

Grace Notes



March 2017

Issue 210

St. Patrick's Day is March 17th!!



In celebration of St. Paddy's day, here are a few Irish Blessings and Proverbs for you:

May you be in Heaven a full half hour afore the devil knows ye're dead.

May those who like us, like us. May those who love us, love us. And may those who don't like us turn their ankles so we will know them by their limping.

Have a good day always and in all ways.

May your luck be like the Capital of Ireland—always Dublin.

A buckle is a great addition to an old shoe.

It's no use carrying an umbrella if your shoes are leaking.

It's no use boiling your cabbage twice.

What butter and whiskey will not cure, there is no cure for.

Old Irish Recipe for Longevity

Leave the table hungry.

Leave the bed sleepy.

Leave the tavern thirsty.



Monthly Events

<u>MAR. 2</u>	<u>COTTAGE CARRY-IN/TOWN HALL</u>	<u>5:30 P.M.</u>
<u>MAR. 7</u>	<u>CHENANIAH GOSPEL HOUR</u>	<u>2:30 P.M.</u>
<u>MAR. 7</u>	<u>DAVID CREWS & FAMILY GOSPEL SING</u>	<u>7:00 P.M.</u>
<u>MAR. 9</u>	<u>DIABETIC SUPPORT GROUP</u>	<u>1:00 P.M.</u>
<u>MAR. 9</u>	<u>TOWN HALL MEETING</u>	<u>10:30 A.M.</u>
<u>MAR. 10</u>	<u>HISTORY OF DAYTON PRESENTATION</u>	<u>2:30 P.M.</u>

Weekly Events

Monday	9:00 A.M. Community Grocery Shopping	4:00 P.M. Wii Bowling Practice
Tuesday	10:00 A.M. Hymn Sing & Out to Lunch (Blood Pressure Checks)	
Wednesday	4:00 P.M. Wii Bowling Practice	
Friday	9:30 A.M. Move it with Marilyn!	4:00 P.M. Wii Bowling Practice
Sunday	2:30 P.M. Chapel—Activity Room	

Transportation for Cottagers:

We are having more and more cottage residents needing transportation to doctor's appointments. This is fine, however, we feel it would be a good idea that when maintenance picks you up, please take along some form of information with you, such as an emergency contact. This way, if something were to happen during your transport, our maintenance man would have the information needed. **WE RECOMMEND THAT YOU SIMPLY TAKE YOUR MAGNETIC SLEEVE AND MEDICATION INFO/CONTACT INFORMATION THAT YOU KEEP ON YOUR REFRIGERATOR, WITH YOU IN THE VAN.** Then, when you return, simply put your magnet back on your refrigerator! If you need a new magnetic sleeve, or a new paper to record your meds and contact information on, just ask at the office.



HISTORY OF DAYTON

Join us on Friday, March 10th @2:30 P.M. for an interesting power point presentation on the history of Dayton, OH. Angie Hoschouer will take us through time as we discover the timeless beauty and fascinating history of Woodland Cemetery and Arboretum. Woodland is the resting place of many of the nation's most well-known inventors and innovators such as the inventors of flight, Orville and Wilbur Wright, poet Paul Laurence Dunbar, writer Erma Bombeck, and entrepreneur George P. Huffman of Huffly Bicycles.



Happy Belated February Birthday to George in Cottage #XXX. We did not have his birthday information at the time that he moved in. "We wish you a Happy Birthday, George, even though we are late!!"

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| MARCH 9 | DIXIE |
| MARCH 12 | DONNA |
| MARCH 15 | CINDA |
| MARCH 22 | BARBARA |
| MARCH 22 | MARJORIE |
| MARCH 23 | WINSTON |

HAPPY ANNIVERSARY

THERE ARE NO ANNIVERSARIES FOR THIS MONTH



Despite all the "bad" news that we hear (i.e. politics, terrorism, wars, crime, etc.), I still can't help but think, "What a wonderful time we live in!" Each day, we get reports of people who are living longer, better, happier, and more vibrantly than ever before. Advances in medicine, coupled with new positive attitudes about aging and wellness, are changing the way people today experience growing older. We, at Grace Brethren Village, embrace this more positive outlook on our lives.

One recent report that I read from the MacArthur Foundation found that even though genetics are important as it relates to the aging process, they found that only 30% of physical aging can be attributed to genetics. The other 70% is influenced by a combination of lifestyle decisions that people make throughout their lives. These lifestyle decisions include eating a healthy diet, getting enough physical exercise, and keeping one's mind active and engaged. Researchers have also discovered how closely these factors work together in preventing disease, improving attitude and psychological state, and helping people "age successfully."

To help you improve on this 70%, we offer a variety of opportunities to help maximize your lifestyle. At Grace Brethren Village, we offer social programs like game night or special monthly programs (carry-in or special entertainment), spiritual programs (weekly hymn sing and church services) and wellness activities (exercise class, weekly blood pressure screenings and in the warmer months, horseshoes and shuffleboard).



We also offer a variety of support services to assist you in the event there is a need. Some of these support services (called Companion Services); include providing meals, housekeeping and transportation; just to name a few.



One of the saddest parts of my daily duties is when someone finishes a tour at GBV and they say, "I'm not ready to make the move yet." The reason it is so sad is because I know what we have here and I know how much they would benefit from living here. Not only would they be happier and better off both emotionally and spiritually, but in the long run, they will be better off physically too.

Of course, you are already aware of this because of your great decision to move here and make this community your home. But moving here is only the first part to a more complete and satisfying lifestyle (that 70% that influences having a positive aging experience).

The second part is to make the needed improvements in your own individual lifestyles.

That might mean getting more exercise, eating better and healthier, getting more involved socially and spiritually or turning off the TV

(especially those News Programs with all the negative news reports) and reading a good book. The third part to this is to inform us how we can be of assistance to you. If you have a need that we can help you with, please do not hesitate to let us know how we can help you.

Together, we can help each other out; we just need to know how. Please help us to help you and anyone else who is part of our Community.



~Mike

Just a Reminder

Daylight Savings Time will take place on Sunday, March 12th

Don't forget to "spring forward" on Saturday evening!!





March is a windy month! It's a good time for flying kites! How many of you seniors flew kites when you were young and lived on a farm or in a village? On our farm was a high, high hill with a large flat field that a strong west wind would blow across. Especially in March! Perfect for flying kites! Now, on one of those days, two of my mother's teenage brothers, Edward and Jake and me, were going to fly our diamond shaped kites on that hill.

Edward raised his hand to test the wind and then shouted, "Let 'em go!" The wind grabbed those kites with tremendous force. Up, up, up, the kites were pulling me and the boys around over the field. The kites looked so beautiful up in the blue sky.

My kite was white, Jake's was red, and Edward's was blue. We tried to make the kites come close together to form our American flag, but the wind was too strong.

My Dad was driving his team of work horses, Dan and Molly, pulling the disking machine over close to where we were flying our kites.

He stopped the horses, jumped down off the machine and tied Dan and Molly's reins to the machines brake handles.

Looking up at the pretty kites Dad said, "My brothers and I used to have fun flying box kites." A very strong wind drove my kite right down close to the horses' faces, then lifting them just as quickly.

Dan and Molly, two terrified horses, took off running, pulling the disking machine which was now bouncing like a basketball.

Edward handed his kite string to Jake and took off running after the horses. Soon he came back grinning and on the seat of the disking machine. Dan and Molly were still jittery.

Dad said, "Well, kids, I will take Dan and Molly to the barn and calm them down. You kids can fly your kites on the hill when Dan and Molly are working in the bottom fields, by Brush Creek. I don't think horses will ever care much for kite flying."



~by Alice

Up-coming Cottage Move-ins:

Watch for these new neighbors during the month of March:

Judith

Orpha

Fritz & Leonore

1010 Taywood Road Office- 836-4011
Englewood, Ohio 45322 Nurses Station- 836-8140
www.gbvillage.com Fax- 836-7230

MONTHLY REMINDER

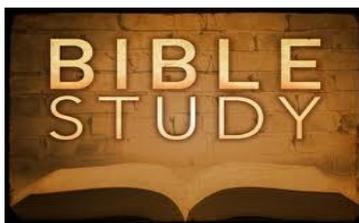
**TEST YOUR EMERGENCY PHONE.
PRESS BUTTON ON PENDANT THE
SAME DAY EACH MONTH, SUCH
AS YOUR
BIRTHDAY DATE**

MONDAY VAN SERVICES

**MONDAY MORNINGS 10:00 A.M. GBV VAN TAKES
COTTAGE RESIDENTS TO GROCERY
AND OTHER ERRANDS
CALL JOHN @ 1-937-XXXXXX
TO LEAVE A MESSAGE IF YOU REQUIRE
TRANSPORTATION ON MONDAYS
Please call him on Friday, prior to the Monday**

Editor Apology

Last month I printed that there is a Bible study every Wednesday evening @ 6:30 P.M. I inadvertently stated that Pastor Bruce Jackson led the study. I was incorrect. The Bible study originated from cottage residents that attend First Grace Church. No matter who leads it, you are welcome to join them in our Board Room!



Homegrown Food

A lieutenant confronted a recruit and said, "I hear you're complaining about a little sand in your soup." The recruit replied, "Yes, sir." So the lieutenant asked the soldier if he had joined the Army to serve his country or to complain about the food. The recruit explained, "Sir, I joined the U. S. Army to serve my country- not to eat it."

~Rose Miller
~submitted by Alice

Diabetes Support Group

This support group meets on the 2nd Thursday of each month. If interested, please join us at the next meeting, March 9th @ 1:00 P.M. in the Board Room
Any questions about the group?

Call Jim

**BUS GARAGE
FUND**

\$12,998.10