



# Grand Haven

RETIREMENT COMMUNITY

[www.grandhavenretirement.com](http://www.grandhavenretirement.com)

563-285-4900

## March 2020

201 E. Franklin St. Eldridge, IA

Happy March!!!!

"March comes in like a LION & out like a LAMB."

Well, it looks like March will be coming in like a LAMB with Sunday's forecast of 50 degrees.

I recently looked into where this phrase came from and learned that on school of thought is the phrase's history is based in astrology and the stars. March starts with the sign of Leo the Lion (strong) and ends with the sign of Aries the Ram (or a baby lamb). Other historians say this phrase comes from weather pattern of cold and harsh at the start of March and milder and warmer at the end of the month.

Our 1st day of Spring is March 19th. Springtime brings about new beginnings and gives us the chance to appreciate all the things that life can bring us. Take a look around and notice the new life in the gardens, the warm sunshine that lasts longer, longer and longer and the sweet fresh air after a rainy day.

Stephanie

## Welcome to Grand Haven

Carol Ann  
Roeder

Judy  
DeWulf

Phyllis  
Goldensoph

Raymon  
Tschopp



We're stirring the pot  
by making white  
chocolate trail mix!!



# March Birthdays



Our lovely ladies at their fun pajama party night!



- Jim Lovett .....3/3
- Kay Fischlein .....3/6
- Olivia Jacobs (staff).....3/6
- Becca Ward (staff).....3/8
- Vera Elmshaeser.....3/11
- Rozella Lower.....3/11
- Bernice Decker.....3/14
- Lois DeJoode.....3/15
- Chris Luehrs (staff).....3/20
- Denise Little (staff).....3/22
- Shirley Wollison.....3/25
- Ellen Dickman.....3/25
- Barbara Haigh.....3/27
- Josh Graham (staff).....3/27

## Staff

### Anniversary

- Lily Roseman 1 yr
- Grace Hansel 3 yrs
- Courtney Smith 1 yr



# March Anniversaries

- Orville & Vera Elmshaeuser... 3/29
- Jim & Dorothy Beck.....3/30

## Caffeine Awareness Month



Tea and coffee are an essential part of life for many of us. In fact, the breakfast cup of coffee and mid-morning tea break are so deeply embedded in our daily routine, that they have become automatic and unquestioned cornerstones of the day. This means that it can be difficult to imagine alternatives or doing away with them altogether. Caffeine Awareness Month presents an opportunity to be mindful of the amount of caffeine we consume. The most common sources of caffeine are coffee, tea, kola nuts and cocoa beans. And do you know how much caffeine content can vary from food to food? Turns out it's quite a lot actually, depending on the type and serving size of a food or beverage and how it's prepared.

Caffeine content can range from as much as 160 milligrams in some energy drinks to as little as 4 milligrams in a 1-ounce serving of chocolate-flavored syrup. Even decaffeinated coffee isn't completely free of caffeine. Caffeine is also present in some over-the-counter pain relievers, cold medications, and diet pills. These products can contain as little as 16 milligrams or as much as 200 milligrams of caffeine. In fact, caffeine itself is a mild painkiller and increases the effectiveness of other pain relievers.


Caffeine can cause trouble sleeping if you drink it too close to bedtime, cause withdrawal symptoms if you abruptly stop drinking it. It does not increase the risk of osteoporosis, heart disease, and cancer. It does not help you sober up, has minimal or no health benefit. The main thing is to drink in moderation.

# March Events



It's all fun and games here at Grand Haven!!



- 3/1 - Music by Robert Dahms
- 3/4 - Entertainment w/ Ray Wierson & Son
- 3/5 - Presentation by Cathy from the Scott Co. Library
- 3/6 - Music & Bible Songs w/ Scott & Annette Kaczinski
- 3/11 - Music w/ Ken Paulsen & Darlene Breuwet
- 3/12 - Presentation by Cathy from the Scott Co. Library
- 3/12 - Alzheimer's Support Group
- 3/15 - Music by John & Kay Retzel
- 3/17 - St. Patrick's Day! 
- 3/28 - Entertainment by the Locust Street Boys (in Memory of Myra)

*Our deepest sympathy to the friends & family of Myra Tunwall, Dorothy Fischer & Ed Jones who recently passed away.*

## Spotlight on Senior



Rozella Jean (Cline) Reinert-Lower grew up in Delta, IA, where her family farmed. She was one of six children; she has five brothers and one sister! She remembers going to school out in the country in an old one-room building all the way through eighth grade and then attended Delta High School where she graduated in 1942.

Rozella met her first husband, Bob, in high school. They married and had two children, Steven and Pam. In 1981 Bob passed away due to cancer. Years later another love came into her life, Leonard Lower. She eventually married him, and they lived and farmed near Williamsburg. Leonard passed away in 2013.

Rozella's professional life has always been busy. Growing up on a farm means there was never a dull moment, and she farmed in her later years also. She also has been a clerk and did book-work for Sigoourney Sale Barn for forty-six years. She's loved taking trips to Colorado to visit family, and especially enjoyed seeing the mountains. She also attended and worked the Iowa State Fair, and camped at the fairgrounds the entire two weeks every year!

Since joining the Grand Haven Family she's really enjoyed making friends in our tight-knit community. Also, it allows her to be closer to her family (to which she has a lot of!) with her children, grandchild, and dozens of great grand children and step-grandchildren. She really feels like she's able to count her blessings when she looks at her life.

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201 East Franklin Street  
Eldridge, Iowa 52748

Our Mardi Gras  
King & Queen



Don & Sandi  
Frericks



Enjoying some  
Mardi Gras  
Games &  
Festivities  
on Fat Tuesday!



It's always a treat to have our  
furry friends from  
Down By the Creek Animal Rescue  
come visit us!!

