

Nurse's Nook



According to Healthline, the effects of sleep deprivation drains your mental abilities and puts your physical health at real risk. Science has linked poor slumber with a number of health problems, including *but not limited to*: memory issues, trouble with thinking and concentration, mood changes, accidents, weakened immunity, high blood pressure, risk for diabetes, weight gain, risk of heart disease, and even poor balance!

7 Ways Seniors Can Get a Good Night's Sleep:

1. Follow a regular sleep schedule;
2. Avoid napping late afternoon;
3. Develop a bedtime routine;
4. Try not to watch TV an hour before bed;
5. Keep your bedroom at a comfortable temperature;
6. Use low lighting in the evening;
7. Stay away from caffeine and alcohol late

-Kayla Carter, R.N.

RULES OF HEALTHY SLEEP

<https://www.healthline.com/> <https://www.sleepfoundation.org/> [Brynmawrterrace.org](https://www.brynmawrterrace.org/)



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MONTHLY Newsletter

March Issue, 2021

March



Unsung Heroes

We all know of their efforts to collect blood, but the American Red Cross' efforts do not stop there. When a disaster occurs, home fires pop up, or even if families need reconnecting due to emergencies that were out of their control, the Red Cross is first on the call. They also train millions with life-saving skills so that everyday citizens walking on the street have the ability to potentially save your life. And while *not* a government agency, 1.7% of the Red Cross budget is government funded to provide services to our military and their families around the world.

www.raisingwhasians.com

DID YOU KNOW?

In 1859, Swiss entrepreneur Jean Henri Dunant witnessed the Battle of Solferino (Italy), where 40,000 troops suffered. He organized a group of volunteers to treat and bring food & water to the wounded. Thus, the start of the Red Cross!

www.history.com



FROM THE EXECUTIVE DIRECTOR'S DESK

A Year Like No Other for Us, But Especially the Red Cross

While we take steps to remain out of harm's way, the Red Cross has been jumping over the enemy lines of COVID.

We must be incredibly thankful to the Red Cross and organizations of the like, as well as all frontline workers for doing so.

Over the past year, Americans have faced a record-breaking hurricane season, an extensive home fire season, and much more, while facing COVID.

Just a friendly reminder not to take anything you possess in life for granted. As we all could agree, life is too short, so why not appreciate what we have and who we have in each other's lives, each and every day we can.



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Meet Our New Residents!



Alyce Schoenwetter

Alyce grew up living & working on her parent's dairy farm. She was someone who couldn't wait to sled down a hill, hated dealing with the mud come spring, but loved to walk! These simple daily walks and her faith have held her family close together all their lives. Her Pastor told her and her husband that he walks with faith in his hand (Bible) while they walk with it in their hearts.

Don't Call It A Come Back! ... Mrs. Janice Nickerson

From Milwaukee to Beaver Dam, Mississippi to Maine and back again, Janice has acquired a humble taste of travel. Her and her husband, Larry, who she called "Nick", met roller-skating when she was 14. Nick served in the Air Force, and Janice traveled with him wherever the Air Force sent him. After Nick's service, and once he retired from GM at the age of 55, they spent their time together fishing, hunting, and camping, especially in Portage, where they had camped for 20 years together on the water.



Resident Spotlight:

Millie S.!

Mille spent her entire life in Horicon, her mom was teacher & her dad the head of production for John Deere. Millie looked forward to snowfalls, just so she could get the chance to sit on her skis and sled down a snowy hill! Meeting as teenagers, Millie and her husband, Don, would go on vacations to Hawaii every year in February. They spent two weeks in the efficiency apartment they owned on the beach! While of course they would check out the volcanoes and rainforests, they spent most of their time relaxing on the beach. With Don formerly working for the Coast Guard in the Pacific & Atlantic, it was a must-buy! They also built sailboats at their home in Horicon, and would take them from their house on the water and sail them down to a pond! With a great laugh herself, it's what she also loves about her daughter. She also loves her son's thoughtfulness; another Millie-trait 😊



March Birthdays

- 3/19 Mark Van Buren
- 3/20 Tom Radke
- 3/22 Colleen "Kitty" Frei



Celebrating March!!

- 3/1 - 3/7 National Sleep Awareness Week
- 3/6 Oreo Cookie Day (3/5 free cookies!!)
- 3/8 International Women's Day
- 3/9 National Meatball Day (FONDUE!)
- 3/17 St. Patrick's Day
- 3/18 National Quilting Day
- 3/20 First Day of Spring
- 3/23 National Chip & Dip Day



International Women's Day

Although originating in the US in 1909, it wasn't an official holiday until it was celebrated by the UN in 1975. International Women's Day celebrates women's contributions to society and raises awareness about the fight for gender parity. The theme for 2021 is "Choose to Challenge", as it is important to challenge biases and misconceptions to create a more inclusive & gender-equal world.



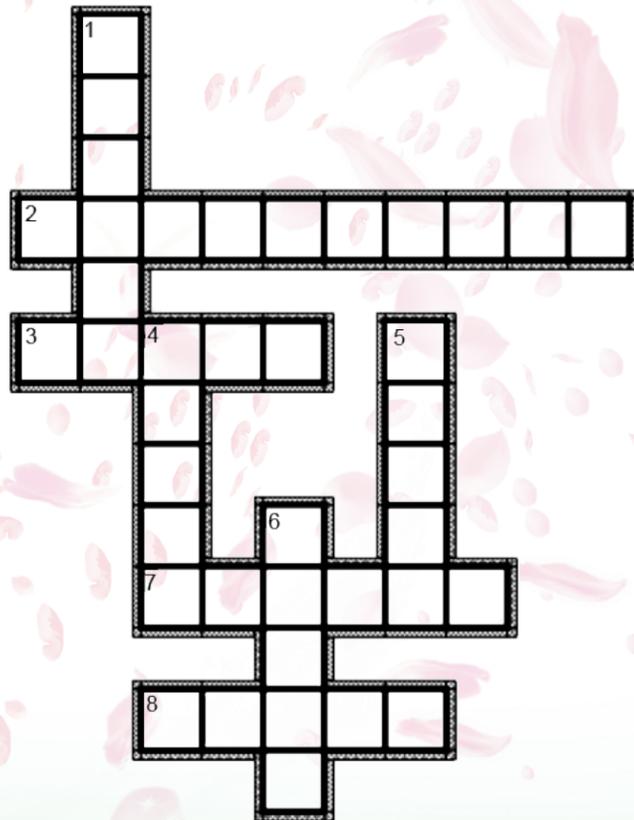
Remembering Our Friend Who Has Passed

Bernice Cypher

All could relate to Bernice's form of *spunk*, but few may be unaware of how dedicated and hard working this perfectionist was. This craft wizard loved thrift store shopping, searching particularly for saucers, cups, forks, and fake plant life to make cute little dioramas. Our very own Sharon D. was very close with her. These close friends held hands while smiling so dearly together towards the end.



Women's Day Crossword



Across

2. An international women's conference was held here in 1910.
3. International Women's Day is observed in this month.
7. International Women's Day is also celebrated as the first _____ holiday in the Northern Hemisphere.
8. _____ Zetkin, the woman who tabled the idea of an International Women's Day in 1910

Down

1. In Italy, men gift this flower to women on International Women's Day
4. This popular IWD symbol represents women's continuing efforts for a better quality of life
5. He is the personification of time
5. He was persuaded by feminist Alexandra Kollontai to make IWD an official holiday in the Soviet Union
6. This famous IWD symbol represents women's struggle for economic

RECAP

