



 RESIDENTIAL

INDIAN HILLS

SENIOR COMMUNITY

1541 E. 191st St. • Euclid, OH 44117 • (216) 486-7700

MARCH 2013



NOTES & NEWS

Fitness Tip: Tidy Tasks

Spring cleaning can be daunting, but it's actually a great way to get some exercise after a sedentary winter. While getting dust and dirt out of your house is good for your health, so is pushing a vacuum around and stretching to dust bookshelves and baseboards. Cleaning from room to room keeps you on your feet and burns calories. A tidy space that you can relax in at the end of the day is an added bonus!

Age Is Just a Number

March 19–25 is Wellderly Week, which recognizes older adults who never act their age.

Word for March: Growth

March brings the beginning of spring, a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. Regular growth is part of nature's cycle and ours, too. No matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness.

HIGHLIGHTS

On-Campus Businesses

Dr. Jo Ann C. Sklow, D.D.S.

Dr. Margaret Howell

Preventative and Restorative Dentistry

Located in Building K, Suite 101

Gentle dentistry with a SMILE!!!!

(216) 383-0338

Driven to You

Ms. Miranda

Barber/Stylist Center, Located in

Building K, Suite 105

(216) 481-3621

Doctors Make House Calls!!!

Physical House Calls Services at Indian Hills

Primary Care Doctors:

Full examination; Prescriptions, Vaccines; X-rays; Labs, Dura

Foot Doctors provide:

Full foot care and Diabetic Shoes

We accept all major insurances. To determine eligibility or to make an appointment, please call (440) 442-1600.



Happy St. Patrick's Day

BULLETIN BOARD

Contact Info

Leasing Office

P (216) 486-7700

F (216) 486-3833

IndianHills@

nmresi

dential.com

Emeritus Office

(216) 938-8934

EmeritusHouse@

nmresi

dential.com

Emergency #

(216) 486-7700

Suggestions

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dential.com

Indian Hills Senior Community Staff

Lindsay Kobb Asst. Property Manager
Jimmy Magisano Facilities Director
Sheena Devese Leasing Manager
Adreana Twiggs Leasing Consultant
Tacie Johnson Leasing Consultant
Carla Lewis Front Desk Administrator
Latrice Johnson Customer Service
Juanita Edwards Activities Director

TRIVIA WHIZ

Pass the Peanuts, Please

Did you know the peanut is not really a nut? Peanuts are legumes, similar to beans and lentils. Peanuts grow underground, as opposed to walnuts, almonds or pecans, which grow on trees.

Peanuts originated in South America, and explorers and traders eventually spread peanuts to Europe, Africa and Asia.

Research by George Washington Carver in the early 1900s led to an increase in peanut production in the United States.

Carver, considered "The Father of the Peanut Industry," encouraged cotton farmers to plant peanuts as a rotation crop to add nitrogen to the soil. During his research, Carver developed more than 300 uses for peanuts.

Here is some more information about the popular peanut:

- March is National Peanut Month.
- China, India and the United States are the top three producers of peanuts.
- Most U.S. peanut farms are family-owned, and the average farm is 100 acres.
- Peanut butter is eaten in 90 percent of U.S. households.
- Four types of peanuts are grown in the United States—runner, Virginia, Spanish and Valencia.
- Peanuts contribute about \$4 billion to the U.S. economy each year.
- Peanuts are a good source of protein, vitamin E, fiber, magnesium, folate and niacin. They are also high in antioxidants.

"No man in the world has more courage than the man who can stop after eating one peanut."

—Channing Pollock



Spring Into a Clean Home

Spring cleaning—we may not look forward to it, but the results of our efforts can be satisfying. Here are a few tips to help you get your home sparkling and your sense of accomplishment soaring:

Make a plan and set goals. Write down what areas of your home you will clean and when. Plan to tackle only one area at a time. The best part of such a list is crossing off each item as it is completed.

Check your inventory. Make sure you have all the cleaning supplies you will need, including cleansers, cloths, sponges, and a mop, broom and dustpan. Gather the smaller items and put them in a bucket or basket so they are easier to carry and keep together.

Before cleaning, declutter. Consider paring down the knickknacks you have on display. Give away or recycle magazines. The fewer items you need to move while cleaning, the faster you will finish. Use a laundry basket to gather items you need someone else in the household to sort through.

Start at the top. Clean rooms from top to bottom—from ceilings to baseboards and everything in between. Don't forget to clean behind and under furniture and appliances, if possible.

When you are finished, take some time to sit back, relax, and enjoy your spotless space!

Medicine Storage Makeover

Whether it's a mild scrape or an attack of the sniffles, we can rest assured knowing the remedy is just a reach away in our medicine cabinet—that is, if the space isn't so messy that the item we're looking for is impossible to find. Fortunately, organizing your medicine storage space is not complicated.

Begin by removing everything from your existing space and throwing out any expired medication. Check packages or visit www.FDA.gov for safe disposal instructions.

Once you've cleared out the expired items, take inventory. Make sure you have over-the-counter essentials such as aspirin or ibuprofen, antibiotic ointment, antacids, antihistamine, cold and cough medicine, throat lozenges, and an antiseptic like rubbing alcohol or hydrogen peroxide. Also stock up on bandages, cotton balls or swabs, tweezers, and a thermometer.

Next, decide where your primary medicine storage is going to be. Although the bathroom seems like a logical place, high levels of heat and humidity can decrease the effectiveness of some medications. Consider storing medications on a high shelf in a kitchen cupboard or bedroom closet.

Finally, organize medicine and supplies in containers based on type. For example, stash ointments and creams in the same basket, store bandages together, and keep children's medicines separate. Now that everything is in its place, you'll know exactly where to look the next time you're in need.





WIT & WISDOM



Name That Noodle

According to the National Pasta Association, Americans eat 6 billion pounds of pasta a year—more than any other country in the world. Your cupboard is probably home to basics such as elbow macaroni and spaghetti, but did you know there are hundreds of different types of pasta? On your next trip to the grocery store, pick out a new noodle to try, starting with one of these favorites:

- **Farfalle.** Commonly called "bow tie pasta," farfalle is actually Italian for "butterflies." Its unique shape adds flair to any dish, from pasta salads to soups.
- **Rotini.** The name of this pasta means "twists or spirals." The ridges help it hold on to bits of meat, vegetables and cheese, making it ideal for chunky sauces or baked casseroles. A similar pasta, fusilli, has an even tighter coil.
- **Orzo.** Italian for "barley," this small, grain-shaped pasta is the perfect addition to salads and soups and is often served as a side dish with a light sauce.
- **Penne.** This popular, versatile pasta easily complements any sauce. The hollow shape makes penne a great choice for baking, as it will hold meat and vegetables well.
- **Ruote.** The Italian word for "wheels," ruote is a popular pasta for kids thanks to its fun shape and ability to be pierced easily with a fork. Ruote is a great base for pasta salads and helps trap flavors in stir-fry dishes.



One Minute Chef

Asian Beef and Vegetable Stir-Fry

Ingredients:

- 1 1/4 pounds boneless beef top sirloin steak, 1-inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrots
- 1 clove garlic, minced
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 3 cups hot cooked rice

Directions:

Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.

Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover; cook over medium-high heat four minutes or until crisp-tender. Remove and drain.

Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry one to two minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.

Return all beef and vegetables to pan. Add stir-fry sauce and red pepper; heat through. Serve over rice.

Find more recipes at
www.BeefitsWhatsForDinner.com.



"No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring."

—Samuel Johnson

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."

—Mark Twain

"An optimist is the human personification of spring."

—Susan J. Bissonette

"Spring is when you feel like whistling even with a shoe full of slush."

—Doug Larson

"The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball."

—Bill Veeck

"Spring is nature's way of saying, 'Let's party!'"

—Robin Williams

"In the spring, at the end of the day, you should smell like dirt."

—Margaret Atwood

"I love spring flowers: daffodils and hyacinths are the ultimate flower for me. They are the essence of spring."

—Kirsty Gallacher

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

—Anne Bradstreet

"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall."

—Nadine Stair



March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Is Due Today	2
3	4	5 First Late Fee of \$30 Is Applied to Unpaid Balances	6 Preventive Preparation Treatment for Pest Control K Bldg. 11 a.m.	7 Bingo With "Just Like Family" Kbldg. @ 1:30 p.m.	8	9
10 Late Fee 2 (\$70) Applied to Unpaid Balance and No Personal Checks	11 Book Club @ 3 p.m. Emeritus House	12 Bingo @ Emeritus House 3-5 p.m. \$2 Fee	13 Diner's Club 1:30 p.m.	14	15 Evictions Filed (Additional \$250 Eviction Fee Applied)	16
17 	18	19 Potluck Luncheon @ Emeritus House 2 p.m.	20 Preventive Preparation Treatment for Pest Control K Bldg. 5 p.m. Spring Begins Today	21 Game Night @ Emeritus House 3 p.m.-5 p.m.	22	23 <i>We Love Our Residents</i>
24/31 	25	26 Bingo With Janet Williams 2 p.m.	27	28	29 Birthday Party!! @ Emeritus House 1-3 p.m.	30

Monthly Activities at the Emeritus House

Every Monday come and enjoy Line Dance Class with Carl and Janice (\$2 per session)

Every Monday and Tuesday join Yvette for Water Aerobics, 6–7 p.m. (\$2 per class)

Every Tuesday morning 10–11 a.m. join our Fun and Fitness Class

Every Wednesday Ballroom Dance with Lamar, 6–7:30 p.m. (\$15 per session)

Every Thursday learn Self-Defense with Mr. Parker. 6–8 p.m. (free to all residents)

Every Thursday morning 11 a.m., enjoy Line Dance Class with Yolanda

(\$3 per session or \$5 for the month)

Every Friday is Movie Day. 1–4 p.m.

Every Saturday the Fitness Center is open 10 a.m.–5 p.m.

No music is allowed in fitness center.

Swimming Pool is closed on weekends. Do you want to learn to swim? Call James Heath, (216) 240-6472.

Computer Room hours are Monday–Friday, 8 a.m.–4 p.m.

What's your favorite game? Join us for a game of Spades or Bid Whist. If you have a favorite game, feel free to bring it on Tuesday evenings, 3–5 p.m. (free activity)