



# March 2024

March 2024							1	2
							HAPPY BIRTHDAY RAY LEDSINGER!! 10:00AM– Chair Exercise 1:00PM– Parkway Place Mall (Belk) 1:30PM–Hand & Foot 3:00PM– Ice Cream Social (ILF) Building #3	10:00AM– Morning Walk 10:30AM– Coffee & Reminiscing W/Friends 1:30PM– Hand & Foot 1:30PM– Bridge 3:00PM– Games of Your Choice (ILF)
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
3 9:15AM– Communion W/ St. John Catholic Church 10:30AM– Worship Service TV (Commons Lobby ) 3:00PM– Madison Baptist Church	4 HAPPY BIRTHDAY Kitty Jenkins & Tom McSwiney!! 10:00AM– Chair Exercise 1:30PM– Music W/ Roger 1:30PM– Hand & Foot 1:30PM– Mexican Train 3:00PM– Chair Exercise	5 9:30AM– Podiatrist 10:00AM– Chair Exercise 1:30PM– BINGO!! 2:30PM– Pet Therapy W/ Jaxson 3:00PM– Chair Exercise (ILF) Building #3	6 9:00AM– Podiatrist (ILF) Building #3 10:00AM– Chair Exercise 1:30PM– Hand & Foot 2:30PM– Communion W/ Harvest Pointe Methodist Church 3:00PM– BINGO! (ILF)	7 10:00AM– Chair Exercise 10:30AM– Lotto Tickets Trip 1:30PM– BINGO!! 2:30PM– Snack Bar 3:00PM– Chair Exercise (ILF) Building #3	8 10:00AM– Chair Exercise 10:30AM– Manicures 1:00PM– Walmart Trip 1:30PM– Hand & Foot 2:30PM– Snacks Bar 3:00PM– Social Hour (ILF) Building #3	9 HAPPY BIRTHDAY BARBARA WITEK!! 10:00AM– Morning Walk 10:30AM– Coffee & Reminiscing W/ Friends 1:30PM– Hand & Foot 1:30PM– Bridge 3:00PM–Games of Choice		
10 Daylight Savings Begins HAPPY BIRTHDAY JOYCE LENOX!! 9:15AM– Communion W/ St. John Catholic 10:30AM– Worship Service TV (Commons Lobby ) 3:00PM– Madison Baptist	11 10:00AM– Chair Exercise 1:30PM– Madison Line Dancers 1:30PM– Hand & Foot 1:30PM– Mexican Train 3:00PM– Chair Exercise (ILF) Building #3	12 9:30AM– Beauty Shop 10:00AM– Chair Exercise 1:30PM– BINGO!! 2:30PM– Snack Bar 3:00PM– Chair Exercise (ILF) Building #3	13 10:00AM– Chair Exercise 10:30AM– Finish that Line 1:30PM– Bible Study W/Harvest Point Methodist 1:30PM– Hand & Foot 2:30PM– Snack Bar 3:00PM– BINGO!! (ILF) Building #3	14 10:00AM– Chair Exercise 10:30AM– Morning Walk 1:30PM– BINGO!! 2:30PM– Snack Bar 3:00PM– Chair Exercise (ILF) Building #3	15 10:00AM– Chair Exercise 10:30AM– Scavenger Hunt 1:00PM– Mystery Bus Ride 1:30PM– Hand & Foot 2:30PM– Snack Bar 3:00PM– Social Hour (ILF) Building #3	16 HAPPY BIRTHDAY REBURTA SPINAS!! 10:00AM– Morning Walk 10:30AM– Coffee & Reminiscing W/ Friends 1:30pm– Hand & Foot 1:30PM– Bridge 3:00PM– Games of Your Choice (ILF)		
17 St. Patrick's Day 9:15AM– Communion W/ St. John Catholic Church 10:30AM–Worship Service TV (Commons Lobby ) 3:00PM– Madison Baptist Church	18 10:00AM– Chair Exercise 1:30PM– Sing– A-Long W/ Mt. Zion Baptist 1:30PM– Hand & Foot 1:30PM– Mexican Train 3:00PM– Chair Exercise (ILF) Building #3	19 Spring Begins 9:30AM– Beauty Shop 10:00AM– Chair Exercise 1:30PM– BINGO!! 2:30PM– Snack Bar 3:00PM– Happy Hour W/ Sylvia Dean (ILF) Building #3	20 10:00AM–Chair Exercise 10:30AM– Morning Walk 1:30PM– Resident Council 1:30PM– Hand & Foot 2:30PM– Communion W/Harvest Point Methodist 3:00PM– BINGO!! (ILF) Building #3	21 HAPPY BIRTHDAY RICHARD WRIGHT!! 10:00AM– Chair Exercise 1:30PM– BINGO!! 3:00PM– March Birthday's Bash W/ L&B Entertainment (ILF) Building #3	22 10:00AM–Chair Exercise 10:30AM– Lunch Outing ( Walton's Southern Table) 1:30PM– Hand & Foot 2:30PM– Snack Bar 3:00PM– Meet & Greet	23 10:00AM– Morning Walk 10:30AM– Coffee & Reminiscing W/ Friends 1:30PM–Hand & Foot 1:30PM– Bridge 3:00PM– Games of your Choice		
24 HAPPY BIRTHDAY BARBARA HUFF!! 9:15AM–Communion W/ St. John Catholic Church 1:30PM– Athens Dulcimers 3:00PM– Madison Baptist Church	25 10:00AM– Chair Exercise 10:30AM– Kroger Trip 1:30PM– Line Dance Class W/ Cheryl 1:30PM– Hand & Foot 1:30PM– Mexican Train 3:00PM– Chair Exercise (ILF) Building #3	26 9:30AM– Beauty Shop 10:00AM– Chair Exercise 10:30AM– Manicures 1:30PM– BINGO!! 2:30PM– Snack Bar 3:00PM– Chair Exercise (ILF) Building #3	27 10:00AM– Chair Exercise 1:30PM– Bible Study W/ Harvest Point Church 1:30PM– Hand & Foot 3:00PM– BINGO!! 6:15PM– Bible Study W/ Providence (ILF) Building #3	28 10:00AM–Chair Exercise 10:30AM–Morning Walk 1:30PM– March Birthday's Bash W/ L& B Entertainment 3:00PM– Chair Exercise (ILF) Building #3	29 HAPPY BIRTHDAY NELDA PRESTON!! 10:00AM– Chair Exercise 10:30AM–Morning Walk 1:00PM– Dollar General Trip 1:30PM– Hand & Foot 3:00PM– Social Hour (ILF)	30 HAPPY BIRTHDAY LYNN ZANK!! 10:00AM– Morning Walk 10:30AM– Coffee & Reminiscing W/ Friends 1:30PM– Hand & Foot 1:30PM– Bridge 3:00PM– Games of Choice		
31 HAPPY BIRTHDAY JERRY EVANS!! 9:15AM–Communion W/ St. John Catholic Church 10:30AM– Worship Service TV (Commons Lobby ) 3:00PM– Madison Baptist								

Madison Village

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# The Madison Village Post



www.CommunitySeniorLife.org



## MARCH BIRTHDAY'S

### RESIDENTS:

Kitty Jenkins.....March 4th  
Tom McSwiney.....March 4th  
Barbara Witek.....March 9th  
Joyce Lenox.....March 10th  
Reburta Spinas.....March 16th  
Richard Wright.....March 21st  
Barbara Huff.....March 24th  
Nelda Preston.....March 29th  
Jerry Evans.....March 31st

### STAFF:

Jennifer Aguilar.....March 19th

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## March Is...

- Brain Injury Awareness Month
- Celebrating Spring Month
- Employee Spirit Month
- Humorists Are Artists Month (HAAM)
- International Listening Awareness Month
- Irish-American Heritage Month
- Learn Russian Month
- Mental Retardation Month
- Music Involvement Month
- National Caffeine Awareness Month
- National Chronic Fatigue Syndrome Awareness Month
- National Craft Month
- National Frozen Food Month (Day: 6)
- National Kidney Month (U.S. & Canada, Day: 10)
- National Noodle Month
- National Nutrition Month (U.S. & Canada)
- National Peanut Month
- National Pothole Month
- National Professional Social Work Month
- National Umbrella Month
- National Women's History Month
- Optimism Month
- Red Cross Month (U.S. & Canada)
- Save Your Vision Month
- Spiritual Wellness Month

BIRTHSTONES- Bloodstone (Courage), (Alt.-Aquamarine)

FLOWERS- Jonquil (or Daffodil)

COLOR - White



# SPRING



## TO YOUR HEALTH—

By: *Dr. Daniel Scarbrough, Corporate Medical Director, CHS, Inc.*

This month, let's talk about something that is fairly new, and we see every day – electronic smoking or cigarettes (e-cigarettes). E-cigarettes are popular devices that are designed to heat a liquid solution, often containing nicotine, that generates an inhaled aerosol or vapor. The e-cigarette has been marketed as a healthier alternative to traditional cigarettes. For this reason, most adult users are current or former smokers who use e-cigarettes to reduce or quit cigarette smoking. E-cigarette use is primarily called “vaping,” and the aerosol liquid is usually flavored and uses small, flavored cartridges to hold the liquid solution. There is a battery in the e-cigarette that heats the liquid and produces the vapor. There are hundreds of brands and flavors. One battery flavor uses a chemical called diacetyl, often used on popcorn, and causes a lung disease called “popcorn lung.” E-cigarettes were introduced in the USA in 2006, and the U.S. youth rate of use has surpassed traditional cigarettes, with 1 in 5 high school students using in 2017.

Switching completely from regular cigarettes to e-cigarettes is associated with reduced toxicant exposure and reduced short-term lung symptoms; however, long-term effects are unknown. Recent trials suggest they may promote smoking cessation, but there is no real evidence of this. E-cigarette risks include exposure to heavy metals and toxicants and nicotine poisoning. Youth e-cigarette use is associated with an increased risk of subsequent cigarette and marijuana use. The impact of e-cigarette use in pregnancy is unknown, but nicotine contains a toxic chemical teratogen, so pregnancy use is certainly not advised. For all of these reasons, the American Medical Association certainly does not advise any nicotine use. Everyone, i.e., youth, adults, and pregnant women, are advised against nicotine use, including e-cigarettes. - Dr. Dan