

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.

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.

DID YOU KNOW? We offer a daily **Seated Exercise Program**, on top of our **Physical and Occupational Therapy Program!** Our goal is to help YOU stay looking and feeling your best!

WET YOUR WHISTLE

One of the most important tips we can give sounds so simple, but its effect on the mind and body can't be overstated. **HYDRATE!**

Our bodies are over **60% water**, so it makes sense! Drinking water improves overall health, boosts mood, promotes clear skin, and helps our immune systems fight off the yucky germs that can make us dread this time of year!

But it can be hard to stay hydrated. For many of us, the thought of drinking water is just boring! To combat this, we recommend choosing fruits and veggies that are **high in water content**, including cucumbers, watermelon, strawberries, tomatoes, and oranges!

DID YOU KNOW? We offer a daily **Tea Cart** that makes hydrating more enjoyable! Don't get us started on the incredible health benefits of tea!

March Birthdays

In astrology, those born between **March 1–20 are Pisces, the Fish**. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, 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, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Liza Minnelli (actress/singer) – March 12, 1946
Albert Einstein (scientist) – March 14, 1879
Jerry Lewis (actor) – March 16, 1926
Aretha Franklin (singer) – March 25, 1942
Warren Beatty (actor) – March 30, 1937

See our calendar for our **EIGHT March Birthdays!** Make sure to celebrate them with us on **Wednesday, March 26th at 2 PM!**

PRACTICE YOUR IRISH SLANG!

If you've ever traveled to the land of green, you've likely heard their unique slang. And because everyone is Irish on St. Paddy's Day, we're brushing up!

FELLA: A man or guy

CAILIN: A woman or girl

GRAND: Means "fine" or "good"

YOKE: Used to describe something or someone that is unsure about

WHAT'S THE CRAIC?: "What's happening?" or "what's up?"

BANJAXED: Means something is broken, ruined, or worn out

March 2025

Hudson Elms News

Hudson Elms Skilled Nursing and Rehabilitation Center
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MEET THE TEAM

Elisha Witcher
Administrator

Michelle Barnes
Assistant Director
of Nursing

Vicki Anderson
MDS Nurse

Jen Billings
Social Services Director

Morgan Dorsey
Admissions Director

Cherlyn Day
Physical Therapy Director

Iseola Evans
Staffing Director

Paula Oliver
Assisted Living Manager

Jason Vanhorn
Dietary Director

SPRING HAS (ALMOST) SPRUNG!

Even though we can't feel it yet, the Spring Equinox is closer than it looks! Be on the lookout during the month of March for glimmers of **green**. And we're not just talking about **St. Paddy's Day!**

While we wait for Ohio to make up its mind, here are some exciting activities to tide you over! Check out the Activities Calendar for the full list!

MARDI GRAS: Wear your beads, grab your masks, and watch the parade with us! Have you been to New Orleans for the parade? Traveled Bourbon Street? Join us on **Tuesday, March 4th** to learn about the history and culture surrounding the celebration!

SATURDAY HYMNS: Do you like gospel music? Well, look no further! Join us **every Saturday at 2 PM in the Dining Room** for hymns and fellowship! Thank you to Bruce and his band of merry-makers for lifting us up every week!

GOOD SAMARITAN DAY: Kindness is contagious! We're celebrating it AND spreading it on **Thursday, March 13th**! Help us brainstorm ways to spread love on our **Kindness Wall**, and tell us some ways someone else has been kind to you.

ST. PATRICK'S DAY: Everybody's Irish on **Monday, March 17th**! Join us today for uniquely Irish programs, including a **St. Patrick's Day Chair Dance**, some **Irish Tunes**, and a round of **Truth or Blarney!** Of course, wearing **GREEN** is obvious!

CERTIFIED NURSES DAY: We couldn't do what we do without our team of dedicated nurses! Help us celebrate them on **Wednesday, March 19th**! We'll be making **Thank You Cards** and learning more about what it takes to become a nurse. And remember: **Some superheroes wear scrubs!**