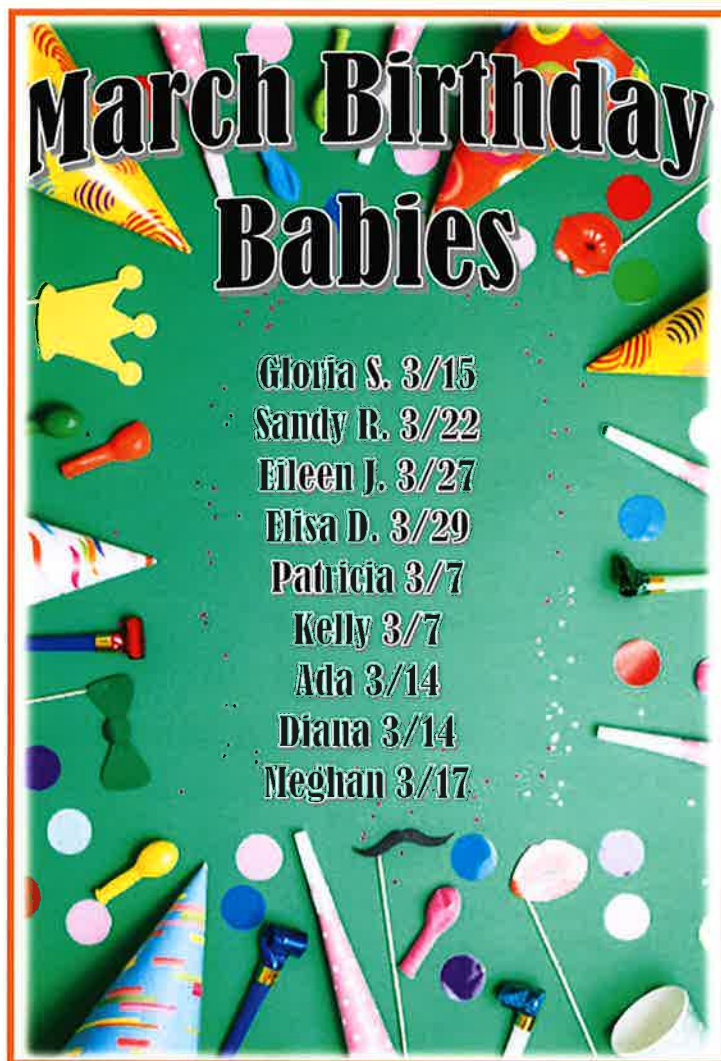
## March is Nutrition Month

### A senior's guide to good nutrition

Young or old, it pays to eat well and understand some nutrition basics. For starters, since food intake usually declines with age, it may be increasingly important for older people to make sure that what they do eat is nutritious. There may be less room in the diet for sweets and other "empty calorie" foods, which provide little in the way of nutrition in exchange for the calories they contribute to the diet. Eat fewer snack chips and commercially made cakes and cookies, and do your best to limit soft drinks, candy, and alcohol.

A sensible program of exercise, such as walking, may also be wise. People who are physically active have an easier time controlling their weight while still taking in more calories than those who are sedentary. The higher the calorie intake, the more likely a person is to obtain all the nutrients he or she needs.

Put into practice these healthy tips during nutrition month. Make new habits to ensure a healthy lifestyle.



### Dining Room Reservations

*Our dining rooms have a tendency to fill quickly. Please make reservations with the front desk with as much advance notice as possible so a table can be set aside for your party.*

## Lemony Baked Feta with Olives

### Ingredients:

- 1 (10- to 14-ounce) brick sheep's milk feta
  - 2 cups mixed olives
  - 3 tablespoons fresh rosemary
  - 1/2 cup extra virgin olive oil
  - 1/2 lemon, juiced
  - 1/2 teaspoon red pepper flakes
  - 1/8 teaspoon ground black pepper
- Toasted bread for serving



### Directions

1. Preheat oven to 350°F.
2. Place the feta in the center of a small casserole dish. Arrange the olives and rosemary around the feta.
3. Drizzle on the olive oil, followed by the lemon juice, making sure to cover all ingredients.
4. Evenly sprinkle with red pepper and black pepper.
5. Bake 20 minutes. Serve warm with toasted bread.

Your Return Address  
Street Number and Name  
City, State ZIP Code

Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code

## Lodge Lane Staff Email Addresses

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Through Create a Jewish Legacy, we insure the future of various agencies, like Kutz Senior Living Campus, will be available to others for years to come.

*For more information, please see Felisha Alderson or Jessica Bannan.*

## Photo Credits

*Left to Right*

*Page 1: P1: Jean S. and Millie F posing for the camera during our Sweethearts celebration,*

*P2: Eileen J. grinning during our sweetheart's celebration*

*P3: Lisa and her daughter joining in on the sweetheart's day fun*

*P4: Sandy R., Elisa D. and Alice enjoying our musical performance.*

*Page 2: Diego and Beth singing songs from around the world*

*P2: Norman E. playing the piano*

*P3: Alice H. (left) chatting with a resident's family member.*