



Dear Families:

Yodel-lay-ee-dee! It's March! Celebrate the beginning of spring with a trip to the land of yodeling, edelweiss, and the Matterhorn.

The highlighted adventure for March will be, lunch out at Dairy Queen and then to Expo Idaho for the Idaho Cat Fanciers Cat Show.

We will have two meal celebrations in March. The first one on Tuesday, March 5th for Mardi Gras. The second meal celebration is will be on Sunday, March 17st for St. Patrick's Day. Please RSVP with the Front Desk if you desire to share either of these meals with your loved one.

The caregiver's dementia support group will be meeting on Thursday, March 14th and 28th from 6:00 – 7:30 PM in the game room. This is an open group sponsored by the Alzheimer's Association. The Alzheimer's Association Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health, as well as optimally care for the person with dementia.

Kind Regards,
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