

**Redwood
Terrace**
Assisted Living

Redwood Terrace News

March 2020

Spring Forward

So how can you best take advantage of spring's boundless energy? Sometimes "spring fever" fills you with such vigor that you don't know what to do with yourself. This is a great time to begin our Good Start Class or simply get out and walk— you may be drawn to endeavors that help you to become stronger, more disciplined and more focused. But before you launch yourself into any action plan, pause to consider whether this investment is the very best use of your energy – whether it is in the service of your highest vision, or merely one of several OK options.

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Administrator
Jim Thompson

**Assistant
Administrator**
Marlys Wood

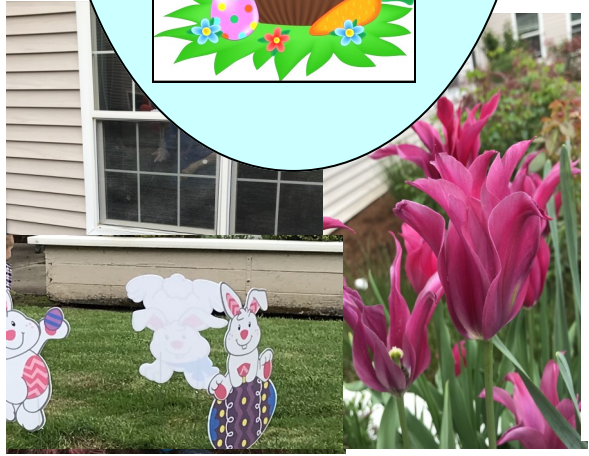
Registered Nurse
Sheryl Aldstadt

Kitchen Manager
Nina Harmon

Activity Coordinator
Gina Noble

Maintenance
James Grissom

Oh so
LUCKY
to have
you!



Daylight Saving Time Begins

Don't forget to "spring forward" March 8 Set your clocks ahead one hour before you go to bed on Saturday, March 7. Ask for help if you need it!





Welcome Marjorie Young

Marjorie moved here from California to be closer to her family. She is a people person and loves being around family and friends. She enjoys walking and bike riding. When she isn't exercising she watches television. We are glad to have Marjorie here.

Mystery Resident



As you can see; our mystery resident this month enjoys jumping out of airplanes and is very adventurous. She comes from San Fernando Valley and Fort Brag. She has been in Grants Pass twenty two years. She worked in an optometrist office then drove a truck with her husband to

nearly every state except Rhode Island. They raised two girls and a boy together. She was married to him for sixty one years before his recent



passing. Our mystery resident enjoys reading mystery novels, loves gardening and sometimes sewing. This friend and resident will go out of her way for you. Can you guess who this months mystery resident is???????



*Last
Month's Mystery Resident
Margie Taylor*

