



Reminder

Daylight savings time will begin on Sunday March 10 at 2:00 am local time.



March 19th will be the first day of spring

Spring

Employee's Birthdays AND Residents Birthdays

Lanette L.	March 5	Lorraine B.	March 17
Vanara S.	March 7	Carol B.	March 21
Shaniqua L.	March 30	Pat L.	March 28
		"Tom" T.	March 31



Employee of the month



Anastasi L.
from
Select Rehabilitation
February Employee of the month!

Thank you for being part of our team!

WE APPRECIATE YOU

YOU
Make Magic Happen at Spring Ridge!

Congratulations!

Spring Ridge Newsletter

March 2024



Introducing our Resident Services Team

Resident Services oversee the med techs and care staff that are responsible for taking care of your loved ones.

You will most commonly hear from one of us (or our care team) about replenishing supplies, medication, clothing, or linens. We also take care of assessments and care conferences.

As the cold weather months are coming to an end, we're looking forward to some warmer days ahead and being able to enjoy the outdoors more often.

Please reach out to us if you have any care questions that we can answer.

See you around campus!

McKenna, Michelle and Debbie



McKenna
Nurse Delegator
BSN, RN, GERO-BC



Michelle
Assisted Living RCC



Debbie
LPN
Memory Care RCM

Walmart
March 6

International Women's Day
March 8

EL TORO
March 12

St Patrick's Day Celebration
March 15

Dollar store walk
March 19

Birthday celebration
March 20

Easter Egg Hunt
March 23

Harvest Buffet
March 26

Fun Facts about Easter

Ham is a staple Easter recipe for a reason

Many of you probably couldn't imagine an Easter without ham. It makes sense, considering it's a tradition that [dates back years ago](#). Before we had refrigerators, people would cure ham during the winter months and when the ham thawed out by springtime, it made sense to use it as an Easter meal centerpiece.

Easter's date changes every year

Yes, we know that it's on a Sunday every year, but that's about the only thing that remains constant. The actual date of the holiday all depends on the moon's cycles. More specifically, it always takes place the Sunday after the [Paschal full moon](#).

Milk chocolate prevails on Easter

Not that this is a shock, or anything. But those chocolate bunnies, chocolate gifts, chocolate... anything on Easter will probably be made out of [milk chocolate](#).

6 billion jelly beans are produced in the U.S. every year

Yeah, that's a big number. And not only that... There were apparently enough Jelly Belly beans consumed throughout 2021 to [circle the earth more than five times](#).



March Highlights

We started the month celebrating Mardi Gras



Valentine's Day Happy Hour & LIVE Music!



Apple sandwiches & healthy snacks in Cooking Club



Select Rehab News



Living with Low Vision



Did you know that vision is a primary sense and it is the first to alert us to danger? 80-90% of new learning typically occurs through our visual pathways. The aging visually impaired population is the third fastest growing population of people needing services in the US. This population is expected to more than double by the year 2030 when the last generation of baby boomers reaches 65 years old. Low vision is a common condition that impacts many older adults. According to the National Eye Institute, low vision is defined as a visual impairment that is not correctable by standard eyeglasses, contact lenses, medication or surgery and that interferes with the ability to perform everyday activities. Although low vision is not a life-threatening condition, it can have a significant impact on your quality of life.

Low vision occurs gradually over time. Various anatomical and physiological changes in the eye can cause the condition. There are three main eye diseases which account for 76% of low vision cases: age-related macular degeneration, diabetic retinopathy and glaucoma. You can take the following steps to prevent low vision from occurring/progressing: get regular comprehensive dilated eye exams; maintain a healthy weight; do not use tobacco; keep diabetes under control; wear sunglasses and a brimmed hat outdoors; wear protective eyewear; and know your family's eye health history.

There are many signs of low vision such as: finding it difficult or impossible to read, write, shop, watch television, drive a car or recognize faces. It may be difficult to manage glare. With low vision, you might have trouble picking out and matching the color of your clothes. The lights may seem dimmer than they used to, making work or household chores more difficult. The most common types of low vision include loss of central vision, loss of peripheral (side) vision, night blindness, blurred vision and hazy vision.

After a regular eye exam, you may be referred to a professional that specializes in low vision examination. There is no cure for low vision. A combination of vision training, rehabilitation and low vision devices can provide independence and an increased quality of life. It is important to ask your healthcare providers what you can do to minimize the impact of low vision on your everyday life.

How can Therapy help you? Physical, Occupational and Speech Therapists can make a significant impact in the lives of those affected by low vision. Therapists can dramatically improve quality of life for residents by optimizing visual performance, enhancing safety, increasing mobility, improving ADLs and minimizing/preventing falls and other injuries to achieve maximal functional independence.

For additional information, please contact your Select Rehabilitation Physical, Occupational and Speech Therapists. Consult your rehab team today if you think therapy can help with low vision and its impact on your daily life.