

March 2025

King's Daughters Home

2410 Rodd St. - Midland, MI 48640 * (989) 839-9800



Celebrating March

Mardi Gras Social

March 4

Join us for @ 2:30 in the dining room- Wear Purple, Green & Yellow Today!

BEA SPRINGER 103 Birthday Party!

Saturday, March 8

@ 3:30 pm.- Dining Rm

ICE CREAM with BEA

Resident Meeting with Mike Kelly-Administrator

Tuesday, March 11

@ 2:30 pm.- Dining Rm

Monthly Birthday Party

Wednesday, March 12

@ 2:30 pm.- Dining Rm

*Everyone is invited to join us for Cake & Ice Cream!

St. Patrick's Day

March 17

Join us for a St. Patty's Celebration @ 2:30 in the dining room- Green Beer/Soda, & Pudding Shots w/ snacks!

Dear Residents, Families, and Staff:

Hopefully, you made it through the last month or two without suffering from a bout of the flu. The "flu season" generally runs through the end of March and we would do well to continue following the standard flu precautions: Wash your hands often and avoid touching your eyes, nose, and mouth. Also, you have a better chance of staying healthy by eating properly, exercising, and getting enough sleep. Stay Healthy!

Daylight Saving Time starts at 2:00 am, Sunday, March 9th. Remember, we "spring forward" and move our clocks ahead one hour. It is usually good to do this before you go to bed so you don't miss breakfast or church in the morning. If you need help, let us know!

Spring arrives March 20th and winter officially ends. It's been an interesting winter this year and we look forward to spring. We should enjoy a hint of warmer weather and more daylight each day to watch any snow we still have melt away.

Sincerely,

Mike Kelly
Administrator

Spring Forward



March 9, 2025 • Set your clock ahead!

Nursing News

Here at KDH we strive to manage your overall healthcare needs; this includes your medications. We kindly ask that residents and families *not* bring medications into the home- this includes medicated lotions/creams, eye drops, cough drops, etc. If you feel you need a medication in addition to your routinely scheduled ones, please speak with the nurse and she will determine if it's appropriate to request a prescription from your physician. All medications need to be secured for the safety of all residents. If you have any questions regarding this policy, you may come and speak with me directly.

I also would like to encourage you to share all out of facility appointment dates with your nurse. The best outcomes happen when providers can communicate with one another to meet your healthcare needs. We may have valuable information to share with one another. We want to be prepared for your appointment ahead of time with such things as up to date test results and medication records.

Remember when you leave the facility to sign out. It is very important that we know when you are out of the facility in the event of an emergency. We thank you very much for your cooperation.

Happy St. Paddy's Day!
Jo Lynn Gunderman, RN, DON
Candice Studer, RN, ADON



King's Daughters Home Staff Royalty for March 2025



CONGRATULATIONS

Michelle Englund

Michelle is a Charge Nurse
and has worked at
King's Daughters Home
Since June of 2024.



*Michelle has won a \$50 Bonus!

A Tale of Two Names

Istanbul or Constantinople? The largest city in Turkey has struggled with its name for centuries. The Greek colonist Byzas founded the city as Byzantium around 700 BC. It was renamed Constantinople in AD 330, when Roman emperor Constantine made it

the capital of the Roman Empire. The name persisted until 1453, when the city was overtaken by the Ottoman Turks and renamed Istanbul. Yet most Turks, even in an official capacity, referred to the city as *Kostantiniyye*—which many still confused with Constantinople. It wasn't until March 28, 1930, that the Turkish Postal Service decreed it would no longer send mail to any place addressed as Constantinople. It has been Istanbul ever since.



Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers.

The most spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozaakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

Congratulations

on “beeing” awesome
& “sticking with us”



We Appreciate YOU!!

Happy Anniversary dates of hire

Theresa Hamling, CNA (4 yrs.)
Jackie Studer, Cook (1 yr.)

**You're
AWESOME!**

To Support March as “Nutrition Month” We are giving away extra KDH Auction Bucks for those Residents actively participating in the Activity Dept. Exercise classes. Starting Monday, March 10 until the day of the Auction, (The Auction is on the 25th) we will keep a tally and give the extra bucks out on Auction Day. The rules still apply- (no sharing of bucks and all extra dollars earned will expire after the Auction) We hope this gets more Residents to attend exercise class... it really is FUN! We hope to see you there!



Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature’s most perfect foods. In 1955, researcher Philip White wrote, “While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom.” That’s high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the “mother of all grains” and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It’s a nutritive powerhouse.



March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, intuitive, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm & energy

Residents:

- 3/1 Tom Wegener
- 3/7 Doris Frizzle
- 3/8 Bea Springer (103)

Staff:

- 3/4 Jozalyn Jimenez
- 3/5 Wendy Gromaski
- 3/6 Penny Maxwell
- 3/7 Tyler Beebe
- 3/10 Stacy Marsh
- 3/15 Cindy Barker
- 3/20 Amber Kutchinski
- 3/24 Leah Deweaver
- 3/24 Gloria Leonard
- 3/27 Sharon Young
- 3/29 Linda Pomranky



BEA

is

103



**Bea Springer turns 103
Years young on March
8th!! Happy Birthday Bea!**