



March 2026 Community Newsletter

Discover what's going on in our community!

Resident Birthdays

2nd	Lou E.	#108
2nd	Sandy P.	#230
5th	Elisabeth V.	#335
11th	Catherine J.	#317
12th	Bruce B.	#234
26th	Barb B.	#202
27th	Dolly B.	#209
30th	Noreen	#307

*Best wishes for a
wonderful Birthday!*



Staff Birthdays

2nd	Linda S.	Reception
13th	Erin B.	Reception
15th	Dawn B.	Com. Life
22nd	Katelyn R.	CNA
22nd	Heather P.	Culinary
27th	Cheezong X.	CNA

Staff Anniversary

13th	2 yr.	Brooke B.	HHA
19th	5 yr.	Dawn B.	Com. Life

Welcome to March Eagle Point!

I am hopeful that we are nearing the corner of spring and will soon begin to see the world regrow around us. As author Hal Borland once wrote,

“No winter lasts forever; no spring skips its turn.”

That feels especially fitting this time of year as we look forward to longer days, warmer sunshine, and signs of new life all around us.

March 23rd marks National Puppy Day – a celebration that feels close to our hearts here at Eagle. I truly believe dogs of all ages can still be puppies. There is something incredibly heartwarming about the wagging tails, excited greetings, and unconditional joy our furry friends bring into our community. We are so fortunate to have so many beloved four-legged companions who brighten our halls each day.

Speaking of furry friends, many of you have been asking about Shadow, the stray cat at Eagle Court. We are happy to report that Shadow has made it through the winter thus far! Thanks to generous food donations from Eagle Point resident cat Queen Maria, and a watchful eye via outdoor cameras, he appears to be in good shape and continuing to thrive!



As we move into a new season, I would also like to share a gentle housekeeping reminder about our wonderful Eagle library. We are so fortunate to have dedicated librarians who care deeply about keeping our collection organized and accessible.

All residents are welcome to visit the library and take any book they would like. **If you are returning a book – or donating a new one – please place it in the return basket located at the entrance of the library.** Returned books will be shelved in their proper location by our librarians. Newly donated books will be stamped and placed in the appropriate section.

Our librarians check the return area more than twice daily, so there is no need to reshelve books yourself! Utilizing this process helps us keep the library tidy and easy for everyone to enjoy. We are currently seeking additional large print book donations, which are always greatly appreciated.

Thank you for being such a caring, engaged community. Here's to warmer days ahead and a wonderful month of March at Eagle Point!

Warmly, Tess Griffin
Executive Director

March is National Nutrition Month

March brings the arrival of spring, a season often associated with renewal and fresh beginnings – making it the perfect time to focus on healthy habits. Each year, National Nutrition Month® is celebrated to encourage people of all ages to make informed food choices and develop positive eating and physical activity habits. Created by the Academy of Nutrition and Dietetics, this annual observance reminds us that good nutrition plays an important role in maintaining energy, independence, and overall well-being.

Nutrition is not about strict diets or giving up favorite foods. Instead, it's about balance, variety, and enjoying meals that nourish both body and mind. Simple choices – such as adding more fruits and vegetables, choosing whole grains, staying hydrated, and watching portion sizes – can make a meaningful difference in daily health.

For older adults especially, good nutrition supports strength, immunity, bone health, and cognitive wellness. Protein-rich foods help maintain muscle mass, calcium and vitamin D support healthy bones, and staying hydrated helps prevent fatigue and confusion. Even small adjustments, like including colorful produce or planning regular mealtimes, can improve energy levels and mood.

Healthy Choices for National Nutrition Month

- Choose a variety of colorful fruits and vegetables each day to support immunity and overall health.
- Include lean protein at meals – such as chicken, fish, eggs, beans, or yogurt – to help maintain strength and muscle health.
- Select whole grains like oatmeal, brown rice, or whole-grain bread for longer-lasting energy and better digestion.
- Stay hydrated by drinking water regularly throughout the day, even when you don't feel thirsty.
- Limit foods high in added sugars, sodium, and saturated fats, and enjoy treats in moderation.
- Add calcium-rich foods such as milk, cheese, fortified alternatives, or leafy greens to support bone health.
- Practice portion awareness – smaller, balanced meals can help maintain energy and prevent overeating.



With Warm Regards,
Alexi Kalinowski, RN
Director of Health Services

Sales & Marketing

Our “Refer Your Neighbor” program is still going strong! If you refer someone to EP who is not already in my database – and the referral is made prior to their move-in (and is not a paid referral) – you’ll receive \$1,000, and they’ll receive \$1,000 too. It’s a win-win!

As we remain at 100% occupancy, we’d love to showcase more of our beautiful apartments. If you’re interested in volunteering your apartment for a future tour, please reach out to Katie— your participation is greatly appreciated!

Please welcome our newest neighbors!

Cory & Laura Dean Friedrich #107

Dining Updates



The birthday meal choice meeting will take place **Friday, March 6th, 2:00 PM in the dining room**. If your birthday is in February, please attend this meeting!

The birthday lunch is planned for **March 13th, at 11:30 AM**.

WiFi Updates

Please update all WiFi enabled devices to the new WiFi login!



Network:

LSSL Guest

Password:

LifesparkWelcome

Community Channel at Eagle Point- Channel 956 on your TV will give you the most up-to-date information at Eagle Point in your own apartment!

Eagle Point Community App- Download the "Quiltt" app from your phone's app store and enter the community code MLARQ. The app provides daily events, the menu, weather updates, and photos. Enable push notifications to receive important updates directly to your phone via text. Your family can also install the app. Need help? Ask the front desk or Community Life staff!

Please remember to sign out at the front desk if you leave the building! And make sure guests are signing in at the front desk when they arrive. We are asking families to please only use the front doors when entering or exiting the building.

Welcome Home

You may know that I have the luxury of walking to work. When I get close to home, I see my dog, Ivy, sitting in the front window, looking at me. When I get near the house she jumps down and runs to the back door to enthusiastically greet me. I often wonder if she spends much of her day at that window, waiting for me to come home.

This month we Christians celebrate Lent, during which we contemplate Jesus's long journey home to Jerusalem and the cross. It is intended to be a solemn 40-day period spent considering not only Jesus's but our own mortality. I wonder what Ivy would think about that. Does she think about her mortality while she waits for me? Is she even aware that she will eventually die? I don't think so. I think she spends the day simply living, watching the world go by, napping in the sun. I think she is probably content, though knowing something is missing, that I am missing. When I arrive, she greets me with celebration.

That's not too far from what Jesus experienced when he came home to Jerusalem. He was met with a joyous celebration, an outpouring of welcome and of love. When I think about that welcome home, and the welcome Ivy gives me when I come home in the afternoon, I have to wonder if Ivy spends her time in a far better way than we do during this period of Lent.



God gave us a beautiful world to experience, a world that so wonderfully surrounds us here at Eagle Point. Rather than spend Lent in solemn introspection, perhaps we should spend it in anticipatory reflection on the world around us, an extrospective exercise considering the glorious world God gave us. I wonder whether, if we did that, we might enter the Easter season thinking less about Jesus's terrible death on the cross, and more about his glorious resurrection from the dead. After all, his triumph over death is what led to us the joyful welcome we will receive when we return to our true home.

- Chaplain Peter

Everyone is always welcome to attend:

Dementia Support Group: 1st Friday of each month at 10:45 AM

Parkinsons Support Group: 3rd Friday of each month at 10:45 AM

Living with Grief & Loss: 4th Friday of each month at 10:45 AM

Chaplain Peter's door is always open if you, your family, or any staff member needs assistance. If he is not in his office, please contact any staff member or leave him a note in his office on the 3rd floor across from the theater.

Highlights of Upcoming March Events:

- 4th: Lawrence University: Bassoon Ensemble
- 5th: Diane Mandler of the Fox Valley Rowing Club-Presentation
- 6th: Roy Rogers will be here to entertain for Happy Hour
- 9th: The Salvation Army: Presentation with Shannon Thies
- 13th: Dalla Terra Pasta owners will be here to share samples and tell their history!
- 17th: St. Patty's Day: Mark Tully plays some Irish tunes and tells Celtic Lore
- 18th: Special Voting Deputies are here for Voting
- 20th: National Quilt Day Kick Off (Art Room) Everyone invited!
- 20th: Jim & Nancy entertain us for Happy Hour
- 25th: Special Voting Deputies are here for Voting--the last time!
- 26th: Still Cruisin' will provide music for a rollickin' good time
- 27th: Sheri Fairman Presents: Progression of Dementia: What Skills Remain
- 30th: Speaker Casie Holdcroft with Building for Kids Museum
- 31st: Speaker Erin Comer with the History Museum at the Castle

*Check your weekly calendar for more information, times, and locations!
Events subject to change.*

Sheri Fairman: Dementia Care Solutions

We are excited to introduce a new monthly presentation series at Eagle Point Senior Living featuring engaging and informative talks led by Sheri Fairman. Held once a month throughout the year, this series will explore a variety of meaningful topics designed to educate, inspire, and support overall wellness for all care partners and those managing dementia. Residents and guests will have the opportunity to learn practical strategies, gain new perspectives, and enjoy thoughtful discussion in a welcoming environment. If you or someone you know is interested in expanding your knowledge, connecting with others, or simply educating yourself, we encourage you to join us for these enriching sessions.

Sheri Fairman is a Master of Social Work with over 10 years of experience in working with the elderly and their care partners. She is a Certified Independent Trainer and Consultant with Teepa Snow's Positive Approach to Care and serves as a mentor on her team. Sheri is the owner of Dementia Care Solutions, where she provides consulting, coaching, training, and presentations focused on quality dementia care.



Progression of Dementia
Friday, March 27th 10:00 AM
Location: Theater (3rd floor)

Stitching Together Tradition Celebrating National Quilt Day



There's something special about a quilt — each stitch tells a story, each pattern holds a memory, and every finished piece represents patience, creativity, and care. National Quilt Day, celebrated each March, honors the long tradition of quilting as both an art form and a meaningful way to bring people together. For generations, quilts have provided warmth and comfort while also preserving family history through fabric, color, and craftsmanship.

Quilting has deep roots in American culture, blending practicality with creativity. What once began as a way to reuse fabric scraps has grown into a cherished hobby enjoyed by people of all ages. Organizations such as the American Quilter's Society continue to celebrate quilting as an important artistic and cultural tradition, encouraging education, creativity, and community connection through shared projects and exhibitions.

Here at Eagle Point Senior Living, National Quilt Day is a wonderful opportunity to gather, share stories, and celebrate the talents within our own community. Quilting brings people together through conversation, laughter, and collaboration — whether you are an experienced quilter or simply appreciate the beauty of handmade creations. This year, we look forward to celebrating with a quilting bee, creativity, and the shared goal of creating sensory lap quilts that will bring warmth and comfort to our friends at Eagle Court.

*A quilt is more than just a blanket--it's a tapestry of love, creativity,
and the heart of storytelling in every seam.*

The Quilting Bee will meet March 20th at 10:45 in the Art Room and again on March 27th (with weekend time in addition) to create lap quilts for our friends at Eagle Court!

ALL ARE WELCOME--Even if you don't sew, there is a job for you!!



What We Were Up To In February

Learned about the Fox Valley Literacy Council!



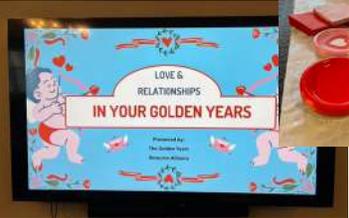
Worked hard to be UNDEFEATED! in Spark Games!



Listened to oboe students from Lawrence.



Enjoyed new music by harpist Sarah and Celloist Art!



Learned about "Love in Your Golden Years"!

Resident florists decorated the building with roses.



Created Diamond art!



Ladies Gathering--sharing stories of "How you met your love"!



Donated blood!

ELVIS WAS IN THE BUILDING!



Tried our hand at curling with the Curling Club member Ryan Mehlberg!



Hallway encounters with Freddie & Queen Marie.

