



Eskaton Lodge Granite Bay

Independent Living w/Services & Assisted Living
8550 Barton Road
Granite Bay, CA 95746
(916) 789-0326
License #317005628

Management Staff

Kim Delgado Executive Director
Kristy Ashley Resident Care Coordinator
Jeanie Fewell Business Services Manager
Pamela Dallas Residential Living Advisor
Dina Jones Life Enrichment Director
Justin Hoong Director of Culinary
Amani Kyubwa Maintenance Director

A graphic for Easter Brunch. It features a stylized illustration of a bunny's head with long ears, surrounded by pink and red flowers. The text "Easter BRUNCH" is written in a mix of cursive and bold sans-serif fonts. Below it, "March 31 SUNDAY" is displayed. The event details "11am - 1pm at Eskaton Granite Bay" and "ADULTS \$20 | CHILDREN UNDER 5 FREE" are listed. A request to "Please RSVP by March 22nd" is followed by the contact information "dina.jones@eskaton.org or 916-789-0326".

**Easter
BRUNCH**
March **31** SUNDAY
11am - 1pm at Eskaton Granite Bay
ADULTS \$20 | CHILDREN UNDER 5 FREE
Please RSVP by March 22nd
dina.jones@eskaton.org or 916-789-0326

March 2024

News From Eskaton Granite Bay



Spring is in the air! If the winter months have left you feeling the ill effects of cabin fever, some time outdoors in the fresh spring air is the perfect remedy. This is a great time to take advantage of the scheduled walks to the park across the street with the activity team.

My door is always open; stop by and say hi. Kim Delgado

A graphic for Spring Forward. It features a large yellow alarm clock with a white face, showing the time as approximately 10:10. The clock is surrounded by various flowers, including large orange and yellow daisies and smaller white daisies. The text "SPRING FORWARD" is written in large, bold, blue letters at the top. Below the clock, a blue banner reads "10 MARCH". At the bottom, it says "DON'T FORGET TO MOVE ONE HOUR FORWARD".

**SPRING
FORWARD**
10 MARCH
DON'T FORGET TO MOVE ONE HOUR FORWARD

Happy Birthday



Resident Birthdays

3/3	Jane Panzica
3/4	Bud Whitver
3/11	Emma Storm
3/12	Nancy Garecht
3/12	Ferenc Marki
3/14	Dianne Lederer
3/15	John Sandifer
3/20	Gene Rohr

Staff Birthdays

3/1	Laura (Receptionist)
3/1	Evelyn (Dietary)
3/4	Karen (Dietary)
3/6	Dom (Dietary)
3/8	Lesley (Housekeeping)
3/10	Natasha (Dietary)
3/29	Kristy (RCC)

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.



North American Flora

American writer Ralph Waldo Emerson wrote, “Earth laughs in flowers.” And when is there a better time to talk about flowers than on the first day of spring? Start the season by learning about some North American flowers.

Black-eyed Susan. This iconic sunny yellow flower with a brown center is native to eastern North America.

Wild columbine. Butterflies and hummingbirds seek out the drooping red petals and showy yellow centers of these eye-catching blooms.

Coneflower. Purple daisy-like petals surround a spiky, orange cone center to form the perfect resting spot for butterflies, bees and songbirds.

Blue wild indigo. A member of the pea family, this perennial grows tall stems of blue-purple flowers that are a favorite of bumblebees.

Creeping phlox. Ranging from white to purple, these five-petal flowers are low-growing and create a beautiful carpet of color.

Golden alexanders. Teeny-tiny yellow blossoms cluster at the end of a green branching stem to form this plant, a cousin of the carrot.

Come On, Get Happy!

March 20 is recognized annually as the International Day of Happiness; however, you don’t have to settle for just one day. Here are some ways you can nurture contentment year-round.

Get moving. It’s widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person’s health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, try a foreign food, or travel to an unfamiliar place.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental objects.



Women Who Changed the World

Women have significantly shaped the history of both our nation and the world. But very few women have been featured on U.S. currency—until recently, thanks to the American Women Quarters Program.

The U.S. Mint launched the program in 2022, with the goal to release five new quarter designs each year through 2025.

The reverse of each new coin pictures a notable woman from U.S. history who made waves in fields such as civil rights, science and art. Like standard American quarters, these coins feature George Washington on the front, but he's facing right instead of left. Sculptor Laura Gardin Fraser designed this portrait of the president back in 1931.

Writer Maya Angelou was on the first coin released in the series. Other quarters in the program feature astronaut Sally Ride, pilot Bessie Coleman, first lady Eleanor Roosevelt and ballerina Maria Tallchief. Visit [USMint.gov](https://www.usmint.gov) to see the complete list of honorees.

Eat Your Greens

Leafy greens are full of vitamins, minerals and fiber but low in calories and fat. People who incorporate more of these veggies into their diet lower their chances of heart disease and high blood pressure while boosting their brain health and bone strength. Any leafy green is a great food choice, but darker leaves generally have a higher nutritional value. Here are some popular options:

A trendy and nutrient-rich choice is **kale**. This leaf is slightly bitter and, when thrown in a salad, pairs well with fruit. Eat it raw, sautéed or baked into chips.

Select **spinach** for a

mild-tasting soup or smoothie add-in. It's packed with folate, which helps turn food into energy—no wonder Popeye always had a can on hand!

Reach for **romaine lettuce** when making a salad or building a burger. It offers the same pleasant crunch as iceberg lettuce, but with 17 times the amount of vitamin A.

A staple in Southern soul food, **collard greens** provide lots of calcium and vitamin K.



March 2024 Give Back Corner
Eskaton's Got Talent

We are looking for Stars!

Time to show off your talents. Open auditions will be held on Saturday, March 23, 2024. We invite residents and staff of all locations to audition. Auditions will take place in the Auditorium of the Village Carmichael, video auditions will also be accepted and reviewed that Saturday.

This will be a charity talent show with the proceeds benefiting the Eskaton Foundation's Big Day of Giving campaign. Let's put a spotlight on Eskaton's Talent. The Talent Show will be held on Saturday, April 27th, at the Village Carmichael at 2 pm. Tickets will be \$20 with additional donations accepted. Help us showcase that Age is Beautiful. This will be a variety talent show so please help us by encouraging your neighbors and fellow staff members to participate. Be it standup comedy, juggling, dancing, singing or playing an instrument, this is your chance to show off your talent, win a prize and help raise money for charity.

Questions call Nicole Zamora at 916-334-0810 or email, nicole.zamora@eskaton.org.



We would like to thank Deputy Durant, K-9 Goose, Deputy Hoffman, and K-9 Sonic from Placer County Sheriff K-9 Unit for the wonderful and informative visit. If you would like to donate to Placer County K-9 Association, reach out to Pamela or Dina. The association helps provide support to retired Placer County Sheriff K-9s.

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